

Diabetes Prevention Profile

Second try at prevention program brings healthy results

By the Warm Springs Diabetes Prevention Program

The Warm Springs Diabetes Prevention Program is a program that works with individuals who are considered to be at a higher risk of developing Type II Diabetes. The Diabetes Prevention Program offers a 16-week Native Lifestyle Balance curriculum that provides patient education focusing on holistic well-being, nutrition, physical activity and weight-loss.

As most of us know, change is never easy especially when it comes to making healthier lifestyle changes. Dorothy Shadley knows that first hand.

Dorothy first joined the Diabetes Prevention Program because she noticing how many people in the community have complications due to diabetes.

This was a real eye-opener, and made her want to work towards becoming healthier. But some things are easier said than done.

Eventually, not feeling motivated to finish the curriculum, Dorothy quit attending the Native Lifestyle Balance classes. However she held interest in completing the program, and joined for the second time.

"The second time, I joined for the right reasons," Dorothy says, "which is doing it for me—to feel better, and



mostly to become healthier." Dorothy completed the 16-week curriculum. "A part of the motivation that pushed me to finish came from the lifestyle coaches,"

she says. "They are very knowledgeable in their positions."

Through the Diabetes Prevention Program she becoming educated about diabetes, and ways to prevent diabetes.

The classes taught her about eating right, exercising, being healthy and learning new and healthier ways to cook.

The challenges Dorothy faced while being in the program were keeping track of her food log on a daily basis, reading food labels, and counting calories. Even though classes have ended Dorothy still maintains a daily nutrition log.

Since joining the Diabetes Prevention Program, Dorothy has made some healthy nutrition changes. These include:

Watching portion size, giving up processed foods, decreasing fast food intake, increasing water intake to a minimum of eight glasses a day; and eating fruits and vegetables on a daily basis.

In addition Dorothy has maintained a regular exercise

Her biggest success has been a weight loss of 51 pounds during the past eight months...

schedule since being in the program.

Dorothy feels the program assisted her in working towards her goals by doing one-on-one coaching sessions with her lifestyle coach Joy Ramirez.

"I don't feel like I could have come this far without her consistent support—the emails and text messages helped me stay motivated. Since day one, she took the time to listen to my frustrations and successes. The incentives I receive from the program are a plus—my favorite being the George Foreman Grill."

Dorothy states that her biggest success has been a weight loss of 51 pounds during the past eight months.

She attributes this to keeping a daily nutrition log and regular physical activity. Another success has been being able to hike Camel Back.

On Dorothy's daily commute to work it's common to see people hiking Camel Back. It was something she always wanted to try but never had.

Then, shortly after joining DPP Dorothy started walking Camel Back with her lifestyle coach. They started on a weekly basis, then increased to twice a week, each time working harder to shorten her time.

Pride and accomplishment best describes how Dorothy felt the first time she walked Camel Back in 70 minutes.

Asked if she can offer any advice to people in the community about the prevention of diabetes, she says:

"Learn about Diabetes Prevention by attending the weekly classes, and most of all, Be honest to yourself. It is very important to take good care of your health and it will definitely make you feel better."

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