



# IMPACT 2024

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

Cooperative Extension's educational programming has made strides to improve diabetes awareness and management. The CDC reports that 1 in 3 American adults have prediabetes—but most do not know it. Extension programs that promote healthy behaviors can lower heart disease and stroke risk, and improve health outcomes without compromising taste for sustainable diabetes management.

### The National Dining with Diabetes (DWD) Program

The National Dining with Diabetes program offered virtual and in-person programs, which increased access, and bolstered effectiveness. Research shows that DWD helps participants improve diabetes management and outcomes. Across 8 states, 1,618 participants saw increased exercise, better portion control, more home cooking, and lower A1C. Quotes showcase specific successes like weight loss, lifestyle changes, and lowered A1C. **Delaware, Indiana, Kansas, Maryland, North Carolina, Ohio, Kentucky,** and **West Virginia** residents participated in a national DWD evaluation. In **Delaware**, the pre-to-post-survey indicated that the participants significantly increased the average days per week they exercised to 30 minutes or more (+1.28 days). Days participants measured out a serving size for meals increased as well (+2.48 days). In **Indiana**, 62% of participants increased their knowledge and intended behavior changes for better care. In **Kansas**, individuals reported preparing more meals at home, reading nutrition facts labels, increasing their vegetable intake, and exercising at least 30 minutes a day more often. In **Maryland**, participants reported significant increases in knowledge of fiber's role, amount of non-starchy vegetables on the Plate Method, physical activity, behavioral change, measuring foods, and preparing balanced meals. In **North Carolina**, the DWD program accounted for 38% of the initiatives and 30% of the total participants. In **Ohio**, 63.8% of participants

now prepare balanced meals based on the Plate Method including more vegetables and 56.3% of participants choose a source of unsaturated fat for meals/snacks. In **Kentucky**, 68% of individuals reported preparing more healthy home-cooked meals. **West Virginia's** average pre-A1C was 7 and post results reported 6.7. Behavioral changes included exercising daily, cooking more at home, eating smaller portions, using the DWD recipes, learning how to count carbohydrates, and reading nutrition facts labels.

*"Since our class, I have lost 15 pounds. I will work hard to keep it off. Thanks for the boost needed to get back on track." - Delaware Dining with Diabetes Program*

*"Dining with Diabetes helped me realize the importance of reading food labels for checking fat, sugar salt, and fiber content. I lost weight and my A1C has gone down from 8.4 to 7.2. I enjoyed the fellowship and recipe tasting." - Maryland Dining with Diabetes Program*

*"One participant dropped her A1C from 8.6 to 7.2." - North Carolina Dining with Diabetes Program*



## The National Diabetes Prevention Program (DPP)

The CDC's evidence-based Diabetes Prevention Program helps prevent type 2 diabetes through healthy eating and physical activity, which showed that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old). State programs show majorities meeting weight loss and A1C reduction goals. Participant quotes highlight kicking sugar cravings, making mindful choices, and gaining lifelong health tools. **Colorado** reported that in partnership with the Senior Center, 100% of their participants reported having healthier behaviors (healthier eating, increased activity, and positive attitude changes). **Arizona** reported that over 60% of their 201 participants met the program goal (5% weight loss and 0.2% reduction in their hemoglobin A1C).

"I am so proud of what I have accomplished via the DPP. I lost 23 pounds, made more mindful food choices, and reduced my sugar cravings. Most importantly, I was gifted the tools to kickstart a lifelong journey towards better health."- Arizona National Diabetes Prevention Program

## Other Programs

Other state programs like *Cooking Well with Diabetes*, *Living Well with Diabetes*, educated hundreds on diabetes management, driving better eating habits, exercise, blood sugar control, and more. Participants' quotes convey programs providing knowledge to take charge of their care and set them on the right path.

**Texas** implemented *Cooking Well with Diabetes* and provided 244 participants with diabetes education that will guide them to have a better quality of life and improve their productivity.

**Arkansas** implemented *Living Well with Diabetes* which helped decrease average blood sugar levels, blood pressure, and cholesterol in 100% of 57 participants.

**Virginia** *Balanced Living with Diabetes (BLD)* evidence-based, type-2 diabetes lifestyle change program is designed to encourage improvement in self-management of diabetes.

**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)

The 55 participants showed reductions in A1C, weight, and improvements in recommended fruit/vegetable intake and exercise.

"The information that was presented helped me to know the importance of me taking charge of my care."- Virginia Balanced Living with Diabetes Program

**Oklahoma** implemented *Live Well, Eat Well, Be Active* with Diabetes to 31 participants and 47% reported that they maintained or lost weight, and 27% reported their blood glucose was in better control.

**New Mexico** implemented *Kitchen Creations: A Cooking School for People with Diabetes and their Families* to 235 adults across 17 counties in New Mexico. As a result of the program, 99% of participants understood strategies to plan and prepare healthy meals.

"My eating habits have improved. I am counting calories to lower my intake to help lose weight. My A1C was 12.7 when I was originally diagnosed. The class set me on the right path. I am now 6.1 A1C." New Mexico Kitchen Creations: Cooking School

**Utah** implemented *Diabetes Cooking Along* educated 439 participants on food preparation with a diabetes-friendly recipe each month and provided information on improving diabetes symptoms and overall health.

**Kentucky** provided *Diabetes Prevention and Management Programs* that led to Diabetes Support groups. The resources provided helped the 706 participants manage their diabetes. According to reports, 60% of participants reported an improvement in their A1C levels.

In summary, Extension programming proves effective for diabetes education and lifestyle change.

Tracey Saxton, MPH, University of Georgia, Public Affairs Education Committee members, Amanda Dame, University of Kentucky Cooperative Extension, and Christine Zellers, NEAFCS Vice President Public Affairs. For more information email, [zellers@njaes.rutgers.edu](mailto:zellers@njaes.rutgers.edu).

Raising kids, Eating right, Spending smart

