



News Release

Contact: Amy Blaser, Vice President

Phone: 402-562-3371

Email: [aeblaser@columbushosp.org](mailto:aeblaser@columbushosp.org)

Date: January 3, 2023

### **Help prevent Type 2 diabetes with the National Diabetes Prevention Program**

For Immediate Release

**(COLUMBUS, Neb.)** – Columbus Community Hospital aims to help people lose weight and prevent or delay Type 2 diabetes through the National Diabetes Prevention Program. The year-long program helps them make lifestyle changes to improve their health.

Participants meet in a group and work with a trained lifestyle coach once a week for 16 sessions during the first six months, and then once or twice a month for the rest of the year. The lifestyle coach helps them make small lifestyle changes that lead to big results.

“We develop our habits over many years, so to make changes we need to take small steps for big rewards,” said Joan Plummer, a diabetes educator at the hospital. “This program can help people make those small steps and get the support they need.”

In sessions, the group focuses on positives and learning opportunities. Together with their lifestyle coaches, participants learn how to eat healthier, add physical activity into their daily routines and improve their stress management skills.

“The program was a real eye-opening experience that helped me make small lifestyle adjustments,” said Rita Samuelson, a program participant. “The biggest thing I learned is we can’t out-exercise what we eat. The class not only held me accountable so I could achieve my goals, but I am also more aware of my diet, portion sizes, water intake and exercise daily as a direct result of the program.”

The hospital will host a free informational session on Wednesday, Jan. 18, from noon-1 p.m. in the Goldenrod conference room.

For more information on the program, contact the hospital’s diabetes educators: Amy Soulliere, BSN, RN, at 402-562-3322, or Joan Plummer, RD, LMNT, CDE, at 402- 562-4462, or visit [columbushosp.org](http://columbushosp.org).

###