



News Release

Contact: Amy Blaser, Vice President

Phone: (402) 562-3371

Email: aebblaser@columbushosp.org

Date: December 26, 2019

**CCH's Diabetes Self-Management Program
Featured in Nebraska Department of Health and Human Services Video**

For Immediate Release

(COLUMBUS, Neb.) –About 175,000 people in Nebraska have diabetes, which is enough to fill Memorial Stadium twice.

To help the large numbers of Nebraskans with diabetes, the Nebraska Department of Health and Human Services recently created a video promoting diabetes self-management education. Columbus Community Hospital's diabetes self-management program and its coordinator, Joan Plummer, RD, LMNT, CDE, certified diabetes educator, were featured in the video.

During the roughly five-minute video, Nebraska residents share their stories of their diabetes diagnoses and how they found support, education, and results through diabetes self-management programs like CCH's.

According to the video, diabetes self-management education is covered by most insurance plans and people who participate in diabetes education are more likely to:

- Take meds as prescribed
- Control their blood sugar, blood pressure and cholesterol levels
- Have lower health care costs

CCH's diabetes self-management program is a recognized program by the American Diabetes Association. It provides comprehensive diabetes education for people who are newly diagnosed with diabetes, as well as people with a long-standing history of diabetes.

The class covers blood glucose monitoring, nutrition, exercise, lifestyle changes, medications, risk reduction and diabetes self-management. Instruction in blood glucose monitoring and foot exams are part of participants' initial assessments.

The six-hour course includes a one-hour individual appointment and two, separate, two-and-a-half-hour group sessions.



Area resident and diabetes patient, Kevin Bennett, talks about his experience with CCH's diabetes self-management in the video. After he was diagnosed with Type 2 Diabetes last January, his doctor connected him to Plummer and the resources at CCH.

"She was very helpful. She got me right into some classes," Bennett said.

Through the classes, Bennett has learned about portion sizes, watching his blood sugar levels and how to change his lifestyle by watching what he eats.

"Since I've been diagnosed, I think the thing that motivates me the most is just some progress. It doesn't have to be huge," he said. "I've learned that I want to take care of myself. I've got a lot of living yet to do. And I want to do it. If you're newly diagnosed with diabetes, I would just encourage you. There are answers."

To watch the full video, click on this link: https://www.youtube.com/watch?v=F-xJ0m09c_A.

For more information on CCH's diabetes self-management program, call 402-562-4462 or visit www.columbushosp.org.

###