



# IMPACT 2023

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 is a common, serious, and expensive disease in the U.S. and around the world. In 2020, an estimated 34.2 million people of all ages, or 10.5% of the U.S. population has diabetes including 7.3 million undiagnosed. An estimated 88 million adults live with pre-diabetes, which can lead to diabetes especially with the absence of lifestyle and weight modifications. The complications of unmanaged diabetes are devastating and include heart, cerebrovascular, kidney, eye, nerve diseases, and amputations. In 2017, diabetes cost an estimated \$327 billion from hospital stays, doctor visits, prescriptions, supplies, and lost work productivity. Diabetes costs have increased 26% from 2012 to 2017 and continue to rise. Managing blood sugar through medications, healthy eating and physical activity can prevent or delay complications and cost burden (NIDDK).



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

Several states implemented the *National Dining with Diabetes (DWD)* program, which has 4 sessions, and a reunion covering topics such as complications, diagnostic tests, healthy meal planning, and physical activity. Participants also experience cooking demonstrations and taste testing of various healthy recipes. Participants from

seven states, **Ohio, Indiana, Maryland, North Carolina, Delaware, Colorado, and Kansas** participated in a national DWD evaluation. The evaluation suggests that participants improved their understanding of nutrition and diabetes management, increased the number of times per week that they engage in physical activity, consume fruits and vegetables, read food labels, and measure out serving sizes, and prepare balanced meals, and lowered Hemoglobin A1C (which is a measure of overall control). In **Ohio** from pre- to post-program and follow-up, over half of 175 participants lowered their Hemoglobin A1C. In **Delaware**, 73% of 24 participants increased the number of fruits and vegetables per day. 100% of participants in one class in **Colorado** showed improvement in understanding of diabetes care and cooking techniques to prepare diabetic friendly meals. In **Maryland**, pre-post survey results from 236 participants showed a significant increase in the knowledge of carbohydrates, healthy, balanced meals and behavior changes related to measuring servings and preparing balanced meals. **Kansas** hosted Dining with Diabetes Classes online and in person. Of those completing the post survey for the Dining with Diabetes classes, 95.1% reported consuming smaller portion sizes, 43.9% exercise continuously for at least 30 minutes at least 3 times per week, and 65.8% are preparing more foods at home. More than 230 participants in **West Virginia** were reached statewide with virtual and in-person Dining with Diabetes programs. Data shows that 30% greatly increased knowledge on the Diabetes Plate Method, as well as increased knowledge on the selection of healthier fats.

*"This program has been an important member of my diabetes team. At my 90-day check, my A1C went from 8.5 to 6.10!" Kansas Dining with Diabetes participant*

## 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 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. In **Arizona**, 175 individuals completed the program and 60% achieved the targeted weight loss of at least 5% and Hemoglobin A1C reduction of .2%. **Virginia** offered DPP to 104 participants. As a result of the program, 40% of program completers in 2022 achieved the diabetes risk reduction goal. Average weight loss was 3.5%. In **North Dakota**, 89 participants completed the DPP. Evaluations suggest that 72% of participants indicated they are more physically active and 89% of participants indicated they are eating more fruits and vegetables. Of those with elevated levels, 50% lowered their blood pressure, 45% lowered their cholesterol, and 42% lowered their glucose.

*“I had a doctor’s appointment yesterday and learned I was no longer PRE-DIABETIC! It shows how well your guidance has worked, because this is the first time in years for a lower number!” Thank you, thank you! **Virginia** Diabetes Prevention Program participant*

*“The yearlong support and structure helped me achieve my goals and maintain my achievements. Both things are very hard to do! I am feeling confident with my ability to apply the lessons I learned for the rest of my life.” **Arizona** Diabetes Prevention Program Participant*

## Other Programs

**Oklahoma** implemented the *Live well, Eat well, be Active with Diabetes*. Evaluations from the 4-session program showed that out of 31 participants, 75% have maintained or lost weight and 65% reported their blood glucose was in better control. **Utah’s** *Diabetes Cook Along* classes reached 447 people. Evaluations suggest 95% of participants report learning key concepts during the class series: carbohydrate counting, protein functions in connection to glucose, role of fiber in diet, heart healthy fats, diabetes appropriate recipes, and the role of physical activity in diabetes maintenance.

*“I learned to be more confident in choosing foods (shopping), making Dr. appts (and Dentist), preparing meals, reading labels, having fun experimenting with new recipes that are healthy for my husband (and me!).” **Ohio** Dining with Diabetes Participant*



*This report was compiled by Daniel Remley, PhD., MSPH, The Ohio State University, Public Affairs Education Committee members and Jennifer Bridge, University of Kentucky Extension Service and NEAFCS Vice President Public Affairs. For more information, email [Jennifer.Bridge@uky.edu](mailto: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)