

## **Empowering Community Wellness: KTA Pharmacy's Health+ Program Transforms Lives**

By Megan Arbles

At the forefront of community healthcare, KTA Pharmacy Health+ stands as a beacon of wellness for our local community. I'm humbled to share the story of our Diabetes Prevention Program and Diabetes Self-Management Education and Support (DSMES) program, two initiatives operating within KTA Health+ that have made a profound difference in the lives of countless individuals.

Since 2017, our KTA Pharmacy Clinical Services team led by Clinical Pharmacist Dayna Wong-Otis, has been committed to providing Diabetes Self-Management Education (DSMES) to over 275 patients across the island. Our DSMES class offers a personalized one-hour session with a pharmacist followed by weekly group sessions, covering essential topics such as health eating, medication management, and risk reduction. This program geared specifically for those diagnosed with type 2 diabetes equips participants with the necessary tools to manage their diabetes with confidence.

In 2018, we introduced the Diabetes Prevention Program (DPP), designed for individuals at risk for type 2 diabetes. Led by our team of Certified Lifestyle Coaches, this year-long program follows a CDC-approved curriculum focusing on sustainable lifestyle choices. The results speak for themselves, with participants experiencing not only a reduction in diabetes risk and weight but also improvements in overall well-being.

What sets KTA Pharmacy Health+ apart is our genuine dedication to a community-centric approach. We understand that healthcare extends beyond the confines of a clinic or pharmacy – it's about building connections, offering support, and instilling a sense of shared commitment to healthier living.

The stories we've witnessed are a testament to the transformative power of these programs. Participants have not only achieved better blood sugar management but have also experienced profound improvements in their quality of life. Cory Aguiar's journey is just one example of the impact we've had:

*"Throughout most of my life, I have been overweight. As I grew older, my health became more of a concern. Years of opting for convenience and instant gratification finally caught up with me. I gained weight, and my blood sugar levels rose. I tried different diets and exercises, but none of them seemed to work.*

*My doctor suggested that I enroll in KTA's Health+ program to take charge of my health. Health+ taught me ways to enhance my health, not only by adopting a healthy diet but also by changing my relationship with food and learning how to deal with the various challenges that life throws at us. The most significant benefit I gained from Health+ was that I didn't feel alone anymore. The coaches and my fellow participants in the program offered me the support that I needed to succeed*

*and take control of my health.”*

- Cory Aguiar, KTA Pharmacy Health+ Diabetes Prevention Program Graduate

As we look to the future, I'm inspired by the potential of proactive healthcare initiatives like KTA Pharmacy's Health+ Program and so many others in the community. By investing in prevention and education, we're not just treating diseases; we're shaping healthier futures for generations to come. My hope is that the Big Island community can continue to champion proactive healthcare, empowering individuals to take control of their health and rewrite their health narratives. Together, we're creating a healthier, more resilient community where everyone has the opportunity to thrive.

For more information on the KTA Pharmacy Health+ Program or other services that KTA Pharmacies offer please visit [www.ktasuperstores.com/pharmacy](http://www.ktasuperstores.com/pharmacy) .

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