



Appalachian Diabetes Consultation

April 10, 2014

PROMISING PRACTICES

Project Title: Dining with Diabetes

Presented by: Julie Cooper, Data Manager, Penn State Extension

Purpose/Description: To share knowledge and information with the community in an effort to reduce the burden of diabetes by offering an evidence-based program that provides the tools for self-management of this chronic disease.

Key Components:

- Recipe demonstrations and taste-testing: Present healthy versions of familiar foods and increase knowledge about healthy foods.
- Interactive physical activity demonstrations and exercise promotion
- Provide basic information about diabetes and nutrition while promoting self-management skills
- Community (versus institutional) program settings in which people can comfortably discuss topics and learn from health professionals

Performance Metrics:

- Clinical outcomes at 3-month follow-up (HbA1C, blood pressure)
- Increased knowledge in: tests controlling the risk of complications, carbohydrates, heart-healthy fats, sodium, fiber, calcium
- Behavior change in: portion sizes, fruit/veg intake, healthcare provider visits, fried food intake, fiber intake, calcium intake

Lessons Learned:

- Our Extension staff are particularly well-trained to deliver this type of community-based education. Most of them are also registered dietitians.
- Provide basic, practical strategies that participants are able to absorb. Recipe demonstrations play a big part as participants realize that eating well does not mean giving up favorite flavors.