



IMPACT 2019

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

A research study published in the CDC's journal *Chronic Disease Prevention* (May 2018) concluded that participants who completed the *Dining with Diabetes (DWD)* in **Pennsylvania** had significant improvements in diabetes-related biomarkers and lifestyle behaviors. If the *Dining with Diabetes* program were extended to half of the 1.3 million people living with diabetes in **Pennsylvania**, and if they had similar improvements, the 1-year benefit to the state would be approximately \$195 million, assuming a conservative 15% decrease in direct medical costs.



"I enjoyed this class tremendously. Earlier I made a few recipes for my family. They enjoyed them and learned why they were good for us." – **Ohio DWD Participant**

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. **Kansas** taught 18 sessions reaching more than 224 participants. As a result, 77% reported cooking at home more, 89% reported eating smaller portions, and 71% were using healthy recipes provided in the course. Educators from **West Virginia**, where *DWD* originated, taught 58 sessions and reached 987 individuals. In **Ohio**, 6 sessions were offered reaching 155 people with diabetes. About 70% of *DWD* participants began fitting exercise in as a part of their daily routine after taking the classes, and 91% percent are cooking more at home.

"The class helped me get my diabetes under control. I was taking medication in the morning and at night and now am happy to report that I take no medication at all!" – **Maine DWD Participant**

Delaware held 5 sessions with 54 participants. Program evaluations indicated significant knowledge and behavior changes related to diabetes management. **Pennsylvania's** *DWD* program reached 693 participants with the assistance of 40 community partners. In **Maine**, 64 individuals participated in *DWD* classes.

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

Indiana educators taught 29 *DWD* programs reaching 321 individuals. Participants increased their average knowledge scores from 19 to 22 out of 27 total points. Foot examinations per week increased from 3.3 to 4.2. **Utah** taught 30 *DWD* series, reaching 272 participants.

"I eat smaller meals, and am aware of what I'm eating. I have lost 49 pounds. All my levels went down. I have started talking to my granddaughter about portion control and healthy eating. I didn't know how much of your body diabetes could damage if not kept under control."

– **Delaware** *DWD* 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. Extension educators in several states have offered *DPP*. In **Arizona**, 89 *DPP* participants have lost more than 250 pounds. Many have met the 5% weight loss goal.

Washington State has offered *DPP* to 320 participants, and 17 participated in **Arkansas**. *Prevent T2, National Diabetes Prevention, Lifestyle Change Program* was offered twice in **Maryland** and twice in **Florida** reaching 20 and 21 participants in each state, respectively. In Maryland, on average, people lost 8.1% of their body weight (goal: 5 to 7%) and maintained 180 minutes of weekly physical activity (goal: 150 minutes), exceeding program goals. **Florida** participants averaged more than 6.5% weight loss, which reduces the risk of developing diabetes.

"I wanted to play on the floor with my grandkids and could not do it with my weight"; I lost 85 pounds! What a life changer this was for me! I will continue to apply what you have taught us." – **Washington** *DPP* Participant

Texas reached 1,863 participants with programs focusing on diabetes prevention and management, including *Do Well, Be Well With Diabetes, Wisdom, Power, Control Program* and *Si, Yo Puedo Controlar Mi Diabetes!*, *Diabetes 1st Step: Live Healthy, Be Hopeful*. The classes provided participants with lifestyle tools to manage diabetes and were marketed to adults, Hispanic audiences, and youth (type 1).

"I've learned that portion size is very important to maintain your ideal weight, also sugar spikes that occur have to be controlled." – **Texas** *Diabetes 1st Step* Participant

In **Montana**, 28 individuals participated in the *Diabetes Empowerment Education Program (DEEP)*. The *DEEP* program provides diabetes education and empowerment to Medicare recipients in the Missoula area without the doctor's referral required in other diabetes programs. According to surveys, 95% of participants reported that the benefits of sharing experiences with others is life changing, and they are inspired to improve self-management skills because of the program.

Oklahoma reached 199 individuals with *Live Well, Eat Well, Be Active, with Diabetes*. Evaluation data from 36 program participants showed that 81% have maintained or lost weight, and 63% are in better control of their blood glucose.

Kentucky Extension educators taught *Taking Ownership of your Diabetes* twice, reaching 25 participants. Program evaluations indicate adoption of healthier behaviors as well as improvements in health outcomes such as A1C (blood sugar) and blood pressure.

This report was compiled Daniel Remley, Ph.D., Ohio State University Extension, Public Affairs Education Subcommittee member, and Julie Garden-Robinson, Ph.D., RD, North Dakota State University Extension Service, Vice President for Public Affairs. For more information, email Julie.Garden-Robinson@ndsu.edu.

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