

RCHS Players Make All-State Team



Cody Luttrell was named to the All-State Team by the Kentucky Baseball Coahces Associaton



Nathan Lawson was named to the All-State Team by the Kentucky Baseball Coaches Association



Dairy farmers are an essential part of our community. During National Dairy Month, we celebrate their hard work to provide safe and healthy food for American families.

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Main Office 36 W. Steve Wariner Drive	Downtown Branch Main & Wilson Streets	S. Branch South Highway 127
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About a year and a half ago I went to my family doctor for my yearly checkup, I was overweight and pre-diabetic borderline diabetic.

My doctor really wanted to start me on medicine then because my sugar and A1C had been ticking up each visit and my family history, but I told her I was trying to make changes and got her to hold off. She told me if I didn't get my sugar and A1C under control by my next visit she would have to start me on medicine.

I put off my follow up visit because I didn't want to go on medicine and was scared my sugar and A1C wouldn't be down.

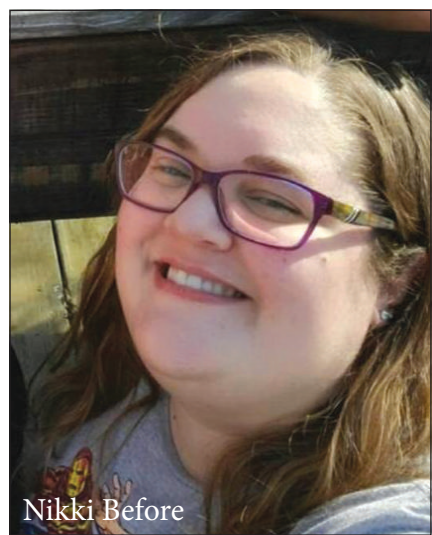
A few months ago I finally went

back to the doctor. I had lost weight and my sugar and A1C were in a very healthy range, she no longer has me listed as pre-diabetic, has no concerns for my sugar and no need to put me on any medicine.

My doctor was very shocked/impressed by the changes I had made. I told her about this program I was doing and she said stick to it. I am now officially 50lbs down from that first doctor visit.

I remind myself every time I get my dogs their 50lb bag of dog food that that's what I lost, especially on those days when I'm being hard on myself. (Note: Nikki has now lost 60 pounds!)

Nikki Hamm



In January 2021, I was diagnosed as a prediabetic patient. I immediately called my local health department inquiring about classes, and immediately received a call from Jamie Lee, RN, Lake Cumberland Health Department.

She enrolled me in the next set of classes and my "Diabetes Journey" began. Our classes were virtual learning settings, but very organized, comfortable, and everyone had an opportunity to participate. Our class

materials would arrive every Monday in the mail giving time to look through the packet and develop questions that you wanted to ask.

I would like to recommend the Lake Cumberland District Health Department Diabetes Classes if you have been diagnosed as a prediabetic or diabetic. The staff is very informative and will assist you with questions.

Judy Bruner

For the past couple years, I had really been trying to lose weight and get healthier. I exercised a lot and tried to restrict my diet but it was not helping me and made me think about food more.

Whenever the DPP class was offered through LCDHD where I work, I was very interested in joining. I was intrigued by the fact that it was a year-long program and it included health coaching for free! So, I eagerly signed up and asked my mom and sister to join with me because I knew that would like it too and we could help each other with accountability.

Starting the program and learning about what was actually in the foods I was eating was really eye-opening to me. It was extremely helpful for me to record what I was eating each day and to try to stay around a certain number of calories

and fat grams without restricting all my favorite foods. We were encouraged to set a weight loss goal and I was really surprised by my progress after a couple months. I reached my weight loss goal of losing 15 pounds after 6 months and I was very thrilled and have been able to keep that weight off.

The health coaching provided by the Diabetes Educator, Mrs. Vicky, was extremely helpful and encouraged me to keep making healthy choices.

I would recommend the DPP class to anyone who is trying to live a healthier life.

I am excited to continue my health journey with all the new information and encouragement from the DPP class!

Melanie Jones



The Lake Cumberland District Health Department has Lifestyle Coaches trained to lead the year-long Diabetes Prevention Program. Also, nurses who are Certified Diabetes Care and Educational Specialists teach our Diabetes Classes that will help you improve your numbers and feel better. If you are interested in enrolling in either program please call 1-800-928-4416 EXT 1158. *We are here to help!*