



Dear Lifestyle Coach,

Thank you for attending the PPHD National Diabetes Prevention Program Lifestyle Coach Updates Training. We will provide some new guidance on the new Prevent T2! Curriculum as well as some updates for collecting data and other facilitation procedures.

As a Lifestyle Coach for the National Diabetes Prevention Program in the Nebraska Panhandle area, you have contributed to helping make our communities healthier. An estimated 86 million Americans have undiagnosed prediabetes, which means that they don't even know that they are at risk for developing type 2 diabetes, so the work you are doing is very important! Since 2012, over 30 Lifestyle Coaches have been trained covering 11 Panhandle counties. As of June 30, 2016, NDPP in the Panhandle has completed 60 community classes, and 21 business classes with 827 participants losing over 4,500 pounds. Great work, Coaches! You are changing lives! Thank you for all that you do!

*"I took NDPP because I was overweight and all of my numbers were up. I also have a sister with diabetes so I was getting a little worried about my own health.*

*I just had my health screening done and to my surprise all of my numbers were down 3% or more!! I WAS SO EXCITED!*

*I still have a ways to go to meet my own goals, but with the knowledge that I have gained through NDPP I will not give up and I am confident that I can meet my personal goal and maybe beyond! Thank you NDPP and my coach for helping me get on the right track to a healthier me!*

*PS My Family thanks you too!"*

*Cindy, Sidney NE (worksite participant)*

We are looking forward to continuing our work together to promote health and prevent chronic disease as we move forward with some exciting new ways to work with NDPP participants.

Sincerely,

Tabi Prochazka, NDPP Regional Coordinator