


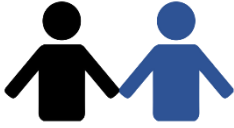



Take Control of Your Health Today!

Join an evidence-based lifestyle support program offered at
NO Cost for Panhandle adults 18+

For more information or to register for a healthy lifestyle support program, contact Cheri Farris, CHES at 308-220-8020 or cfarris@pphd.org

Evidence – Based Program	 <p>NATIONAL Diabetes PREVENTION PROGRAM Nebraska Panhandle Proudly part of Panhandle Public Health District</p>	 <p><i>Living Well</i></p>	 <p><i>Health and Wellness Coaching</i> Making Healthy Choices Possible Proudly part of Panhandle Public Health District</p>
What it is	<p>Year-Long facilitated Program in person</p> <ul style="list-style-type: none"> • Lose 5-7% starting body weight • Get 150 minutes physical activity weekly • Learn healthy eating & managing stress • Since 2012, over 1,000 participants have lost nearly 10,000 pounds in the Panhandle! 	<p>6-week interactive workshop in person</p> <ul style="list-style-type: none"> • Empowers YOU to take control of your health • Builds self-efficacy • Builds skills & knowledge 	<p>Telephone-based Health Coaching Guided conversation to help YOU find your intrinsic motives to:</p> <ul style="list-style-type: none"> • Support you to make healthy changes • Focus on healthy eating, physical activity, managing blood pressure, weight, chronic disease
Who its for	<p>Do you have:</p> <ul style="list-style-type: none"> • Prediabetes • Hypertension • Other risk factors • Need ongoing support 	<p>For care givers or people living with:</p> <ul style="list-style-type: none"> • Any Chronic health condition(s) • Diabetes specific curriculum for classes with all diabetics 	<p>For people who have:</p> <ul style="list-style-type: none"> • Willingness or desire to create healthier habits to improve health outcomes
Testimonials	<p><i>"I joined the National DPP because I was overweight, and all my numbers were up. My sister has diabetes, so I was getting worried about my own health. I just had my health screenings and all my numbers were down 3% or more!! I WAS SO EXCITED!"</i> Cindy</p>	<p><i>"Living Well has made me more aware of what I can do to manage my conditions. I am not alone."</i> Jacque</p>	<p><i>"My health coach helped me organize and set up my goals as well as a vision. She has helped me organize my thoughts into small, easy to achieve objectives that have led to reaching my overall goals."</i> Anonymous</p>
Why	<p>84 million adults have prediabetes a risk factor for heart disease, stroke, and type 2 diabetes</p>	<p> 1 in 2 deaths in the Panhandle are caused by chronic disease</p>	<p>1 in 3 PANHANDLE ADULTS have at least one chronic disease </p>

Healthy Lifestyle Support Programs

Referral Form

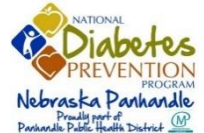
For adults 18 years of age or older



Name: _____ DOB: _____
Phone #: _____ Address: _____
Email: _____
Provider: _____ Clinic: _____

National Diabetes Prevention Program

Eligible if you meet one or more of the criteria below:



- ☐ Prediabetes or Gestational Diabetes
Fasting plasma glucose 100-125 mg/dl | Alc of 5.7-6.4 | Oral glucose tolerance test (75gm.) with 2-hour plasma glucose 140-199 mg/dl
Test result _____ Test Date _____
- ☐ High Risk score on Pre-Diabetes Risk Assessment
- ☐ Hypertension
- ☐ Need for ongoing support

Living Well



Patients are eligible if they meet either of the criteria below:

- ☐ Have an ongoing health condition
- ☐ Are care givers of someone with an ongoing health condition

Health and Wellness Coaching

Patients are eligible if they meet the criteria below:



- ☐ Desire to set goals to become a healthier version of themselves

*Please check eligibility to make the referral. You can refer to more than one lifestyle support program.

Referral Source

- ☐ Self-Referral
- ☐ Provider Referral

I authorize Panhandle Public Health to receive my information.

Signature: _____ Date: _____

Send Referrals to Cheri Farris, Community Health Educator

Email
cfarris@pphd.org

Fax
308-262-1317

Phone
308-220-8020

Mail

PO Box 1115 Bridgeport, NE 69336