Dining with Diabetes

How a program transformed Delawareans’ health for the better: eating, nutrition and exercise

**Issue**

11.5% of Delaware population ages 18 and older reported diabetes diagnosis.

*3rd* leading cause of death in U.S.

51% have taken a class to manage their issues.

If left untreated, diabetes can lead to blindness, heart disease, amputation and renal failure.

**Response**

4 class strategy: diabetes education, cooking demonstrations and great taste of healthy food

- **Class 1**
  - Defining diabetes

- **Class 2**
  - Start with dessert!

- **Class 3**
  - Go for the main dish.

- **Class 4**
  - Oh-so-good side dishes

**Impact**

Takeaways: home recipes, diabetes resources and daily diabetes management

- 53% eat more fruits
- 69% eat more vegetables
- 61% read nutrition labels
- 44% use artificial sweeteners
- 44% are more physically active
- 66% plan healthier meals

Less salt + Less sugar + Less fat = 100% delicious!

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