



# IMPACT 2020

Through Extension programs across the nation, Family and Consumer Sciences 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. Extension programs addressing diabetes can be effective at promoting healthy behaviors, diabetes management, and improved health outcomes.

### Dining with Diabetes

Several states implemented the National *Dining with Diabetes* Curricula, which has 4 sessions, and a reunion covering topics such as complications and diagnostic tests, carbohydrates, fats, sodium, fiber, vitamins, and minerals. Over 932 participants from eight states, **Ohio, Indiana, Kansas, Montana, Michigan, Maryland, West Virginia, and Idaho** participated in a national DWD evaluation. From pre- to post-program and follow-up, 83% of participants were cooking more at home, 89% were eating smaller portions, and 82% were using recipes provided by the program.

"This class saved my life"--- **Florida DWD Participant**

In **West Virginia**, 140 people attended Dining with Diabetes where 63% experienced a decrease in blood pressure. In **Pennsylvania**, 209 participated in DWD and at conclusion of the series 45%

experienced a decrease in A1C, 64% could better explain their condition, 50% increased their physical activity and 40% consumed more fruits and vegetables. **Delaware** hosted the class in Spanish and English with 78 participants. The post program evaluation demonstrated a 48% increased the amount of days in the last week they ate a variety of fruits and vegetables and 46% increased the amount of days in the last week they considered portion sizes when making meal choices. In **Maryland**, 45 people participated. After attending classes, 70.7% fit exercise into their daily routine more often, 82.9% cook more at home, 61.6% use program recipes, 63.4% use nutrition labels when choosing food more often and 29.3% decreased their sugary beverage consumption.



"After attending the program, I have lost some weight and lowered my blood pressure as I have learned how to cook without added salt by using fresh herbs and spices." **Kansas Dining with Diabetes Participant**

Raising kids, Eating right, Spending smart



NEAFCS National Office

325 John Knox Road, Suite L103

Tallahassee, FL 32303

850-205-5638

850-222-3019

[www.neafcs.org](http://www.neafcs.org)



"I learned so much about diabetes and how serious it is. We can do a lot through diet. I need to exercise more, and this class was a great reminder to do that. I also feel more confident in cooking because I have so many new recipes I tried in class to use at home. Thank you!" Ohio Dining with Diabetes Participant

## National Diabetes Prevention Program

The *National Diabetes Prevention Program (DPP)* is recognized by the Centers for Disease Control and Prevention as an evidence-based program for helping at-risk individuals to prevent or delay diabetes. The CDC reports that "eighty-four million Americans now have prediabetes. If lifestyle changes are not made, these individuals will develop type 2 diabetes within 5 years." A 5-7% weight loss has been shown to reduce risk of chronic diseases. Extension educators in several states have offered *DPP*. In **Michigan**, 66 people participated and from 2018-2019, 62% met the weight loss goal of at least 5% body weight with 833 pounds being lost. In **Florida**, 39 DPP participants have collectively lost 99 lbs. and percentage of weight loss ranges from 2.98% to 16%.

**Texas** implemented several diabetes education programs including Do Well, Be Well with Diabetes; Wisdom, Power, Control; Diabetes Education for African Americans; and Si, Yo Puerdo Controlar Mi

Diabetes. These programs collectively reached 566 individuals with diabetes and focused on diabetes prevention and management. Target audiences include adults, African American and Hispanic with diabetes or pre-diabetes. The classes provided participants with lifestyle tools to manage diabetes and projected lifetime economic benefits are an estimated \$16.4 million.

"By following the program I was able to reduce my A1C by one whole point, which put me in a non pre-diabetic status." Arizona Diabetes Prevention Program participant

Extension has developed many online tools and resources to support face-to-face traditional classes. In a recent survey by the National Dining with Diabetes Working Group, 8 different states reporting using on-line curricula. **Delaware** and **Ohio** use *Dining with Diabetes: Beyond the Kitchen*, supported by eXtension that focuses on grocery shopping and eating on the go. To date 198 participants have completed the course and evaluations indicate improved overall confidence to manage diabetes, make informed choices when grocery shopping and eating out. Educators in **Pennsylvania, West Virginia, Maine, Indiana, Maryland, Wyoming and Arkansas** have all reported to use on-line diabetes education curricula. **Illinois** has developed *Tools to Manage Diabetes* that includes online resources such Recipes for Diabetes, Fiesta of Flavors, and HOT Project for Teens.

"Learning how to read food labels and checking the amount of carbs in foods has resulted in a four pound weight loss!" Maryland Dining with Diabetes participant

*This report was compiled Daniel Remley, Ph.D., Ohio State University Extension, Public Affairs Education Subcommittee member, and Mary Liz Wright, MS University of Illinois Extension Service, Vice President for Public Affairs. For more information, email [maryliz@illinois.edu](mailto:maryliz@illinois.edu).*

**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. NEAFCS is an equal opportunity/affirmative action association. NEAFCS values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of race, color, gender, age, religion, national origin, disability, veteran status, or sexual orientation. Membership is not by invitation. (Strategic Plan 1993-97)