

Extension's Dining with Diabetes: Helping People Prevent and Manage Diabetes in Ohio and throughout the Nation

Dan Remley, Shari Gallup, Margaret Jenkins, Ingrid Adams, Lisa Barlage, Amanda Bohlan, Brian Butler, Marie Economos, Tammy Jones, Chris Kendle, Jenny Lobb, Amy Meehan, Chelsea Peckny, Joyce Riley, Susan Zies

INTRODUCTION

Diabetes is a common, serious and expensive disease in Ohio, the U.S. and around the world. In 2014, about 29.1 million people or 9.3% of the U.S. population have diabetes, and 8.1 million of whom do not know that they have the disease. Approximately 70,000 new cases of diabetes were diagnosed in adult's ages 18 – 76 years old, and that number is set to grow as the aging U.S. population rises along with the increasing prevalence of overweight or obese Americans. Diabetes cost the state of Ohio approximately \$4.6 billion in medical costs and absenteeism from the workplace in 2010. The complications of untreated or undertreated diabetes are devastating and include heart, kidney, eye, nerve diseases. Studies have shown that when blood glucose is controlled, complications of diabetes are delayed or possibly prevented.

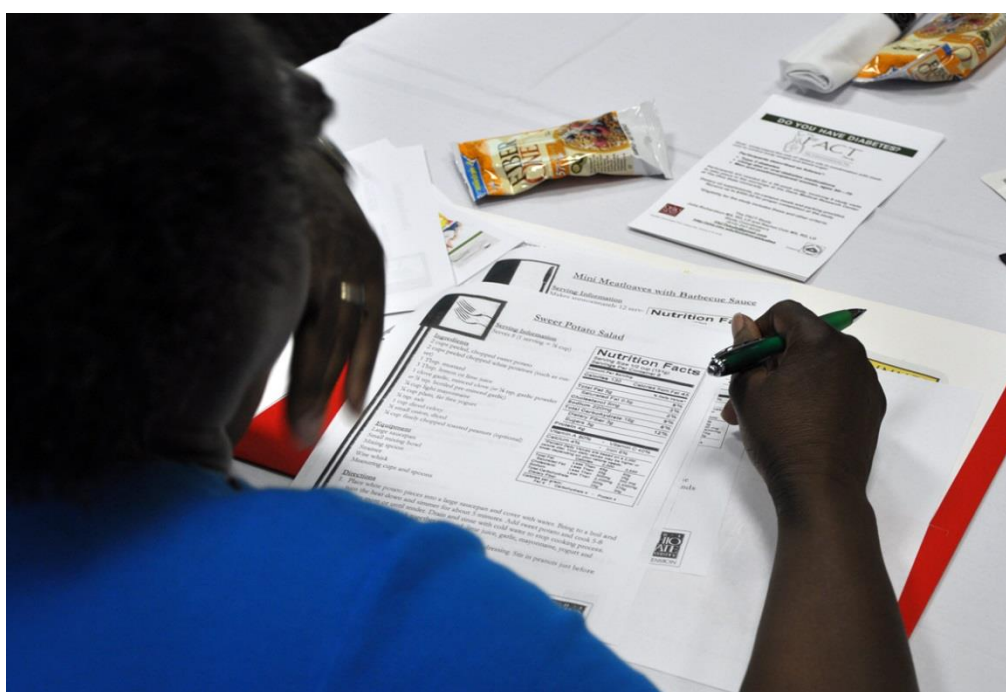
PROGRAM DESCRIPTION

Extension's Dining with Diabetes (DWD) program is designed for people with diabetes, their family members, and those at risk and consists of education, cooking demonstrations, and taste testing. Participants are engaged on the topics of healthy cooking strategies, meal planning, portion control, label reading, physical activity, and goal setting. The program is delivered as a series of four face-to-face sessions with a 3-month reunion lead by Extension Educators partnering with Registered Nurses, Certified Diabetes Educators or Registered Dietitians. Besides Extension offices, local community centers, faith-based organizations, libraries, and hospitals are often used as locations in which to offer the program. State and local health departments, clinics, hospitals, pharmacies, and community health coalitions are active in marketing the program. An online course, *Dining with Diabetes, Beyond the Kitchen* is also available. DWD has been implemented in Ohio for over a decade, and is now a national program and evaluation with over 38 states participating.



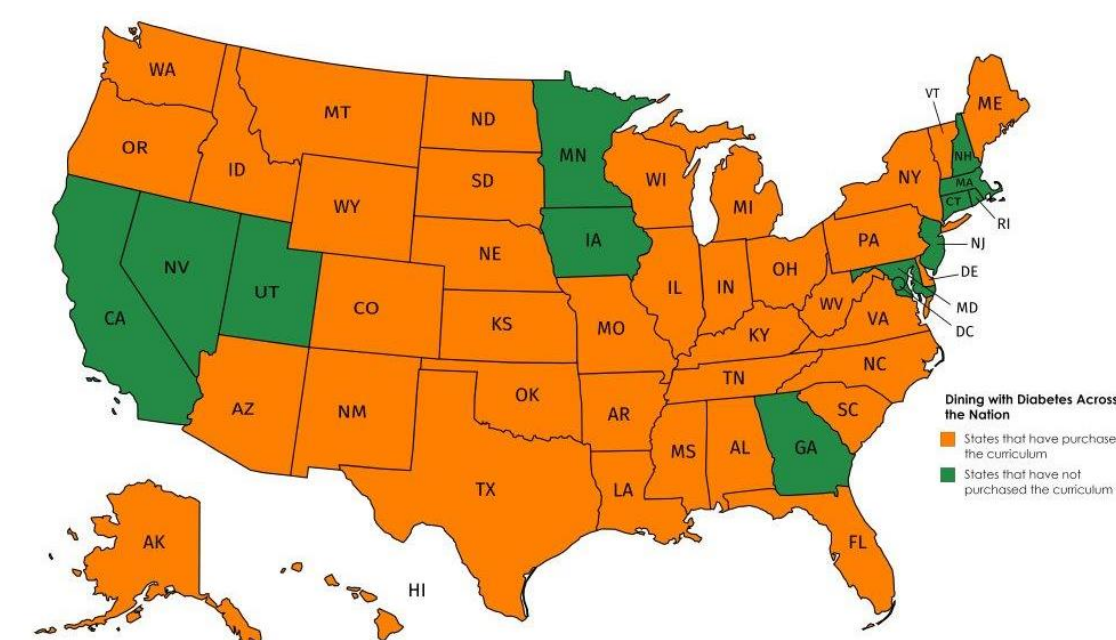
PROGRAM EVALUATION

The national program evaluation includes assessment of knowledge, attitudes, and skill gains related to diabetes management. Outcomes also include behavior change in the areas of food selection, food preparation, label reading, and physical activity. Six months follow up evaluations assess participants' ability to maintain or improve after completing the program.



STATE AND NATIONAL EFFORT

Dining with Diabetes has a successful history of being implemented in Ohio and in other states. The national program and evaluation provides the opportunity to demonstrate national impact and how Ohio's efforts compare with other states in terms of improving diabetes outcomes.



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Sources:

Impact of Chronic Disease in Ohio, 2015 Accessed at https://www.odh.ohio.gov/-/media/ODH/ASSETS/Files/health/Chronic-Disease-Plan/CD-Burden-Final_Webv2.pdf?la=en

CDC Diabetes Atlas: Accessed at <https://gis.cdc.gov/grasp/diabetes/diabetesatlas.html>

CONTACT

How can others get involved?

Contact Dan Remley (remley.4@osu.edu) or Gallup (Gallup.1@osu.edu) about Dining with Diabetes