



News Release

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Columbus Community Hospital can help you prevent Type 2 diabetes

For Immediate Release

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

NDPP is a yearlong program that 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 does and doesn't work, as well as new, healthy recipes.

Prior to the start CCH's next NDPP course, CCH will hold two free informational sessions on Wednesday, Jan. 12, at noon, or Thursday, Jan. 13, at 4 p.m., in CCH's Pioneer Room. The hospital invites community members to 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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