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For Immediate Release

WCHS Graduates First Three Certified Lifestyle Coaches

Winnebago, NE – Winnebago Comprehensive Healthcare System (WCHS) is proud to announce the graduation of its first three Certified Lifestyle Coaches through the National Diabetes Prevention Program (DPP). This milestone is a crucial step in preventing diabetes and fostering healthier lifestyles within the Winnebago community.

The DPP's Prevent T2 curriculum focuses on helping participants create healthy habits around healthy food choices and increasing physical activity. Research indicates that individuals with prediabetes who participate in a structured lifestyle program can reduce their risk of developing type 2 diabetes by 58%, and by 71% for those over 60. American Indian and Alaska Native populations face a higher risk of type 2 diabetes compared to other U.S. racial groups. The lifestyle change program in Winnebago called Ho Chunk Hope follows the Prevent T2 curriculum and has been recognized by the CDC since 2017.

Camilla Barajas, Director of the Wa i pi nagu (Diabetes) Program at WCHS and a Certified Master Trainer, stated, "I am thrilled to bring this training to WCHS, as we have a growing need to support our patients and community members in achieving their health goals. By training WCHS employees as lifestyle coaches, we aim to strengthen our Ho Chunk Hope class and enhance access to lifestyle coaches."

Barajas is one of the first Native American Master Trainers certified through an initiative from the CDC and the Diabetes Training and Technical Assistance Center (DTAAC). She is able to provide high-quality training and ongoing development opportunities for WCHS employees. The first three graduates, Anjelica Kamradt, Hollie Barclay, and Sheryl Steuk, have successfully completed the necessary training and are now certified lifestyle coaches. Their goal is to inspire healthier living in the community, and work towards preventing or delaying type 2 diabetes in clinical and community settings.

"Awareness is a vital step in safeguarding the health and well-being of Indigenous communities. By acknowledging the disproportionate impact of chronic disease within our population, it is vital to promote preventative measures. We need to empower individuals and families to make informed choices that will lead to healthier futures." Mona Zuffante, WCHS Chief Public Health Officer expresses.



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WCHS encourages community members to take advantage of these valuable resources and work towards a healthier future for themselves and their relatives.

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The Winnebago Comprehensive Healthcare System (WCHS) is dedicated to creating and sustaining a healthy community in Winnebago and all the populations we serve. Our organization provides an integrated approach to medicine by offering care services that are compassionate, innovative, and culturally-centered. Our goal is to lead the nation in health for indigenous people by challenging the culture of healthcare for the 10,000 Native Americans who live on the Winnebago Reservation and in the surrounding region. The rural healthcare services we provide include renowned acute care hospital services, a robust primary care clinic, and impressive prevention programs designed to educate, encourage, and support the mental, environmental, social, and physical wellness needs of the Winnebago community. Visit www.wchs.health to learn more.