

IMPACT



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Free Diabetes Workshops Receive Overwhelming Response

The Situation

There are 20.8 million children and adults in the United States, or 7% of the population, who have diabetes. In addition, 54 million Americans have pre-diabetes, a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes.

Many people with type 2 diabetes can control their blood glucose by following a healthy meal plan, exercise program and losing excess weight. Studies have shown that people with pre-diabetes who lose weight and increase their physical activity can prevent or delay diabetes and even return their blood glucose levels to normal.

Diabetes education is an integral component of treating type 2 diabetes and preventing or delaying the onset of type 2 diabetes in the pre-diabetic.

Our Response

The Healthy Eating with Diabetes workshop taught in the Panhandle of Idaho was designed to help people make life long changes in their eating habits, physical activity habits, and in their attitudes about food, weight, and themselves.



The Healthy Eating with Diabetes workshop is a 12-hour workshop that includes such topics as using the Idaho Plate Method to determine food choices, serving sizes, carbohydrate counting, reading food labels, glycemic index, reducing your heart disease risk, a 3-hour grocery store tour, pedometer walking, what to expect when visiting your physician, foot exams and foot

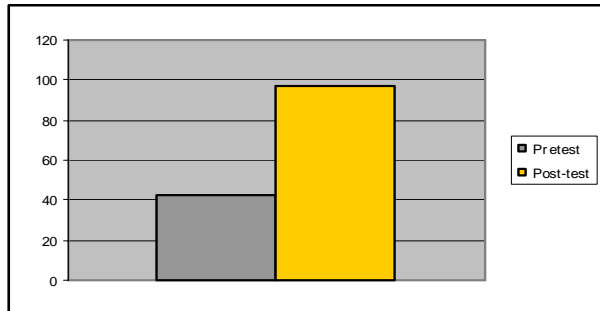
health, and resources in the community for treating diabetes. All of these topics are geared toward inspiring people to make long-term behavior changes in their diets and physical fitness levels.

In 2006, Healthy Eating with Diabetes partnered with several senior centers in North Idaho and was offered free of charge to participants, thanks to funding made available through Aging & Adult Services. HEWD received its largest response to date with each workshop surpassing its class maximum. Seven workshops were taught to 126 participants.

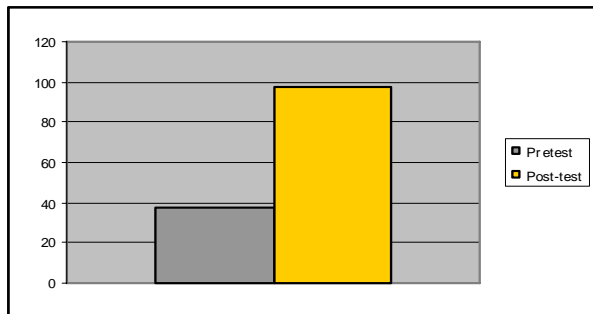
Additionally, HEWD was proud to receive funding from the Order of the Eastern Star to further support materials and participants.

Program Outcomes

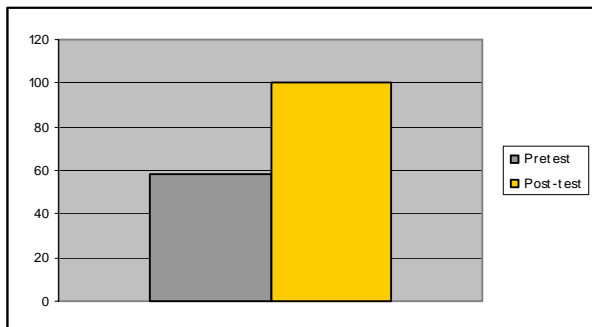
Evaluation data collected from all participants of HEWD demonstrate its impact.



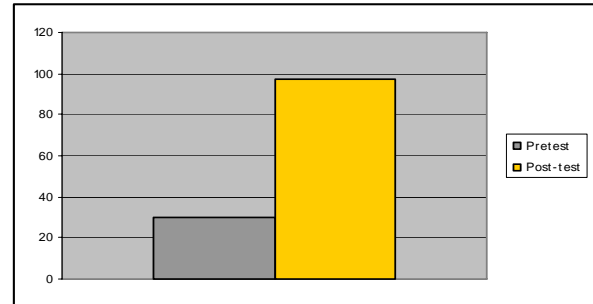
Percentage of participants who understand how to manage their diabetes through diet



Percentage of participants who are confident about buying foods at the Supermarket to manage their diabetes



Percentage of participants who are eating a lower fat diet to decrease risk of heart disease



Percentage of participants who are aware of the American Diabetes Standards of Care

Additionally, as a result of this program:

- 93% of participants are using the Idaho Plate Method to help them plan their meals.
- 92% of participants will use the American Diabetes Association's Standard of Care cards the next time they see their physician to ensure they are receiving optimal care.
- 98% of participants would encourage others to take Healthy Eating with Diabetes.

The Future

HEWD has secured funding from Aging & Adult Services of North Idaho to support this workshop in 2007. HEWD will also continue its partnerships with Panhandle Health, Idaho's Diabetes Control and Prevention Program, and North Idaho senior centers.

For More Information

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