

## Dining with Diabetes class participants increase knowledge

### AT A GLANCE

Educators in Ada, Bannock, Bingham, Canyon and Twin Falls counties taught community members self-care behaviors to improve diabetes management.

### The Situation

According to the Centers for Disease Control and Prevention (CDC), more than 100 million U.S. adults are living with diabetes or prediabetes. In Idaho, 127,799 people or 10 percent of the adult population have diabetes. The CDC estimates that average medical expenditures among people with diagnosed diabetes were 2.3 times higher than what expenditures would be in the absence of diabetes. While diabetes is a serious condition, it can be managed through lifestyle changes to lower the risk of complications, reduce medication and insulin use, and ultimately reduce total economic cost.

The Dining with Diabetes (DWD) program consists of a four-lesson cooking school and a follow-up class to utilize the Idaho Plate Method as a guide for meal planning. Participants learn the causes of diabetes, tools for managing diabetes, the importance of diet and exercise in managing diabetes, and how to prepare healthy meals using less fat and sodium. Originally developed by West Virginia University Extension, Dining with Diabetes has expanded for use nationally through the efforts of the National Dining with Diabetes Working Group (NDWD).



Dining with Diabetes National Extension Work Group.

### Our Response

University of Idaho Extension family and consumer sciences (FCS) educators have been implementing the DWD curriculum since 2014 to educate community members in healthy lifestyle choices to improve diabetes outcomes. Program participants include persons with diabetes, prediabetes or those who care for persons with diabetes. Programs have been offered at various locations within the participating communities, such as local UI Extension offices and community and recreation centers. Classes are advertised with brochures, on social media, in UI Extension offices or by word of mouth and are taught regularly throughout the state to classes which fill to capacity. Funding to teach the curriculum is supported by participant fees.

Community partners who support DWD by peaking at the follow-up class include health professionals such as physicians, ophthalmologists, Certified Diabetes Educators (CDE) and dietetic interns.

## Program Outcomes

DWD 2018 survey results were analyzed using data from five Extension educators. A total of 74 participants have been reached in five Idaho counties. The evaluation instruments (pre, post and follow-up program surveys) include seven knowledge questions/items that are each scored and added together for a total possible score of 22 points (see Table 1). A participant’s score at the beginning of the program is then compared to their score at the end of the program and at follow-up if applicable. Average scores on each question/item at pre, post and follow-up surveys, is shown in Table 2.

Table 1. Questions and points possible

Question/Item	Possible Points
Which food raises blood sugar levels the most?	1
According to the Plate Method, non-starchy vegetables are how much of your plate?	1
Which of the following foods contain carbohydrates?	4
Controlling blood glucose through diet may lower risk of:	6
Which of the following are used to monitor the risk of diabetic complications?	4
Which of the following foods are sources of healthier fats?	3

## FOR MORE INFORMATION

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Fiber is important for the following reasons:	3
<b>Total points possible</b>	<b>22</b>

Table 2. Average score

	Average Score
Average score on the pre-program survey:	15.2
Average score on the post-program survey:	18.7
Average score on the follow up-program survey:	18.3
Number (and percentage) of participants increasing their score from pre to post	43 (84.3%)
Number (and percentage) of participants increasing their score from post to follow-up	3 (14.3%)
Number (and percentage) of participants increasing their score from pre to follow-up	18 (78.3%)

Over a four-week period, 84.3 percent of participants who were surveyed increased knowledge about diabetes management and self-care behaviors. When asked what was learned during class, one respondent said, “This was a good refresher course for me. I was stuck in dietary rut and needed some new ideas. This class was perfect for that.”

## The Future

The DWD curriculum, educational efforts and evaluation is supported by the DWD National Extension Working Group. Grant funds for DWD programs are available in Idaho. Additional educators and sites that include outreach to Latino populations will be implemented soon.