



IMPACT 2025

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

Dining with Diabetes

The CDC reports over 38 million Americans have been diagnosed with diabetes and it is the 8th leading cause of death in U.S. Cooperative Extension's diabetes prevention and management programs increase awareness and provide strategies for diabetes management. Diabetes educational programs were offered 402 times in 15 states, **reaching 13,768 in-person and 34,050 virtual participants.**

The FCS Extension Program, *Dining with Diabetes*, helps people learn and practice diabetes management. The course, including cooking demonstrations and tastings for people with diabetes and their families, was implemented in six states. The 4-5 lesson series was conducted 92 times, with over 36,000 participants.

Dining with Diabetes participants reported the demonstrations taught them to quickly and easily prepare healthy meals and increased their understanding of nutritional recommendations. **West Virginia** participants were primarily females over age 50 having a household income below \$50,000. Participants reported an increase in daily exercise, eating smaller portions, and cooking at home more.

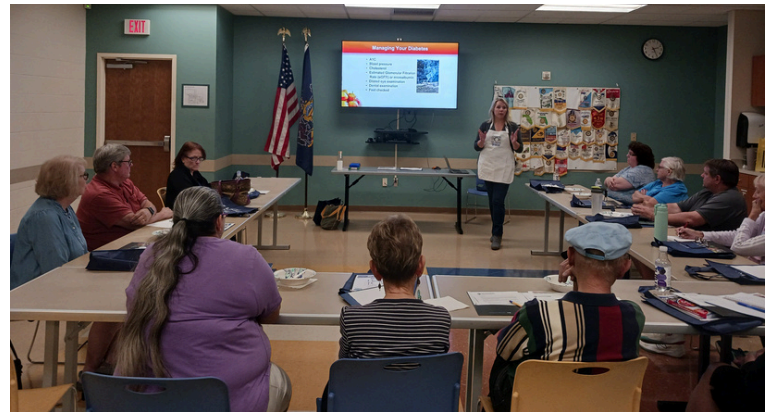


I learned that the most important thing is to make small steps ... until you have reached your ultimate goal. It is important to keep moving forward physically and figuratively to achieve being the healthiest you. - West Virginia Participant



Underserved Hispanic communities were reached through a partnership with AmeriHealth Caritas of **Pennsylvania**, where 95% of participants reported healthier eating habits. **Delaware** reported 78% of participants who provided an A1C saw a decrease from pre- to follow-up.

In **Ohio** 70% of participants increased their knowledge of diabetes management and the majority improved diabetes management behaviors.



Pennsylvania Dining with Diabetes Class

Other Programs

Balanced Living with Diabetes, a series of 6 lessons, was offered in **Virginia** six times. Ninety-three participants showed reductions in A1C and weight. The 22-lesson series, *Diabetes Prevention Program*, was offered 16 times. Extension Lifestyle Coach/Community Health Worker teams promoted health equity and achieved diabetes risk reduction through an average weight loss of 4% and a regular routine of 150 minutes of physical activity weekly achieved by 55.6% of participants.

New Jersey implemented *NJ Empower to Prevent*, to educate 103 virtual participants on nutrition, exercise, stress management, and problem-solving. Ninety program completers lost 419 pounds.

In **Texas**, 8,700 participants showed improvements in confidence and self-care behaviors. Lifetime economic benefits are estimated at \$5.3 million.

Nearly 800 persons participated in **Utah's Diabetes Cook Along** – series of 17 classes empowering individuals to make diabetes appropriate meals at home.

The year-long **Arizona Diabetes Prevention Program**, a series of 26 lessons reached a total of 156 participants. Over 60% of completers met the program goal (5% weight loss or 0.2% reduction in HbA1c).

Illinois provided *Tools to Manage Diabetes*, the short educational classes and support groups, allowed 354 participants to learn shopping, cooking, budgeting, and meal planning skills to help support better blood sugar management.

I lowered my A1C in the last three months from 7.9 to 6.8. It's the education that has been important. - Illinois Tools to Manage Diabetes Participant

Cardiovascular disease is the leading cause of death for people living with diabetes. **South Carolina** extension instructed 551 participants on ways to lower their risk of cardiovascular disease by teaching lifestyle modifications through the *Know Diabetes by Heart* program.



Oklahoma offered *Live Well, Eat Well, be Active, with Diabetes* seven times. Program participants reported a 40% increase of those who have an action plan for managing their 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)

New Mexico utilized *Kitchen Creations Diabetes Cooking School* provided 289 participants 12 hours of hands-on group instruction led by Extension Agents, Registered Dietitian Nutritionists, and Certified Diabetes Care and Education Specialists. Participants received a comprehensive manual and diabetes-friendly cookbooks.

My blood sugars are lower, and I have lost 8 lbs since the start of the class, and My blood sugar daily level has dropped by 35 pts and I'm using less insulin. - New Mexico Kitchen Creations Diabetes Cooking School Participants

Ohio implemented the *Diabetes Empowerment Education Program* a series of 8 lessons, with a total participation of 488. Participants reported losing weight, tracking food intake, increasing water, better medicine management using medicine containers, lower sodium intake, consistently reading food labels; journaling for diabetes management; and more movement and exercise.

This report was compiled by Jean Bailey, Oklahoma Cooperative Extension Service, Public Affairs Committee members, Dylan Gentry, University of Kentucky Cooperative Extension and Christine Zellers, NEAFCS Vice President Public Affairs. For more information, email zellers@njaes.rutgers.edu.

Raising kids, Eating right, Spending smart

