



# IMPACT 2017

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 awareness is making strides due to the impact of education through Cooperative Extension's programming. This first step begins the empowerment of those who have been diagnosed with diabetes or those who are interested in preventing the onset of the disease. This proactive stance is crucial because nationwide the rate of diabetes has nearly doubled in the past 20 years. Center for Disease Control projections by 2050 says one in three adults could have diabetes.

### Educational Programs

**Virginia** reached 141 participants with *Balanced Living with Diabetes* with the help of 13 community partners. The 5-session program over a 3-month period showed that 24% had clinically significant improvement of their blood sugar levels.

*"The Balanced Living with Diabetes Program makes me conscious, aware and resourceful with what I buy, prepare and eat. Excited to participate in this program, and will be using what I learn to prepare healthy meals for me and my husband"*

~ **Virginia** Balanced Living with Diabetes participant

**Utah's Diabetes Prevention** program reached 655 participants showing that 100% will make changes and those individuals increased their knowledge to work more effectively with health care providers in choosing a treatment plan that works.

**Michigan** reached 45 participants with the *National Disease Prevention Program* with impacts that reflected 33% of participants reported improved health status, 53% ended the program with decreased symptoms of fatigue, 49% decreased symptoms of pain and 51% decreased fearfulness of the future.

**Oklahoma** has the 8th highest rate of obesity and 12% of residents were diagnosed with diabetes in 2015. *Live Well, Eat Well, Be Active with Diabetes* program reached 314 participants. Evaluation data showed a decrease of 57% who plan to eat snack foods and drink sugar-sweetened beverages every day.

*"I have been able to lower my A1C to a normal level using the techniques I learned in the class."*

~ **Oklahoma** Live Well, Eat Well, Be Active with Diabetes (LEAD) participant

In **Kansas**, 95 participants attended the 5-class series of the *Dining with Diabetes* program. Kansas Extension provided a train-the-trainer workshop and 56 Extension professionals from 40 different local units were trained on the National DWD Program.



**Arkansas** reached 1,184 participants using *Living Well with Diabetes* with participants reporting healthy choices to control glucose levels, plan and prepare healthy diabetic friendly meals, reduced fat intake, and increased fruit and vegetable consumption.

*"I was shocked at the amount of salt that is in processed foods. I always knew it was high, but when shown the amount of sodium, I was shocked. I am going to limit my processed foods and use herbs to flavor my foods."*

~ **Arkansas** Living Well With Diabetes participant

Raising kids, Eating right, Spending smart



**Ohio** reached 200 participants with *Dining with Diabetes* and reported that 71% of participants are fitting in daily exercise and 84% are cooking more at home.

Penn State's accredited *Dining with Diabetes* program in **Pennsylvania** reached 591 participants. The impacts reflected 57% of participants experienced improved HbA1C readings and 58% experienced improved blood pressure readings.

**Maine** reached 79 participants with the *Dining with Diabetes* program. The follow-up data revealed that 94% of participants plan meals using the Plate Method and reported lower weight, A1C, blood pressure or LDL cholesterol readings.

**Illinois'** *Dining with Diabetes* reached 150 participants and reported 81% improved their ability to manage diabetes. Other diabetes programs included *Diet Detectives*, *Dine Out Without Filling Out* and *Eat to Reduce the Risk of Diabetes*.

**Kentucky** has 497,200 individuals with diabetes. By offering the *Taking Ownership of Diabetes* program, 546 adults engaged in self-management education. Before the program, 80% were seen by a health professional for managing their diabetes. FCS educators have saved approximately \$130,494.00 in health and hospitalization costs this year for the state through diabetes self-management adoption.

**Montana** reached 5,000 participants with *Diabetes Empowerment Education Program* (DEEP). The impacts reflected HBA1C levels improving from 8.2% to 7.1% and a decrease in systolic blood pressure from 138.4 to 128.4.

"I am excited to finally understand my diabetes so that I can manage it myself. If people knew how good this class was, it would be filled every time." ~ **Montana** Diabetes Empowerment Education program participant

### Cultural Sensitivity

**Delaware's** *Dining with Diabetes* program reached 64 participants to help make changes in their residents who are diagnosed with diabetes. The program was offered in English and Spanish with participants reporting increased levels of meal planning and consumption of vegetables.

The *Wisdom, Power, Control Program* of **Texas** helped 41 African American participants by equipping them with knowledge and lifestyle skills to better control their diabetes with significant increase in self-care scores and diabetes knowledge.

The culturally and linguistically educational strategy has been implemented in **Texas** with *Si, Yo Puedo Controlar Mi Diabetes!* reaching 82 participants and engaging 42 community partners. This empowered Hispanics and Latinos by equipping them with knowledge and lifestyle skills to better control their disease.

*The Do Well, Be Well with Diabetes* program reached 599 Texas adults in the 5-week program. It is estimated a \$36 million health-care savings is realized from improved management of diabetes.

"This has been life-changing for me. I was lost on how to take care of myself."

~ **Texas** Do Well, Be Well with Diabetes participant

**New Mexico** reached 506 participants with *Kitchen Creations* with culturally appropriate lessons on planning and preparing balanced meals to manage diabetes and heart health. The *National Diabetes Prevention* program reached 72 participants to reduce the onset of diabetes. Participants decreased their risk for developing diabetes for up to 5 years.



### Using Technology to reach the masses

**Nebraska** used the web with 3,397 hits and engaged 28 communities with distance education to help people control blood glucose levels with *Control Diabetes for Life*. The value of this diabetes education was a savings of \$900 per person per year for an estimated savings of \$769,500.

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**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.