



# Panhandle Health District

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**Panhandle Health District**

**FOR IMMEDIATE RELEASE**

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## **Panhandle Health District to Launch New Diabetes Prevention Program**

**HAYDEN, ID** – Panhandle Health District (PHD) is adding a new chronic disease prevention course to its health promotion programs. The Diabetes Prevention Program (DPP) aims to help individuals at risk of diabetes by providing affordable, high-quality services to prevent the disease.

DPP is a nationally recognized program from the Centers for Disease Control and Prevention (CDC) and is proven to prevent or delay the onset of type 2 diabetes through individually-tailored lifestyle changes. Guided by a trained Lifestyle Coach, participants learn the skills they need to make lasting changes, such as proper nutrition, physical activity, and stress management.

CDC estimates that 37% of adults have prediabetes. In Idaho, over 80,000 people have reported the condition. Combined with the increasing number of obese adults and many people lacking sufficient insurance coverage, prediabetes is a top priority for the Health District.

“We are so excited to be offering DPP in North Idaho. This program has been successful all across the country – cutting many participant’s risk of developing type 2 diabetes by 58 percent,” said Natalie Colla, RDN, PHD’s Diabetes Program Coordinator.

To join, individuals must be considered at risk for diabetes. Risk factors for diabetes include the following:

- Those who are overweight or obese
- Those with a family history of diabetes
- Those who have had gestational diabetes
- Those who are 65 years or older, or those who are 45 years or older and do not exercise

The program's first session will be offered this March. The total cost is \$300 (discounts are available to those that validate financial need). This includes the entire year-long program consisting of 16 weekly group sessions, then six monthly follow up sessions and individualized coaching from a Lifestyle Coach. The program maintains a supportive environment where participants find ways to overcome obstacles and celebrate successes.

Those who are interested or believe they are at risk for diabetes can take the risk survey [online](#) or call Natalie Colla at (208) 415-5293.

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