

Issue:

The increase in incidence of diabetes in the First State is a concern, and education on living with and controlling the disease is crucial.

What has been done?

Dining with Diabetes—a successful three-part educational series on food intake and preparation—was designed for people with diabetes, their family members or their caregivers. The program serves to increase knowledge about healthy foods, presents healthy versions of familiar foods, demonstrates new cooking techniques, provides basic information about diabetes and nutrition, and offers opportunities for people with diabetes to share and learn from one another and from diabetes health professionals. The Extension educator works with a registered dietician to presents the educational component of the series.

Impact:

Over the past two years classes in Sussex County have reached 133 individuals. One woman reported that the class had made her more aware of looking at the carbohydrate content of the food as she makes her decisions of what to eat. She also reported her husband is more conscious. Others reported looking at the food labels more closely. Several people said that they are much more conscious of portion size. One person who was taking two medications for diabetes has been removed by the doctor because of the good blood sugar level. Two daycare providers attended classes so as to better care for the children with diabetes at their site.

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