

## Dining with Diabetes

### The Situation

Diabetes Mellitus is a health condition that is directly or indirectly impacting every citizen in Kansas. Approximately 11.4% of adults residing in Kansas report being diagnosed with diabetes and an additional 35.3% of Kansas adults currently have pre-diabetes (The Burden of Diabetes in Kansas, 2022). It is estimated that 66,000 Kansas residents currently have diabetes and are unaware of their condition. As the sixth leading cause of death in Kansas, diabetes is a disease that also contributes to the development of other chronic health conditions such as chronic kidney disease, heart disease, and stroke. The American Diabetes Association reports that direct and indirect health care expenses in Kansas associated to diabetes is approximately \$2.4 billion dollars yearly. The ability for all residents of Kansas to access research-based diabetes education is essential in order to support behavioral change to improve diabetes control, quality of life, and reduce the development of additional chronic diseases.

### What We Did

Kansas State Research and Extension has been proactive in reaching adults audiences throughout Kansas with the nationally recognized, research-based *Dining with Diabetes* education program. Course participants engage in a four session educational series in either a face-to-face or virtual format, creating educational opportunities for various learning styles and participant schedules. The program is designed to support behavior change by engaging participants in nutrition, food preparation, and physical activity content.

### Outcomes

A sample of *Dining with Diabetes* participants reported:

- 95.1% report consuming smaller portion sizes
- 43.9% frequently or always consuming five or more servings of fruits and vegetables in a day
- 43.9% exercise continuously for at least 30 minutes at least 3 times per week
- 65.8% preparing more foods at home

### Success Story

"This program has been an important member of my diabetes team. I was diagnosed 12/21. My 90 day check up was this week. I went from 8.5 to 6.10!!" – Cowley County

"I had taken a Diabetes Education course through my doctor's office, which spent 2 hours on food & meal planning, which was a good start. This course made everything much clearer while providing more detail. I felt the "Design Your Plate" section was especially helpful." – Wyandotte County

## Contact

**Christina Holmes**

SE FCS Regional Extension Specialist

25092 Ness Road

Parsons, Kansas 67357

(620) 820-6123

[ChristinaHolmes@ksu.edu](mailto:ChristinaHolmes@ksu.edu)

*The Burden of Diabetes in Kansas - American Diabetes Association.* Apr. 2022, [https://diabetes.org/sites/default/files/2022-01/ADV\\_2021\\_State\\_Fact\\_sheets\\_all\\_rev\\_1.27\\_KS.pdf](https://diabetes.org/sites/default/files/2022-01/ADV_2021_State_Fact_sheets_all_rev_1.27_KS.pdf).