

Dining With Diabetes (Signature)

Situation

The total estimated cost of diagnosed diabetes in 2017 is \$327 billion, including \$237 billion in direct medical costs and \$90 billion in reduced productivity. For the cost categories analyzed, care for people with diagnosed diabetes accounts for 1 in 4 health care dollars in the U.S., and more than half of that expenditure is directly attributable to diabetes. People with diagnosed diabetes incur average medical expenditures of ~\$16,750 per year, of which ~\$9,600 is attributed to diabetes. People with diagnosed diabetes, on average, have medical expenditures ~2.3 times higher than what expenditures would be in the absence of diabetes. Indirect costs include increased absenteeism (\$3.3 billion) and reduced productivity while at work (\$26.9 billion) for the employed population, reduced productivity for those not in the labor force (\$2.3 billion), inability to work because of disease-related disability (\$37.5 billion), and lost productivity due to 277,000 premature deaths attributed to diabetes (\$19.9 billion). Diabetes is one of the costliest health conditions in Kansas. More than 50% of spending on type 2 diabetes is for treating health problems that could have been prevented with better diabetes management. Studies have shown that with healthful eating and modest regular physical activity, Type 2 diabetes can be delayed, controlled, and even prevented.

Public Value

Outcomes

Short-Term (Knowledge)

Increased Knowledge of:

- Clinical tests related to diabetes care, as well as diabetes complications.
- The connection between food choices and the risk of chronic disease
- Nutrition label reading, healthful food selection and menu/meal planning
- Cooking techniques and healthful ingredients
- Physical activity recommendations as a component of diabetes management and control.

Indicators

Self-report of improved:

- Self-management and self-efficacy in managing diabetes
- Self-awareness about behaviors affecting diabetes prevention/control

Medium-Term (Behavior): Improved behaviors related to diabetes management and control

Indicators

- Food selection and meal/menu planning
- Use of healthy DWD recipes

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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- Physical activity increased
- Self-management skills

Long-Term (Change in Condition)

- Improved health through positive lifestyle changes
- Reduction in the development of prediabetes and Type 2 diabetes
- Reduction in Type 2 diabetes-related complications

Indicators

- Decreased financial burden of diabetes
- Healthier society

Outputs

Members of Nutrition, Food Safety and Health Program focus team will increase opportunities to provide educational programs to underserved audiences by:

- 1. Completing training opportunities on understanding, reaching and engaging underserved audiences such as Navigating Differences, Urban Conference, Seeds of Native Health and other Public Health Conferences.*
- 2. Learning technology skills and digital program delivery models to reach audiences that are excluded from in-person programs because of pandemics, work constraints and transportation issues.*
- 3. Assessing communities served on a routine basis to identify high-risk/underserved/minority audiences.*
- 4. Engaging in community partnerships and coalitions with community leaders who have relationships with underserved audiences.*
- 5. Providing programs to underserved audiences where they live, learn, eat, work and play.*

What:

- Agents are required to be trained and complete the DWD Instructor Agreement prior to teaching DWD, in order to access the DWD curriculum, program resources, and on-going updates and training
- Extension agent/educators and specialist market the program to the intended audience
- Extension agent/educators offer a series of four face-to-face educational sessions and a follow-up session
- Extension staff provides opportunity for participants to share and learn from one another
- Local extension staff partners with community partners to promote and deliver the DWD program.
- Local extension staff seeks local support/funding for DWD
- Pre, Post, and Follow Up evaluations are completed and entered into PEARS
- Dining with Diabetes Online is available as a K-State Canvas Pro non-credit course.

Who:

- Adults with or at risk of developing Type 2 diabetes.
- Family members/ caregivers of people with Type 2 diabetes/ prediabetes.
- People interested in healthful eating and reducing the risk of Type 2 diabetes

Pre/Post and Follow-up Surveys are available for this program. See uploads or the following note.

Note: Available on [KSRE Online-PEARS Reporting](#)- Under Evaluation-Choose Instruments- Choose Add- Select Nutrition, Food Safety Healthy PFT- Select the Dining with Diabetes Pre Survey, Post Survey or Follow-Up Survey. If offering the DWD Online course please select the DWD Online Pre, Post, or Follow-Up Surveys. You will need to create the survey within PEARS to report participant responses. The above templates were created and edited to include the DWD and KSRE branding.