COLUMBUS COMMUNITY HOSPITAL

News Release
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Platte County Lifestyle Coalition Addresses High Rate of Diabetes in the Community

For Immediate Release
(COLUMBUS, Neb.) – The Platte County Lifestyle Coalition (PCLC) is a local coalition dedicated to promoting healthy lifestyles.

As part of November's National Diabetes Awareness Month, the coalition is educating people about the high rate of diabetes in the state. Eleven percent of Nebraska's population has diabetes, which is well ahead of the national average of 9.4 percent.

About 35 percent of Nebraskans also have a condition known as prediabetes which puts them at risk for developing diabetes. This means one in three Nebraskans are at risk for getting diabetes.

Thankfully, there are many things people can do to reduce their risk of diabetes or manage the disease if they have it.

Joan Plummer, RD, LMNT, CDE, PCLC member and dietitian and diabetes educator at Columbus Community Hospital (CCH), recently offered these diabetes prevention and management tips:

- Visit your physician regularly to have bloodwork done to see if you have diabetes or prediabetes.
- Lose weight or maintain a healthy weight.
- Get a minimum of 150 minutes of moderate activity each week.
- Eat a well-balanced diet of fiber rich foods, fruits, vegetables and legumes, and cut back on fatty, sugary or processed foods.
- Drink at least eight 8-ounce glasses of water every day and avoid sodas and juices which spike blood sugars.

In addition to following these tips, community members can reduce their risk of diabetes or better manage their condition by taking advantage of the diabetes resources at CCH.

The hospital offers comprehensive diabetes education through their American Diabetes Association-recognized program. It also offers the year-long, evidenced based National Diabetes Prevention Program that is recognized through the Centers for Disease Control and Prevention.

Other lifestyle change opportunities offered at CCH include: monthly Healthy Cooking Classes, Food Thoughts information sessions, a Healthy Lifestyle Class and the Complete Health Improvement Program (CHIP), an affordable lifestyle enrichment program designed to reduce disease risk factors through lifestyle modification.

For more information on these programs or other diabetes educational opportunities at CCH, contact Plummer at 402-562-4462 or jlplummer@columbushosp.org.

To learn more about the PCLC or how to become involved, contact Roberta Miksch at rhmiksch@columbushosp.org.

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