



IMPACT 2026

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

Overview

According to the CDC, approximately 40.1 million people have diagnosed or undiagnosed diabetes in the U.S. The impact of diabetes and other health issues make diabetes education a key component of Extension health programs. Submitted programs demonstrate the need for Extension health education for diabetes prevention, pre-diabetes, and diabetes management.

Program Reach and Participation

Based on submissions received from several state affiliates, 315 programs targeting diabetes prevention and management were offered. These programs reached 7,353 participants face-to-face, 36,331 participants virtually, and engaged 256 community partners and volunteers.

State-Specific Highlights

National Dining with Diabetes Program (DWD)

DWD was designed to empower people with knowledge and strategies through menu planning, eating healthy, counting carbohydrates, practicing portion control, reading food labels, and increased physical activity to help prevent and manage diabetes.

- **Indiana:** Approximately 11% of Hoosiers are faced with the challenge of living with diabetes. Forty-one (41) DWD programs focusing on health and nutrition were offered to Indiana residents providing research-based information to more than 460 participants.
- **Kentucky:** Rising diabetes rates in Kentucky resulted in educators providing DWD education to 892 participants. preparing more healthy home-cooked meals and 749 choosing smaller portions (1308 direct contacts; 29,518 virtual contacts). 74 community partners were involved in the success of the program.

- **Mississippi:** Extension educators in affiliation with 15 community partners provided DWD for 2167 participants. The program focused on improving knowledge and fostering self-management skills.

"We are helping the community understand the meaning of diabetes. We break down the complex condition into simpler terms so a person who has diabetes can understand and take their health more seriously." -Mississippi Community Partner

Other Diabetes Prevention and Management Programs

- **North Carolina** introduced the *North Carolina FCS Diabetes Prevention and Chronic Disease Education Program*. Over 3,500 were reached via face-to-face and virtual presentations resulting in increased fruit and vegetable intake, reduced sodium consumption, and measurable clinical improvements.

"My lab numbers improved and I feel more in control of my health." – North Carolina Participant

- **Texas** implemented an AgriLife Extension program Diabetes Management, reaching a total of 1,203 participants. The program provided evidence-based education on the prevention and management of diabetes. 295 participants showed significant improvements in confidence and diabetes selfcare behaviors supporting better disease management, reduced complications, and improved quality of life.

"This is the first time I have understood what diabetes is, how it affects my body, and what I can do to control it." –Texas Participant

- **Virginia** Cooperative Extension's *Diabetes Prevention and Management Program* joined a statewide Hub Network that reached 3,496 face-to-face and virtual participants. 10 community partners supported the program creating the capacity to submit health insurance claims for eligible participants.
- **South Carolina** presented *Health Extension for Diabetes* in reached 300 participants and resulted in significant improvements in self-care, behaviors, diabetes knowledge, self-efficacy, reduced A1C and weight.



South Carolina's Health Extension for Diabetes Program

Community Collaboration and Future Direction

Community partners are essential in planning and supporting Extension health programs. As demonstrated in affiliate submissions, over 250 community partners and volunteers assisted in making diabetes education a success. The increasing number of individuals with undiagnosed and diagnosed diabetes, in addition to complications from unmanaged diabetes (nerve diseases, kidney failure/dialysis, and cardiovascular diseases) supports the growing need for continued community support and diabetes education in all states.



Virginia's Balanced Living with Diabetes

Participant Outcomes and Areas of Impact

Through their joint efforts, Extension educators offered 119 DWD programs, reaching 7,306 participants face-to-face and engaging 31,582 virtually. In addition, other diabetes programs reached 9306 via direct and virtual contact. Indiana stated that 64% of 461 DWD participants increased knowledge and intended to make behavior changes to delay complications and improve health. Virginia reported that 34% of 3,496 participants achieved a 5% weight loss goal and 55% met activity goals with potential medical savings of \$370,000. **Utah** reported 91% of 454 participants increased confidence in meal planning, food impacts on glucose and healthier behaviors. 96% of **Mississippi** participants reported confidence controlling their diabetes after program. Other states reported increased fruit and vegetable intake, measurable clinical improvements in A1C, and improved quality of life.

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