

COMMUNITY

# Cutting weight

Participants in local diabetes study drop 7 percent of body fat in 16 weeks

BY MAEGAN MURRAY  
HERMISTON HERALD

Twelve area residents are 53 percent less likely to develop type 2 diabetes after completing the first portion of a diabetes prevention study for the Centers for Disease Control through Good Shepherd Medical Center.

A total of 19 people signed up for the National Diabetes Prevention Program Lifestyle Intervention study at GSMC, which began in October. To participate, people had to have a body mass index of at least 24 and could not have developed full-blown diabetes.

Through the program, participants attended weekly classes for the first 16 weeks, where they

were weighed during each session. They also listened to and discussed presentations on a range of topics, from healthy eating to stress management to exercise. They were also encouraged to exercise for at least 150 minutes during the week and turn in their weekly meal plans documenting what they planned to eat that week.

Now that those 16 weekly classes have finished, ending in February, the group will now attend monthly classes.

The goal for the study, GSMC registered dietitian Nancy Gummer said, is for those people to lose 7 percent of their body fat by the end of the year-long program, which would decrease their chances of developing diabetes by 53 percent. In just 16 weeks, however, they have nearly reached their goal. Of the 12 individuals remaining in the program after 16 weeks, the average of weight lost is 6.8 percent.

"It's gone really well," GSMC dietitian Cassan-



MAEGAN MURRAY PHOTO

Healthy eating and exercise have allowed 12 individuals in a diabetes study through Good Shepherd Medical Center to meet an earlier deadline of losing 7 percent of their body fat, which decreases their chance of getting type 2 diabetes by 53 percent.

dra Zabel said. "Of those participating in the program, 100 percent of them lost weight."

Zabel said, even though the program required 150 minutes of exercise, organizers discovered participants have gone above and beyond that, recording an average of 179 minutes of physical activity per week.

Gummer said she feels the program is so successful because it allows people to decide what kind of exercise and eating choices work best for them. She said the program

encouraged any physical activity, rather than prescribing a certain kind. The same went for meal planning.

Zabel said not only are the participants feeling healthier, they are being encouraged to maintain their health routine.

"This helps keep them motivated," she said. "Most of them didn't realize how much of an impact their lifestyle made on their health."

Gummer said some of the participants made large changes that, in return, had large impacts on

their health. Others, she said, made small changes that made large differences as well.

"They were able to explore and find out what worked best for them," she said. "For many, it worked really well."

Gummer said participants' choices in exercise ranged from walking daily to lifting weights to conducting extra chores at home, with the goal of adding exercise to their day.

"Some people really started enjoying exercising, while others still do it because they need to," she said. "The program allows people to find the changes that work for them that will last. That has made the biggest impact."

Throughout the last 16 weeks, Zabel and Gummer have submitted their results from the study to the Centers for Disease Control, which they will continue to do for the rest of the year-long study. The CDC will then use the results to demonstrate how prevention through lifestyle changes is more important than treatment after an person has already been diagnosed with type 2 diabetes. The

overarching goal, Gummer said, is to get health insurance companies to place more of an emphasis on prevention.

"There was a huge study done that compared lifestyle to medication," she said. "What they found is that a person's lifestyle is more effective than medication in prevention."

Gummer said the GSMC study was the first one in the state, and possibly even in the nation, to be conducted in a rural area.

"It has been better than what we expected," Zabel said. "Our hope was that people would lose weight and cut their chances of getting diabetes. By week 16, we've already met our goal. It really works."

Recently, other studies have started up for the effort and are running concurrently with the GSMC study that began in October, including an additional study at Good Shepherd. People interested in participating in a future study should visit <http://www.ccno.org>. The website lists program start dates for areas in which the study will take place.

# Proposed commercial zone changes complete

Ward: Strip club regulations may 'pique the interest of the ACLU'

BY SEAN HART  
HERMISTON HERALD

In response to resident outcry for further strip club regulations last summer, the Umatilla Planning Commission has completed recommendations for an overhaul of commercial zoning codes to address the issue, but officials are unsure whether the proposed changes would withstand a legal challenge.

At the commission meeting Tuesday, members finalized the recommendation to revise the zones after months of work. A public hearing on the proposal is scheduled at the next Planning Commission meeting in April, after which the recommendation will be forwarded to the City Council for approval.

The proposal would prohibit adult entertainment businesses, such as strip clubs, in the neighborhood commercial, downtown commercial and downtown transitional zones and allow them in the general commercial and highway commercial zones with added stipulations that they

must be 1,000 feet away from schools, public libraries and city parks and 600 feet away from other similar businesses. City Planner Bill Searles said previously that a city attorney was more comfortable the zone restrictions would withstand a legal challenge than the proximity restrictions.

When the City Council considered imposing a temporary moratorium on new adult entertainment businesses in August to provide time to develop regulations, American Civil Liberties Union of Oregon Legislative Director Becky Straus sent a letter urging the council against it, stating it could expose the city to a legal challenge. The council ultimately approved a 120-day moratorium in September, which was extended for an additional six months, while the Planning Commission tried to develop regulations that were legally defensible.

In her letter, Straus cited a case where the Oregon Supreme Court concluded nude dancing was protected by the Oregon Constitution as a form of free expression but noted that other regulations were authorized.

"Under current Oregon law, cities and counties have the authority to regulate the locations of all businesses," she said in the letter. "In fact, cities and counties can impose all

sorts of regulations through zoning, such as curbing nighttime hours near a residential zone, for example, or other similar types of content-neutral regulations. If a local government seeks to regulate the location of a business, however, based only on the content of what it displays or sells, then that regulation is a violation of the business' right to free expression under the Oregon Constitution. Article I, section 8 provides that the government shall pass no law 'restraining the free expression of opinion, or restricting the right to speak, write, or print freely on any subject whatever.'"

Rather than regulating strip clubs alone, the Planning Commission completed a broader effort that specifies each type of business permissible in each of the city's commercial zones.

Searles said previously that the current zoning language is similar for each of the zones, and the proposed changes would differentiate them, allowing officials to better plan the layout of business types throughout the city.

Using the North American Industry Classification System list of business categories — along with a definition for adult entertainment businesses, which

were not included in the list — the commissioners selected where the uses would be allowed. Many businesses, including strip clubs, were restricted to the general commercial and highway commercial zones.

"I think we took the best approach that was available to us," Searles said after Tuesday's meeting. "We chose not to focus on one or two uses and just looked at them in relation to all the other uses in trying to shape each of the zones and the areas of the community to allow only those uses that we felt meet the purpose and intent of the zone."

Commission Chairman Boyd Sharp said, although the process began as a way to regulate strip clubs, that became secondary to reshaping the community with better zoning regulations for all businesses. He said the commission did "a wonderful job" and did not believe the regulations would be challenged.

"I know that people are worried that we will get challenged, but I don't think it will," he said. "We have a lot of other things we will only allow in general commercial and highway commercial. For instance, a veterinarian can only do large animals, horses and cows, in general commer-

cial and highway commercial. They can't do them in downtown, transitional or neighborhood commercial. We're not outlawing (strip clubs), just like we're not outlawing veterinarian services for horses and cows. We're just saying this is where they need to be."

Although many types of businesses are restricted to certain zones in the proposal, only marijuana and adult entertainment businesses are subject to the additional regulations regarding proximity in the general commercial and highway commercial zones.

City Manager Bob Ward said the Planning Commission has been "under a lot of pressure" to further regulate strip clubs from community members, many of whom would prefer to ban them entirely. He said, however, he believed the proximity regulations would be most likely "to pique the interest of the ACLU," and he was unsure if those specific measures would be approved by the City Council.

"I think the Planning Commission is doing what the community asked them to do, and we will just see how the council responds to that — and then we'll see how the ACLU responds to that," he said.

"In any case, I think the council needs to have a back-up plan for what will happen should we get that phone call from the ACLU, and I don't think that we're going to go to the mat on defending what we've done here."

Ward said other Oregon cities, such as Keizer, have proximity regulations that have never been challenged in court, but he could not guarantee a similar outcome.

"Whether or not we would have to litigate that when other communities have not, I don't know if that would be the case," he said. "There certainly does appear to be some scrutiny on Umatilla that these other communities have not suffered."

Sharp said he believed the commission chose the best regulations available, and they could be changed if and when they are challenged.

"We don't have to fight them with it," he said. "To my thinking, we should leave it in, and then, if they challenge it, all we've got to do is say, 'OK, you win,' and then take it out, and we haven't lost anything."

A public hearing about the proposed changes to the commercial zones will take place at 7 p.m. April 28 at Umatilla City Hall.

**ESSENCE E-CIGS EMPORIUM E-JUICES**

• Vapor Shop  
• Accessories

541-667-4184

Mon-Fri 10am-6pm • Sat 10am-5pm  
1055 S. Hwy 395, Ste. 333 • Hermiston, OR 97838  
[facebook.com/essenceemporium97838](http://facebook.com/essenceemporium97838)

Local Training Opportunity!  
Save on travel expenses!

**Apr. 9-17, 2015**  
**8:00-5:00 pm**

**Columbia River Community Health Services**  
Is hosting a Medical Interpreter's Course offered by  
**THE CROSS CULTURAL HEALTH CARE PROGRAM**

- 8 day course
- Fulfills Oregon's \$413,558 for health care interpreters course content and hours
- Includes: ethics, basic medical vocabulary, basic interpreting skills, professional development

TRAINING FEE INCLUDES the full 8-day course and...

- Bridging the Gap textbook for Medical Interpreters
- Other training materials
- Eligibility to enroll in the Bridging the Gap Training of Trainers course

Full course for only \$750  
Registration required 1 week prior to course date

Training Location:  
450 Tatone St.  
Boardman, OR

(541) 481-7212 x 214

**MENTAL HEALTH**

**LIFEWAYS**  
HELPING PEOPLE

- Adult, Child and Family Therapy
- Psychiatric Evaluation and Treatment
- Mental Health and Crisis Services
- Confidential and Professional Care

LIFEWAYS PENDLETON 331 SE 2nd St., Pendleton, OR 97801 Office: 541-276-6207

Crisis Phone: 866-343-4473  
WWW.LIFEWAYS.ORG

LIFEWAYS HERMISTON 595 NW 11th St., Hermiston, OR 97838 Office: 541-567-2536

**PEDIATRIC DENTISTRY**

Call Today!  
**541-289-5433**

1060 W. Elm, Suite #115,  
Hermiston, OR  
(across from Good Shepherd Medical Center)  
[www.apd4kidz.com](http://www.apd4kidz.com)  
Office Hours: Mon-Fri 8am-4pm

**Advanced PEDIATRIC DENTISTRY**

CareCredit  
Find us on Facebook

**VISION CARE**

**EYE HEALTH & VISION CARE**

**Robert D. Rolen, O.D., LLC**  
Optometric Physician

115 W. HERMISTON AVE. SUITE 130  
541-567-1837

**URGENT & FAMILY CARE**

**GOOD SHEPHERD**  
HEALTH CARE SYSTEM

Family Medicine  
Internal Medicine  
Pediatrics  
Women's Health  
General Surgery  
Urology

Good Shepherd Medical Group  
The specialists you asked for...  
...Right here at home.

Appointments  
541-567-5305

600 NW 11th St., Suite E-37 • Hermiston • [www.gshealth.org](http://www.gshealth.org)

**MEDICAL DIRECTORY**

**URGENT & FAMILY CARE**

**URGENT CARE**

Sports & Dot Physicals • Minor Injuries • Family Care • Minor Surgeries  
We accept Medicare & some Advantage Medicare plans

**NO APPOINTMENT NECESSARY**

HOURS:  
Mon-Sat.  
7:30am-7:00pm

**541-567-1137**

236 E. Newport  
Hermiston  
(across from U.S. Bank)

**FAMILY DENTISTRY**

**DESERTDENTAL**

**Family Dentistry**  
~New Patients Welcome~

**541-567-8161**

995 W. Orchard Ave., Hermiston

Ryan M. Wieseler, D.D.S.

**URGENT & FAMILY CARE**

**GOOD SHEPHERD**  
HEALTH CARE SYSTEM

Family Medicine  
Internal Medicine  
Pediatrics  
Women's Health  
General Surgery  
Urology

Good Shepherd Medical Group  
The specialists you asked for...  
...Right here at home.

Appointments  
541-567-5305

600 NW 11th St., Suite E-37 • Hermiston • [www.gshealth.org](http://www.gshealth.org)

**To Advertise In The Medical Directory, Please Call Jeanne At 541-564-4531**