

# SUCCESS STORIES

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How CEBCO's programs have positively impacted the lives of members.



# Diabetes Prevention Program (DPP) Success

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## Stats:

- Weight loss = 36 pounds
- Improved blood pressure

## Story:

I have struggled with my weight most of my life. During my 20's I lost a good amount of weight and was able to keep it off for 12 years. After 2 back surgeries I took a job working in an office setting, where I unfortunately gained weight over a period of about 6 years. In 2018, I received an email about the Diabetes Preventive Program (DPP), which was paid for in full through my insurance, CEBCO/Anthem. I already knew my blood pressure was high and I was predisposed for diabetes so I took the quiz and found out I qualified for the program. I lost the weight with the help of coach, a FitBit, lesson plans, and an app to record what I ate and how much exercise I got. My doctor was impressed with the amount of weight I had lost and that my blood pressure had improved! I am so thankful for this opportunity. In addition, I have recently enrolled in the free smoking cessation that CEBCO offers through Quit Line. I am finally going to quit the nicotine vape that I picked up after putting down the pack!



# CEBCO County Weight Loss Success

## Stats:

- Starting weight = 238 pounds
- Ending weight = 166 pounds
- Reduced prescription medications

## Story:

I was diagnosed as a diabetic with high blood pressure and thyroid issues. I realized I was the only person that could take care of me! I began Project Active; a study to determine the correlation between diabetes and depression. When the program concluded, I continued to walk daily and participated in my first 5K through the Washington County Wellness Program. I continued to participate in the county wellness activities offered and have no intention of quitting anytime soon!

**“I strongly encourage you to start taking better care of yourself . . . whether it is mentally or physically. The County Wellness Program available through CEBCO is an awesome place to start.”**



# CEBCO County Smoking Cessation



## Stats:

- 1 Pack of cigarettes a day for 44 years
- Smoke Free after 90 days!

## Story:

I smoked a pack of cigarettes a day for 44 years. I was starting to cough and have shortness of breath when I physically exerted myself. I knew I probably wouldn't reach 70 without having a stroke or heart attack.

I started using Nicotine Replacement Therapy and working with a health coach. After 3 months, I was tobacco free!

I am now able to take deeper breathes, my coughing has stopped and my blood pressure has dropped 10 points. I can smell and taste again and feel overall so much better.

I know I have extended my life by 10-15 years. I have reduced my chances of stroke and heart attack by 50%. I am able to enjoy the rest of my life on this earth with my family.



# CEBCO County Screening Benefits

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## Story:

My husband and I decided to participate in the Ashland County wellness program because of the monetary incentive that was being offered. As part of the requirements, we scheduled a visit with our primary care physician for our yearly physicals and biometric screenings.

After my husband's exam, it was discovered that he would need to have a colonoscopy done. There was no history of cancer in his family, but the doctor removed 14 pre-cancerous polyps. We were told that if this had not been discovered now, we would have had a much different conversation with the doctor.

**I am very thankful that CEBCO allows county employees the opportunity to participate in a wellness program. The monetary benefit was the motivation for us to participate and because of that it has added years to – if not saved – my husband's life!**



# CEBCO County Weight Loss Success

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## Stats:

- Weight Lost = 34 pounds!
- Lowered glucose ratio from 7.9 to 5.7 in 4 months
- Medication dosage reduced by half; another medication discontinued

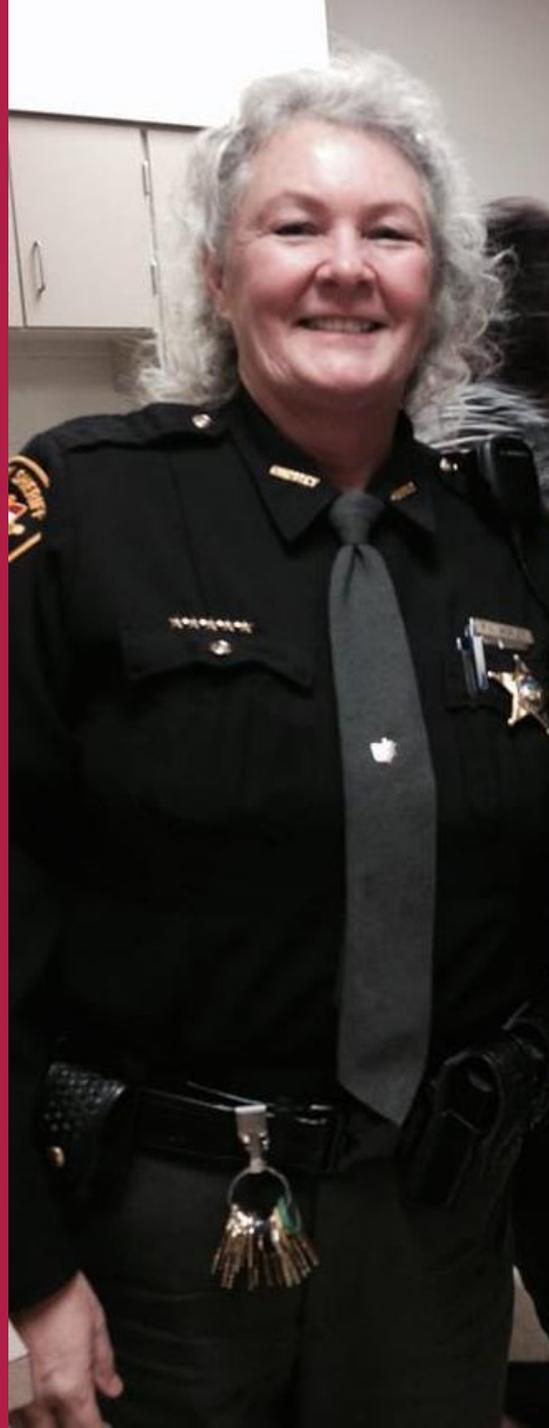
## Story:

I am in my 60's and have been battling diabetes and my glucose was getting out of control. I decided to take charge of my health with the hopes to lose weight and lower my glucose level.

Ross County Commissioners agreed to offer a 17 week At Work Weight Watchers program and pay half the cost through the 2017 CEBCO Wellness Grant. I decided this was my time to take control of my health.

Weight Watchers changed my way of eating and thinking. I began getting up early to walk 1-hour daily. "Everything came together; the weight came off and the sugar went down!"

"You have to do it for you. You can't do it for someone else"



# CEBCO County 10K-A-Day Participant

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## Stats:

- Several lost inches
- Support system through family

## Story:

I was tired, gaining weight and always sluggish. I decided to start walking in January 2017. I saw a flyer about the 10K-A-Day challenge being offered. I purchased a FitBit and signed up for the challenge. I set my goal at 5-7 miles a day – I reached my goal of 1 million steps by early April. I hope to reach 2 million steps before the challenge is over in July!

My two daughters also decided to purchase FitBit's and join me. We challenge each other through the FitBit app.

"The key to any exercise is just to move . . . it's a start!!! Move! Move! Move!"

"Thank you CEBCO and Carroll County for getting me started."



# CEBCO County Screening Benefits

## Story:

My husband and I decided to participate in the Jackson County health fair. During his health screening it was determined that my husband had elevated blood pressure. Nothing too serious, but enough to suggest that he follow up with his family doctor. He made his appointment and because he is now 50, a PSA blood test was also included in the overall process.

After several follow-up appointments and tests, my husband was diagnosed with Prostate Cancer. We made the decision with the surgeon that he would undergo prostate removal. The surgery went well. At the follow-up appointment, the surgeon advised us that the tumor had begun to grow outside the capsule of the gland and had we not jumped on this diagnosis and surgery as quickly as we did, the chances that this would have spread to other nearby vital organs and lymph nodes was likely.

**"I am so thankful for the Jackson County wellness fair. If he had not attended, we might have had an entirely different story to tell."**



# CEBCO County Weight Loss Success

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## Stats:

- Starting weight = 185 pounds
- Ending weight = 145 pounds

## Story:

I was at my heaviest weight in my entire life. I had high blood pressure and felt miserable. I was admitted into the hospital for emergency gall bladder surgery; I had never had surgery before in my life. I was off work for a month, which is not normal for this type of surgery. It was then that I decided to do something.

I gradually started walking and in January 2016 I started going to the Zumba/Pound classes offered with the Jackson County Wellness Program. I also joined the Jackson County weight loss challenge. I attended all weigh-ins and even participated in all challenges. Since making these changes in my life, I have lost 40 pounds!

I now exercise 3-5 times a week, take daily brisk walks and ride my bicycle. I no longer drink alcohol and rarely drink soda. I feel so much better!



# CEBCO County Weight Loss Success

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## Stats:

- Regular engagement in physical activity
- Stress reduction

## Story:

The fitness center located in the JFS barn has been a positive addition to the work day for so many county employees.

It helps to re-energize employees by using their breaks to walk on the treadmill or use the elliptical . I finish many of my days with a weight workout.

The fitness center saves employees time and money. There is never a crowd! Without the fitness center, I would not have this opportunity. It is such a benefit to start and end my day with exercise.



# CEBCO County Weight Loss Success

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## Stats:

- Weight Loss = 15 pounds
- Motivated to continue to lose weight

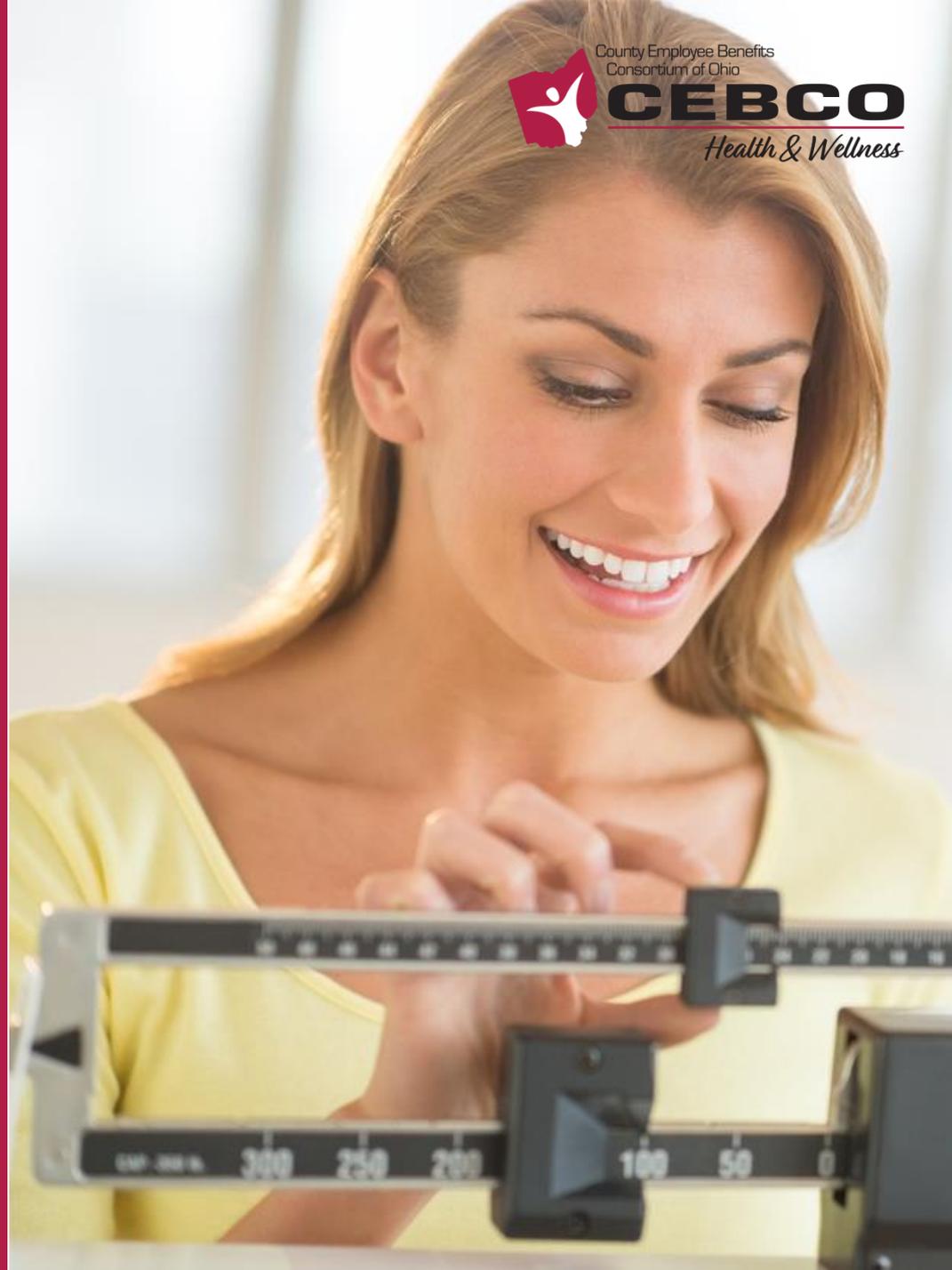
## Story:

My county offered a 30-day water challenge. I rarely drank water unless it was mixed with something like Kool-Aid or tea. I participated for the entire 30 day challenge and saw amazing results.

I learned that I consume more water when it is in a container with a straw, when the water is cold and when the ounces are listed on the bottle. It is motivating to track your total ounces, daily.

I have seen physical transformations by increasing my water consumption – my skin, nails and hair have all improved. I feel more full, which has translated to weight loss. I also have increased energy and this has led to a reduction in my caffeine consumption.

This program was a great jumpstart to a healthier me and I have continued to track my water consumption!



# CEBCO County 10K-A-Day Participant

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## Stats:

- Increased average steps to 10,622 per day
- Healthier and feeling good!

## Story:

I like to walk and try to do so daily but always do better when I have a challenge. I decided to participate in the 10K-A-Day program. Each morning I would get up at the crack of dawn (usually by 5:00am) and hit the road.

I am focused on reaching my 10,000 steps each day. I received Fitbit from my family as a gift and it has made tracking my steps so much easier.

I am so glad that I have been participating in the 10K-A-Day Challenge because it is just what I needed to push myself. I know that even after the challenge ends, I will continue to try to meet 10,000 steps per day.

“Thank you to the CEBCO Wellness Program for motivating me to stay healthy and to keep moving!”



# CEBCO County Weight Loss Success

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## Stats:

- Weight Loss = 44 pounds
- Off Blood Pressure Medication
- More energy, enjoys walking & biking

## Story:

Weight gain over several years had resulted in lack of energy and reduction in activities with my children and grandchildren. I was taking cholesterol and blood pressure medication and had a history of heart issues in my family.

I started with taking the Health Assessment and took advantage of the 10K-A-Day program offered through CEBCO. I quickly learned how little I had been moving and challenged myself to earn the 10,000 step token each day. I also joined the at work Weight Watchers program. This helped build a natural support of other co-workers to help me through the bad days.

“With the efforts of exercising, eating healthier and making better choices, I have lost weight and now have a lot of energy. I also no longer need my blood pressure medication!”



# CEBCO County Exercise Success

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## Stats:

- Twice weekly workouts
- Support system through co-workers and friends

## Story:

A group of us come together twice weekly for exercise. Our classes are held at a local church and we give a donation to the church for use of the facility. This has been helpful as some of us are unable to afford a gym membership.

We do different kinds of strengthening and aerobic exercises. Our instructor keeps it different which allows the classes to be fun and not repetitive. The exercises push us to do more than we think we can. It is not only good for our bodies but good for our self-esteem!

Marion County and the CEBCO Wellness Program has supported us with new mats and other equipment. We are very appreciative of the support they provide.

