

# NEWS RELEASE

**Panhandle**

Public Health District

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For immediate release.

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## New Prevent T2 Class Starting Soon in Chadron

The beginning of a new year is the perfect time to reflect on goals and make changes that will lead to healthier outcomes. If 2020 is bringing a vision of a healthier life, Prevent T2 is for you. The PreventT2 program is a part of the National Diabetes Prevention Program. No gimmicks or quick fixes, it offers a proven approach to preventing or delaying the onset of type 2 diabetes and other chronic conditions through modest lifestyle changes made with the support of a trained coach and the group.

During the year-long program, you will get guidance and support from a trained lifestyle coach, 16 weekly group coaching sessions with twice monthly follow up to meet overall goals of increasing physical activity and losing 5-7% of your starting body weight. You'll learn strategies for eating healthier, managing stress, incorporating physical activity into your daily routine, and how to overcome barriers to a healthy lifestyle.

"Diabetes is one of the most common and costly chronic health conditions in the United States," said Tabi Prochazka, Health Promotions Coordinator with Panhandle Public Health District. "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."

Panhandle residents have seen great success since 2012. Over 1,000 people have joined NDPP and lost approximately 10,000 pounds.

If your 2020 vision is a healthier lifestyle, take the first step today by contacting Lifestyle Coach Amy Langford, RN, BSN, Diabetes Educator at Chadron Community Hospital. *Phone:* (308) 432 0455, *Email:* [amy.langford@chadronhospital.com](mailto:amy.langford@chadronhospital.com).

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.