



IMPACT 2019

DIABETES PREVENTION AND MANAGEMENT

Limited resources of time, money and energy for families create struggles. Training and support through Extension Family and Consumer Science educators produce and deliver programs to help clients address diabetes prevention and management.

Dining with Diabetes

Participants and their families experienced significant improvements in diabetes-related biomarkers and lifestyle behaviors.

The program addresses complications and diagnostic tests that are available. Participants learn to cook at home using healthy recipes and they incorporate exercise for new daily routines.

Community partners assist in offering diabetes management while participants learn behavioral changes that impact health.

Educators teach participants to begin foot examinations to stay healthy. Participants learned to eat smaller portions, which helped manage blood sugar levels.

National Diabetes Prevention Program

The program addresses at-risk individuals to prevent or delay diabetes. Many participants in the lifestyle-changing programs lost weight and increased physical activity.

The NDPP provided lifestyle tools to manage diabetes for adults of varying ethnicity.

The NDPP also provided self-improvement management skills in diabetes education for Medicare recipients. Participants shared experiences and learned from one another.

NDPP programs help participants maintain weight loss and stay in control of glucose levels. The programs focus on the improvements and healthier outcomes.



Raising kids
Eating right
Spending smart

