Yes We Can/Sí Podemos: Healthy Eating and Physical Activity Program

How UD Cooperative Extension lowered diabetes risk in African American and Hispanic populations in two Delaware counties

ISSUE

- Kent County: highest rate of obesity (33%)
- African American populations in Delaware are over 30% overweight.
- New Castle County: 2nd highest rate of obesity (28%)
- Hispanic populations in Delaware are over 40% overweight.
- 2nd highest rate of physical inactivity (22%)

Nutrition, physical activity and obesity rank among the top 10 indicators linked causally to early death.

RESPONSE

2 programs initiated by UD Cooperative Extension increased health of local populations through a seven-month challenge.

Yes We Can (Kent County)

- Individuals participated in several UD Cooperative Extension programs: Dining with Diabetes, Eating Heart Smart, Mealtime in Less Time, Mindful Eating and the Shopping Challenge.

Sí Podemos (New Castle County)

IMPACT

- 91 individuals completed the challenges.
- 65% decreased body mass index.
- 51% increased leisure-time exercise.
- Over 50% increased their consumption of fruits and vegetables.
- 88% eat five or more fruits and vegetables daily.

Dining with Diabetes program:
- 56% eat smaller portions.
- 50% read nutrition facts labels.
- 56% use recipes from the class.