



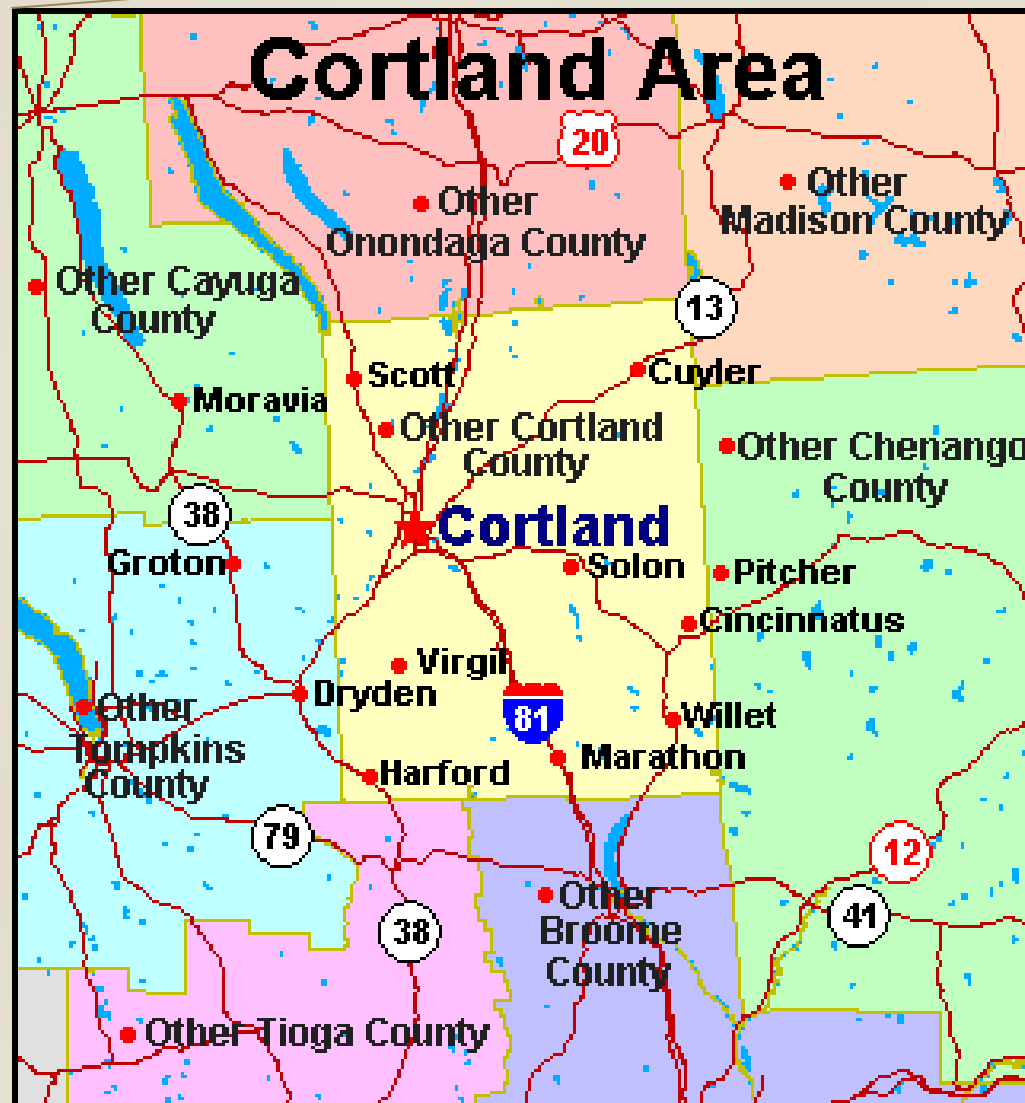
TAKE THE  
PLUNGE  
Weight Loss  
Challenge!!  
WIN A POOL!!



# Setting

Five communities in rural Central New York State.

- Moravia
- Cincinnatus
- DeRuyter/Cuyler
- Marathon
- Cortland



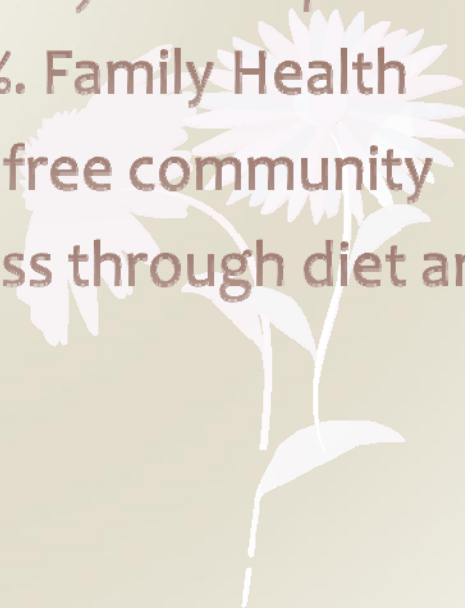
# Target Population

The target population served by the Family Health Network of Central New York in Cortland and contiguous counties is primarily rural and low-income with one of the highest diabetes mortality rates and one of the lowest self-monitoring rates in the State.



*Cure • Care • Commitment*<sup>SM</sup>

According to the American Diabetes Association, reducing body weight by 5-7% (10-15lbs) along with a weekly exercise regimen (2.5 hours) can help reduce the risk of type 2 diabetes by 58%. Family Health Network (FHN) has developed a free community program to encourage weight loss through diet and exercise.



## Remember:

Losing weight, for some of us, will be one of the biggest challenges of our lives. Our reasons for embarking on a weight loss journey are intensely personal and individual.



# Starting Weight for 46 Participants

6874.5  
POUNDS



# Journey began

## April 19, 2008

Success is not final, failure is not fatal: it is the courage that counts. Winston Churchill



# Participants included:

Co-Workers



Family



Friends

Cousins



Aunts

Sisters

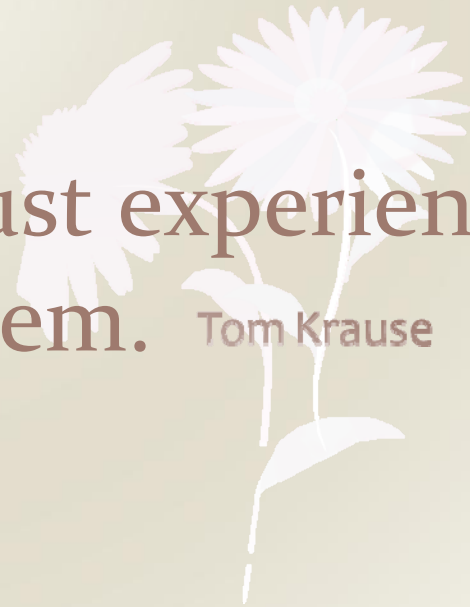




# Journey ended

## July 12, 2008

There are no failures - just experiences  
and your reactions to them. Tom Krause



Winner – Lost 29 lbs. with a total  
of 17.8% of body fat lost



# Total Weight Loss

338.5 POUNDS

- Average weight loss was 12 lbs.
- Highest body fat percent lost was 17.8%.



# Learning Objectives



# A1c Champ Speaker Loretha Huff



# Motivational Speaker Dr. Otto Janke



# Meditation Techniques

by Alida deJong, FNP



# Nutrition Counseling

by Louise Whittleton, RD





# Other Contributors:

Fitness Guidance  
by Patti O'Mara

and

Motivational Dialogue  
by Lisa Loomis, LCSW

## Conclusion

Lifestyle and behavioral changes are attainable through a reproducible innovative rural community program.