

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 prevention and management programs continue to make impacts in the lives of participants and their families with educational programming through Cooperative Extension. The serious effects of diabetes, such as shorter life expectancy, higher healthcare costs and increased risk for developing chronic disease, have touched the lives of people across the country. Slowing the epidemic is a profound goal and includes changes in healthy lifestyle behaviors, such as good nutrition, physical activity and monitoring health care to stay on track with this disease.

“This class gave me a wake-up call to clean up my diet and eat more fruits and vegetables.” – Missouri Diabetes Self-Management participant

Educational Programs

Missouri reached 761 participants with *Diabetes Self-Management*, a 5-session program delivered during a 3-month period. The classes provided participants with lifestyle tools to manage diabetes. **Pennsylvania’s Dining with Diabetes program** reached 523 participants with the assistance of 45 community partners. About 33% of participants decreased their A1C (a measure of diabetes management) and 60% decreased their blood pressure. Additionally, 46% increased their physical activity. One participant lowered her A1C from 7.1 to 6.6, lowered her LDL cholesterol, raised her HDL cholesterol, and lost 29 pounds.

“I learned a lot about diabetes and how so many parts of the body are impacted from this disease.” – Indiana Dining with Diabetes participant

In **Indiana**, about 785,000 adults are affected by diabetes and 67% of adults are overweight or obese. Diabetes costs the state an estimated \$4 billion. Extension educators reached 253 participants through *Dining with Diabetes programs*. Participants reported dietary changes and the ability to maintain or improve their health after completing the program.



“I learned to pay attention to what I am eating, read labels (and what the numbers mean) and how important monitoring food intake is to my health. I now know the diabetes plate method and the handouts are very helpful with making food choices.” – Delaware Dining with Diabetes participant

In **Delaware**, the *Dining with Diabetes* program reached 48 participants. Because of the *Dining with Diabetes* program, 58% of participants are cooking more often at home, 83% are eating smaller portions, and 50% are using recipes. **Minnesota** reached 162 participants with the help of 34 community partners. The 26-session *I CAN Prevent Diabetes, National Diabetes Prevention Program* demonstrated significant impacts in the lives of participants. On average, participants lost 5% of their

body weight. Minnesota's program achieved full recognition by the CDC as a provider of the National Diabetes Prevention Program.

Texas reached 600 participants with the 5-lesson series *Do Well Be Well with Diabetes Program* which helped participants learn skills needed to manage their diabetes. 60% of participants reported control of their diabetes was very good or excellent, compared to 43% at entry.

"Since attending these classes, my insulin dosage before each meal has been reduced from 38 units to 35 units." –**Texas** Do Well Be Well with Diabetes participant

Kansas' *Dining with Diabetes* program reached 143 participants. In addition, 40 Kansas Extension agents have been trained in the *National Dining with Diabetes Program*. In **Virginia**, the *Balanced Living with Diabetes Program* reached 89 participants. The program showed significant impacts such as weight loss among 52% of participants (averaging 6.6 pounds) and a decrease in A1C levels.

Montana's *Diabetes Empowerment Education Program (DEEP)* reached 500 participants with 54 community partners. Specific impacts included an average drop in A1C levels from 7.4 to 7.2, a 12-point drop in LDL cholesterol levels, and a systolic blood pressure lowered by 10 points.

West Virginia reached 102 participants with the *Dining with Diabetes Program*. Participants reported eating a variety of fruits and vegetables, considering portion sizes when making meal choices, and reviewing the food label before eating.

Michigan's *National Diabetes Prevention Program* reached 107 participants with the 24-session program. Participants showed dramatic improvements such as awareness of motivation techniques to make lifestyle changes, eating less fat in their diet and becoming more physically active.

Ohio reached 200 participants through the *Dining with Diabetes Program*. As a result of the 4-session program, 64% of DWD participants began fitting exercise in as a part of their daily routine after taking the classes and 84% are cooking more at home as a result of the program.

Kentucky's three programs, *Kentucky Diabetes Support, Fit Together and Taking Ownership of Diabetes*, reached 593 participants and engaged 69 community partners. About

29% of participants lost 5 to 7% of their body weight, 90% reported reading food labels, and participants lost an average of 8 pounds during the program. **Utah** reached 668 participants with *Diabetes Prevention and Management* to help participants implement lifestyle changes to manage diabetes. **New Mexico** educated 595 participants with the *Chronic Disease and Diabetes Self-Management Program* and *Kitchen Creations Diabetes Cooking School*. **Oklahoma** reached 119 participants with *Live Well, Eat Well, Be Active, with Diabetes (LEAD)*, and 72% have maintained or lost weight and 61% are in better control of their blood glucose.

"This class saved my life." – **Michigan** National Diabetes Prevention participant

Meeting Cultures with Education

Texas has 2 programs to meet cultural needs in their state. They empowered 531 African American participants with *Wisdom, Power, Control Program* by equipping them with the knowledge and lifestyle skills to better control their diabetes. This resulted in significant increases in self-care scores and diabetes knowledge. As a result of *Si, Yo Puedo Controlar Mi Diabetes!* Texas enabled 301 low-literate Hispanic/Latinos with diabetes to better control their disease.

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Raising kids, Eating right, Spending smart



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