

IMPACT



University of Idaho
Cooperative
Extension System

Family and Consumer Sciences, University of Idaho, Moscow, ID 83844-3188; 208-885-6545; Fax: 208-885-5751

Diabetes in Idaho Project

The Situation

In Idaho and the U.S., diabetes is the seventh leading cause of death. Approximately 4.0% or about 35,000 adult Idahoans have been diagnosed with diabetes, and approximately 17,500 are not yet diagnosed. Therefore, an estimated 52,500 Idahoans have diabetes.

Individuals who do not follow a prescribed treatment for diabetes are more likely to suffer from heart disease, a stroke, high blood pressure, blindness, kidney disease, nervous system damage, amputations, and dental disease. The total annual cost in diabetes in Idaho, including direct medical expenses and indirect costs, such as disability, work loss and premature mortality is estimated at \$338 million.

The Behavior Risk Factor Surveillance System (BRFSS) conducted through the Centers for Disease Control and Prevention (CDC) found that Idaho adults with diabetes are more likely to: be overweight, have high blood pressure, high blood cholesterol levels, be sedentary, and less likely to eat fruits and vegetables.

The Diabetes in Idaho program focused on the people most at risk of developing diabetes. Diabetes is more likely to occur in individuals

over the age of 45 who are overweight or obese, and in certain racial and ethnic populations, including Hispanics/Latinos, and American Indians. Therefore, the diabetic population in Idaho is expected to increase for the following reasons: (1) people are living longer and (2) the incidence of overweight/obesity is increasing, and (3) the expected increase in minority populations.

Our Response

Inputs. Martha Raidl, The Extension Nutrition Education Specialist, applied for and received Critical Issues funding from the College of Agriculture to develop materials that could be used by Extension Educators to teach clientele about diabetes. The four-part curriculum was reviewed by Mimi Hartman, Director of the Diabetes Control Program in the Idaho Department of Health and Welfare for accuracy. The curriculum was piloted by seven Extension Educators.

Outputs. The four-part curriculum included a variety of settings—classroom, supermarket, and kitchen—and numerous hands-on activities. Topics covered included: (1) signs and symptoms of diabetes; (2) the Idaho Plate Method; (3) a supermarket tour; and (4) preparing meals.



University of Idaho

College of Agriculture

To enrich education through diversity the University of Idaho is an equal opportunity/affirmative action employer and educational institution.

University of Idaho and U.S. Department of Agriculture Cooperating

All contents copyright and copy; 1999-2001. All rights reserved.

Approximately 70 adults completed all four classes. Most of the participants either had diabetes or had a family member who was diabetic. People stated they attended because they were interested in learning more about diabetes and how they should be eating.

Comments made by some of the participants:

- I'll remember this information for a long time.
- This information is easy to understand.
- This is the first time a class on diabetes has been offered here (participant from a rural community in Franklin county)
- These classes were fun.

There has been a large demand for these classes in some of the counties. Since the classes were initially piloted in May 2000, Extension Educators in Kootenai, Canyon, and Twin Falls counties have taught these classes 4-6 times. Several participants have taken the classes more than once and have recommended these classes to others.

Program Outcomes

Food intake. Food intake was analyzed at the first class compared to the Idaho Plate Method recommendations. Results show that initially most participants consumed adequate amounts of grains/starch and meat but approximately 50-60% of recommended vegetables, fruit and dairy servings. By the third and fourth class, the 72-87% of participants were correctly planning meals that met the vegetable, fruit, and dairy recommended servings.

Supermarket knowledge. The pre/post survey showed participants had an increase in knowledge of foods in the supermarket, from 64% (pre) to 80% (post).

Instructor evaluations. Seven instructors completed the instructor evaluation forms for each class. Instructors were asked to evaluate the materials and activities for each class, using a 5 point-scale, where 1 was less useful and 5 was more useful. The average scored ranged from 4.0 to 5.0 and specific recommendations and suggestions were included to improve the class content and/or activities. These recommendations will be incorporated into the revised materials.

Future plans

- The diabetes curriculum will be revised and distributed.
- Colorado State University, Oregon State University, and Montana State University have expressed interest in piloting these materials.
- The curriculum will be displayed at the Priestler Extension Health Conference 2001 Share Session, May 21-23.

For More Information

Martha Raidl, PhD, RD
Extension Nutrition Education Specialist
University of Idaho Boise Center
800 Park Blvd, Suite 200
Boise, ID. 83712
208-364-4056 (phone)
208-364-4035 (fax)
mraidl@uidaho.edu

Shelly Johnson, MS, Kootenai County Extension
Joey Peutz, MS, Canyon County Extension
Rhea Lanting, Twin Falls County Extension
Audrey Liddil, MS, Bannock County Extension
Marnie Spencer, MS, RD, Bingham County
Extension
Barbara Petty, MS, Bonneville County Extension