

NEWS RELEASE

Panhandle

Public Health District

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For immediate release.

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Panhandle residents have lost over 8,900 pounds through local lifestyle change program

Every person in Hemingford losing 10 pounds = 8,900 pounds. 30 Husker defensive lineman = 8,900 pounds!

Are you ready to join the movement? Be a healthier version of yourself? Increase your energy? Lose weight? Reduce your risk for diabetes? Do all of these things with the support of a trained lifestyle coach and support group? If you answered yes to any of these questions, this lifestyle change program is for you. No gimmicks, just the support and tools you need to achieve a healthier you.

Join today by contacting Cheri Farris, Community Health Educator with Panhandle Public Health District, email: cfarris@pphd.org, office: 308-262-2217 or cell: 308-220-8020. Classes will be starting across the Panhandle over the next six weeks.

"Diabetes is one of the most common and costly chronic health conditions in the United States," said Tabi Prochazka, Health Promotions Coordinator with PPHD. "The good news is that it is preventable. Working with partners across the Panhandle, we are providing residents with the tools and support to proactively prevent diabetes, and other chronic conditions, through the National Diabetes Prevention Program, an evidence based lifestyle change program."

During the year-long program, you will get the information and support needed to meet the overall goals of increasing physical activity and losing 5-7% of your starting body weight. The support from the group and trained coach help guide you along the way to overcoming barriers to a healthy lifestyle. This program focuses on healthy eating, physical activity, stress management, lifestyle change, and coping skills that support participants in successfully meeting their overall goals.

"NDDP provided the framework I needed to succeed in losing 50+ pounds and keep it off for over 3 years. My coach was respectful, confidential, supportive, and knowledgeable. She encouraged us to be kinder to ourselves and recognize I needed to change my mental outlook about food. I actually ate more than before in the program! Logging my food, activity, and water was essential, as was weighing in. Setting small goals made them more attainable, which prompted me to keep going."

Paula, Panhandle NDPP Participant

To learn more about the National Diabetes Prevention Program, visit the CDC's website:

www.cdc.gov/diabetes/prevention/index.html. PPHD's website www.pphd.org or contact Tabi Prochazka at tprochazka@pphd.org or 308-487-3600 ext 107.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.