

## New ways to access diabetes education

### The Situation

Kansas Department of Health and Environment reports that 10% of Kansans are affected by diabetes, an underlying and contributing cause of death in the state. The majority of those managing this chronic disease are low-income residents but the disease is not limited to any socio-economic level. Diabetes costs an average of \$16,752 a year per person, about \$9,601 of which is directly attributed to the disease. Having access to affordable and researched-based education is vital for all Kansans to improve their health behaviors and help manage their diabetes.

### What We Did

*Dining with Diabetes*, a national extension program, consisting of a series of four classes, includes sessions on nutrition education, healthy cooking demonstrations, simple physical activity routines, and tasting healthy foods. The classes are designed for people with diabetes and their family members, caregivers, and support persons. The program's focus is to help individuals learn strategies to lessen the health risks of diabetes. In the past year, 12 *Dining with Diabetes* programs were offered by agents specifically trained to deliver this program, including a class series delivered in Spanish.

Due to the pandemic, in person *Dining with Diabetes* classes were suspended. K-State Research and Extension began the process of creating a *Dining with Diabetes Online* class format. This consisted of updating recipes, creating videos and organizing content into a learning platform. The online format was piloted in Fall 2020 and will be available for national distribution. The online class has the potential to be offered in a hybrid format that still includes in-person components with food tastings, group interaction and connections to local resources and experts.

In addition, *Diabetes: You are in Control* an Extension Annual Family and Consumer Science single lesson was modified for a series of three classes. This course was offered virtually in Southwest Kansas, allowing the program to reach persons across a multi-county area. This program emphasized seven self-care behaviors to better manage health and diabetes and allowed for a continued local connection for diabetes support and research-based information.

### Outcomes

A sample of *Dining with Diabetes* participants reported:

- 46 % frequently or always consuming five or more servings of fruits and vegetables in a day
- 62.5% fit exercise into their daily routine
- 46% exercise continuously for at least 30 minutes at least 3 times per week
- 58% participate in physical activity such as walking daily

*Diabetes: You are in Control* participants reported:

- 66% agreed or strongly agreed they improved their knowledge of diabetes
- 50% plan to focus on the self-care behavior of healthy eating
- 42% plan to be physically active to better manage their health

### Success Story

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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“... I became more conscious of the obstacles we have to overcome every day. We desperately need this program, especially the Hispanic community. We deserve programs like these in our community.” - *Southwest Kansas participant*

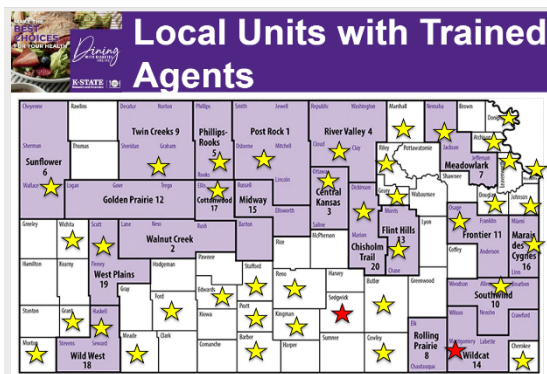
“I've learned how to read labels better and I'm more aware of how serious diabetes can be. I've also learned it's NOT a poor man's disease. It's been very helpful.” - *Cowley County participant*

“I learned: 1) There are healthy recipes that are tasty; 2) I can control what I eat; 3) How important diet and exercise is to keeping blood sugar under control; and 4) how to read labels on everything.” - *Sedgwick County participant*

## Contact

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*Diabetes: You Are In Control*

June 16, 23, 30  
5:30 - 6:30 pm

Online - Interactive Group Classes via Zoom taught by FCS Agents from Grant, Meade, Morton, and Stevens Counties. Guest speakers include local health professionals.

Learn self-management behaviors that you can manage to live well with Type 2 diabetes, and identify lifestyle and behavior choices that may prevent diabetes or delay onset.

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Left: ***Dining with Diabetes*** trained instructors - Yellow stars indicate a trained agent; Red star indicates coordinators

Right: Facebook post to promote ***Diabetes: You are in Control***