



News Release

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CCH and Platte County Lifestyle Coalition Promoting Culture of Health in the Community

For Immediate Release

(COLUMBUS, Neb.) – Columbus Community Hospital (CCH) and the Platte County Lifestyle Coalition (PCLC) are making a healthy difference in the community by teaching people how lifestyles can affect their health and how small, positive changes can make big differences.

For several years, the two organizations have been working together to promote healthier lifestyles through education and events.

For example, CCH brought the Complete Health Improvement Program (CHIP) to the community in 2016. CHIP is an affordable lifestyle enrichment program designed to reduce disease risk factors through lifestyle modification. CHIP courses are offered in 18, one-hour sessions over three months. More than 250 participants have gone through the CHIP program and have had great success with improving their lifestyles. Participants has lost weight, dropped their cholesterol levels, improved their blood sugar levels, lost inches from their waist measurements and improved their heart rates.

Like CCH, the PCLC has worked to promote a culture of health in the community by offering wellness and educational events. For example, the coalition helped with the Walk to Jerusalem event this spring, an imaginary walk to Jerusalem, Israel that promoted physical activity. The PCLC also started CCH's Walk with a Doc program, a free monthly event that allows community members to walk at their own pace while they get their health questions answered by CCH medical professionals. The coalition is also working on business wellness plans and a running program for local schools.

The PCLC meets monthly and is looking for more people to join its movement. For more information on the coalition, its efforts to improve the health of its community or how to join it, please contact Roberta Miksch at CCH's Occupational Health Services at 402-562-4487.

For more information on CCH's CHIP program, contact Ileana Jarecki at CCH's Occupational Health Services at 402-562-4494.

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