



News Release

Contact: Amy Blaser, Vice President

Phone: (402) 562-3371

Email: aebblaser@columbushosp.org

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Columbus Community Hospital Offers Program to Help Prevent Type 2 Diabetes

For Immediate Release

(COLUMBUS, Neb.) – Columbus Community Hospital is offering the National Diabetes Prevention Program to help people lose weight and prevent or delay Type 2 diabetes.

NDPP is a yearlong program which helps participants make lifestyle changes to improve their health. Participants meet in a group with a trained lifestyle coach once a week for 16 sessions during the first six months and then sessions once or twice a month for the rest of the year. The lifestyle coach helps participants make small changes to their lifestyles that can lead to big results.

In sessions, the group focuses on positives and learning opportunities. Together with their lifestyle coaches, NDPP participants talk about what works and what doesn't work, as well as new, healthy recipes.

Prior to the start CCH's next NDPP course, two free informational sessions will be held on the program on Tuesday, February 18 or Wednesday, February 19 from 4:30 to 5:30 p.m. in CCH's Prairie Room. Community members are invited to attend the sessions to learn more about NDPP and whether it's a good fit for them.

For more information on NDPP, contact the diabetes educators at Columbus Community Hospital: Amy Soulliere, BSN, RN, at 402-562-3322 or Joan Plummer, RD, LMNT, CDE, at 402-562-4462 or visit www.columbushosp.org.

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