



# IMPACT 2016

Through Extension programs across the nation, Family and Consumer Science Extension Educators provide a multitude of Educational opportunities to meet the needs of diverse audiences.

## Diabetes Prevention and Management

Diabetes prevalence in the United States is 9.3% and growing, including young children. Estimated costs in 2012 were \$245 billion, nationally. The implications for the nation require action to curb this epidemic. Impacts include the quality of life, financial resources and the welfare of our individuals and families. Over time, diabetes education and management could curb the epidemic and cost of this disease. The Cooperative Extension Service has seized the opportunity to help individuals learn the importance of adapting healthy lifestyles for a better quality of life.

### Educational Programs

Health and Human Services estimates the value of diabetes education as saving \$900 per person per year with an estimated savings in **Nebraska** of \$769,500. Information presented in the *Control Diabetes for Life* program helped people control blood glucose levels. The series was offered 28 times serving 2985 Nebraskans.

*"The Control Diabetes classes have helped me to deal with the emotional side of diabetes. The classes help me learn how to handle the disease and it helps me talk with others about the emotions and concerns of diabetes."*

~ **Nebraska Control Diabetes for Life** participant

*Do Well, Be Well with Diabetes*, offered in **Texas**, is a 5-class series that covers basic nutrition, self-care management and helps people with diabetes learn

the skills needed to manage the disease successfully. The program's primary goal is to improve blood glucose management.

**Illinois** used the *I on Diabetes* program to reach 239 participants in 12 programs offered. One participant reported that she lost 11 pounds by the third week of the program and her highest blood sugar reading was 140.



In **Oklahoma**, 12% of Oklahomans were diagnosed with diabetes in 2015. The *Live Well, Eat Well, Be Active with Diabetes* program was offered 3 times reaching 97 participants. Evaluation data showed increases in planned behavior change of eating recommended amounts of fruits, vegetables, and whole grains.

The *Dining with Diabetes* program helps adults make lifestyle changes. It is a program for diabetics and their family members. The series of 4 classes and a 3-month follow-up includes clinical testing, nutrition information, recipe demonstrations, exercise, and group support.

Raising kids, Eating right, Spending smart



In **Pennsylvania**, 95 *Dining with Diabetes* programs reached 2880 participants.

*"I have learned so much from this program. My blood pressure and A1C have gone down and the only change I made was following what I learned. I am walking more and I know how to make better choices in restaurants."*

~ **Pennsylvania** *Dining with Diabetes* participant

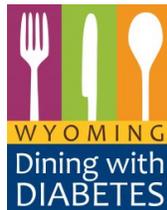
In **Indiana**, 540 participants attended *Dining with Diabetes*. The series was offered 48 times.

*"This program made me more aware of the necessity for more fruit and vegetables in my diet. I also plan to be more active."*

~ **Indiana** *Dining with Diabetes* participant

In **West Virginia**, 514 adults were reached in one of 13 series of *Dining with Diabetes* and in **Ohio**, 200 people attended one of the 40 series offered.

In **Wyoming**, 22 uninsured Downtown Clinic patients with prediabetes or Type 2 DM, received education and guidance on setting goals and follow-up progress with their goals.



### Sensitive to Culture

*Wisdom, Power, Control* is a culturally competent self-management educational program in **Texas** that targets rural diabetic African Americans. Educational sessions cover: What Is Diabetes?; Checking Your Blood Glucose Levels; Eating Healthy with Diabetes; Be Active with Diabetes; Medicines and Diabetes; and Preventing Diabetes Problems. The series was offered 177 times to 23,524 participants.

*"I learned how to follow a healthy lifestyle with proper diet, portion control, exercise"*

~ **Texas** *Wisdom, Power, Control* participant

169 **Virginians** participating in *Balanced Living with Diabetes* improved in patterns associated with diabetes control. Results from 69 Hispanic participants were similar. For the 3-month reunion, lower hemoglobin A1C levels were reported with less change observed within the Hispanic population.

**National Extension Association of Family and Consumer Sciences (NEAFCS)** provides professional development for Extension professionals who improve the quality of life for individuals, families, and communities and provide education in the areas of: Childhood Obesity Prevention; Community Health and Wellness; Diabetes Prevention and Management; Financial Management; Food and Nutrition; Food Safety; Healthy Homes and the Environment; Improving Children's Lives; and Protecting our Resources – Family Life.

Diabetes occurs at higher levels in Latinos than in the general public. The Latino population in **North Carolina** has increased dramatically. To serve this group *Better Food, Better Health* was offered. It utilizes a curriculum of nutrition education for Spanish-speaking families during the 6-week program.



*Si, Yo Puedo*, a culturally relevant Type 2 diabetes self-management education targeting **Texas** Hispanic/Latinos was developed to address this gap in health programming. *Si, Yo Puedo* aims to equip participants with knowledge and lifestyle skills to better control their diabetes. In 8 series, 196 participants were reached.

### Using Technology to reach the masses

Using technology as another avenue to inform at-risk or diagnosed populations with *Diabetes Webinars* proved effective. **Colorado** conducted 7 webinars reaching 135 participants. The website received 228 hits. Only two Certified Diabetic Educators exist in an 11,409 square mile area even though diabetes rates exceed the state average. Educational webinars reach a broad and diverse audience with much needed information.

*"Excellent information available and able to interact without traveling. Other questions presented I hadn't thought about were answered."*

~ **Colorado** *Diabetes Webinars* participant

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