



News Release

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### **Platte County Lifestyle Coalition highlights importance of primary care physician**

For Immediate Release

**(COLUMBUS, Neb.)** – The Platte County Lifestyle Coalition is a local coalition dedicated to promoting healthy lifestyles. This month, the coalition highlights the importance of having a primary care physician.

Several surveys have been performed in connection with the Community Health Needs Assessment (CHNA), created by the East Central District Health Department (ECDHD), Columbus Community Hospital and other partner agencies. From those surveys, one item that stood out was that 19.3% of people in our health district (Boone, Colfax, Nance, and Platte counties) do not have a primary care physician (PCP). There are several reasons for someone not having a PCP, including a lack of insurance or financial resources, or the fact that they do not prioritize the need to see a physician.

The PCLC recommends people take the time to find a PCP, as they have a working knowledge of a person's medical history. Another benefit of a PCP is that they offer a person preventive care and suggestions on living a healthy lifestyle. The coalition also suggests if someone has a PCP, they should stay current in the relationship.

As part of its mission to promote healthy lifestyles, the PCLC is involved with several local health and wellness programs, including the Walk to Jerusalem, Complete Health Improvement Program, running clubs at local schools, Walk with a Doc and more. For more information about the PCLC or how people can become involved, contact Gene Vis, PCLC coordinator, at 402-562-4686 or [edvis@columbushosp.org](mailto:edvis@columbushosp.org).

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