



IMPACT 2022

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.

Online Programming

Extension has developed many online programs in response to the coronavirus pandemic when traditional face-to-face programming wasn't possible.

The Quicksand Area FCS agents with University of **Kentucky** presented *Dining with Diabetes* via zoom and mail out lessons to adults with diabetes and/or family members responsible for meal planning and preparation.

K-State Research and Extension's *Dining with Diabetes Online* had 93 participants in 2021. The self-paced class has educational videos, participant handbooks for each module, food demonstrations with diabetes friendly recipes, physical activity videos, discussion questions and quizzes. As a result of the program, 85% of participants were cooking more at home and 94.5% were eating smaller portions. The program attracted a younger audience than the traditional face-to-face program.

Ohio State University Extension's *Dining with Diabetes Beyond the Kitchen* participants work at their own pace and engage with presentations, virtual shopping tours, discussion forums, quizzes, cooking demonstration videos, links to websites, and app reviews. In 2021, 44 participants have enrolled. Four completed all required activities and the evaluation. After the class, a larger percentage of participants reported to be "confident" that they could

manage their blood sugars (30% before vs. 100% after), and make informed choices when grocery shopping (66% before vs. 100% after).



The National Dining with Diabetes Program

Although the pandemic slowed down traditional in-person programming, several states still implemented the *National Dining with Diabetes* program, which has four sessions, and a reunion covering topics such as complications and diagnostic tests, carbohydrates, fats, sodium, fiber, vitamins, and minerals. There were 483 participants from five states, **Ohio, Idaho, Mississippi, West Virginia, and Indiana** who participated in a national DWD evaluation. In **Ohio** from pre to post-program and follow-up, 80% increased their knowledge of diabetes, 81% of participants were cooking more at home, 92% were eating smaller portions, and 76% were using recipes provided by the program. In addition, 68% indicated that they were fitting physical activity into their daily routine since starting the class. Self-reported A1C, a biometric for good control also decreased. At **WVU** Extension, 76% of participants felt confident in keeping their diabetes under control. Additionally, 38% are fitting exercise into their daily routines, 42% are eating smaller portions, and 28% are cooking more at home. In **Indiana**, 73% of Purdue Extension Dining with Diabetes participants increased knowledge and intended behavior changes for better care. In

Maryland, pre-post survey results showed a significant increase in the weekly frequency of healthy behaviors such as exercising for 20 or more minutes per day, considering portion sizes when making meal choices, consuming more fruits and vegetables, and checking their feet.

"I went from [an HbA1c of] 6.1 in June 2021 to 5.5 in November 2021! Key to my success: portion size [...] cook veggies and MOVE - walks, yoga, dance. Plus down 12 pounds!!! Thank you, Coach Mary and TEAM!!!"
Arizona Diabetes Prevention Program

The 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 prevent or delay diabetes. The CDC reports "Eighty-four million Americans now have prediabetes. If lifestyle changes are not made, these individuals will develop type 2 diabetes within five years." A 5-7% weight loss has been shown to reduce risk of chronic diseases. In **Arizona**, 93 individuals with pre-diabetes participated and lost on average nine pounds.

"I lost 25 pounds by being more active, walking my dog longer distances, changing my food choices and portion sizes. My goal is to lose 17 more pounds to hit my goal weight." **Maryland**



Other Programs

Missouri implemented the *Chronic Disease Self-Management Class*. The six-week evidence-based program helps individuals with diabetes or other chronic health conditions to become better self-managers and improve their health through discussion, problem solving, stress-management and weekly action plans. The **New Mexico** State University Cooperative Extension Service implemented *Kitchen Creations Diabetes and Cooking School*. Participants received up to 12 hours of group nutrition and cooking education from registered dietitian nutritionists, diabetes care and education specialists, and extension agents. Participants received a manual with information covered and at least two diabetes cookbooks. Nineteen cooking schools were offered through Zoom due to pandemic restrictions with 235 adult participants. All survey participants reported they were satisfied with the classes, and 99% reported they understood the strategies to plan and prepare healthy meals.

"The recipes provided during the class make me excited to cook at home and allow me to be healthier in my food choices. I am now exercising more than I did before the class..." **West Virginia Dining with Diabetes participant**

This report was compiled by Daniel Remley, Ohio State University Extension and Jennifer Bridge, University of Kentucky Extension Service and NEAFCS Vice President Public Affairs. For more information, email Jennifer.Bridge@uky.edu.

Raising kids, Eating right, Spending smart 

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)