

# DINING WITH DIABETES PROGRAM DEVELOPMENT



## CONTACT

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## Purpose

Nearly 1 in 10 Ohioans has been diagnosed with diabetes which, if not managed properly, can increase the risk for serious health problems, from heart disease to eye and foot complications. Diabetes costs Ohio \$5.9 billion annually in medical expenses, lost work, and early death.

To address this critical problem, OSU Extension's Dining with Diabetes (DWD) teaches ways to manage diabetes through menu-planning, carbohydrate-counting, portion control, label-reading, food demonstration and healthy recipe taste-testing.

## Impact

The class is taught in three sessions by Family and Consumer Sciences Extension Educators and community partners throughout the state. In 2012, DWD was taught in 19 counties with over 394 participants

**OHIO STATE COLLEGES/UNITS INVOLVED**  
COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES  
COLLEGE OF EDUCATION AND HUMAN  
ECOLOGY  
COLLEGE OF PUBLIC HEALTH  
OSU EXTENSION  
DEPARTMENT OF HUMAN NUTRITION

**COMMUNITY PARTNERS INVOLVED**  
19 COUNTY EXTENSION AGENTS

