

IMPACT

University of Idaho
Extension

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Head to Toe Diabetes Clinics Success in District III

The Situation

In Idaho's Congressional District II, the cost of diabetes is estimated at \$321,100,000 (2006). This estimate includes excess medical costs attributed to diabetes, of \$209,800,000, and lost productivity valued at \$111,300,000. Of the 732,090 Congressional District II residents, approximately 35,000 have been diagnosed with diabetes (2006).

Prevention is the key to decreasing one's risk for diabetes complications. Individuals who do not follow a prescribed treatment for diabetes are more likely to suffer from heart disease, stroke, high blood pressure, blindness, kidney disease, nervous system damage, amputations and dental disease. Research indicates that effective diabetes education can reduce the number of complications from diabetes, and also decrease the overall cost of the disease.

Our Response

In District III, Extension educator, Rhea Lanting has teamed with South Central Public Health District, physicians, ophthalmologists, certified diabetes educators, registered dietitians, and the Lions Club to help Idahoans manage this potentially dangerous disease.

"Head to Toe" clinics are traveling to small towns and rural areas to offer diabetes education. Rhea Lanting, Extension Educator, has provided the nutrition portion of the program using the "Healthy Diabetes Plate" curriculum. Participants learn how to use the "Idaho Plate Method" to plan meals. The

"Idaho Plate Method" is a visual way of teaching people with diabetes the types and amounts of foods they should consume. It distributes carbohydrate intake evenly throughout the day, and emphasizes intake of vegetables, fruits, grains, and dairy, while lowering fat and cholesterol intake. The developers of the "Idaho Plate Method" have found that it is useful as a starting point for diabetes meal planning. They have found that it works well for weight loss, and can improve blood glucose and lipids levels.

People with diabetes are more likely to develop heart disease, and consequently high blood pressure. Watching your fat and salt intake will help lower both your blood cholesterol levels, and your blood pressure. Participants plan a breakfast, lunch, and dinner, using paper plates and paper food models. They are then given an "Idaho Plate Method" planning sheet, to write down the items that fit into the food group on the planning sheet.

Participants also complete a breakfast, lunch, and dinner menu using foods found in the supermarket. Having the participants use foods in the supermarket reinforces the wide variety of foods that can fit into the "Idaho Plate Method." Another helpful tool for the participants is using restaurant menus to plan meals, and learn how to eat out using the "Idaho Plate Method." Resources are shared in both English and Spanish.

Program Outcomes

Members of the Diabetes Coalition identified the need for Diabetes education in rural areas in District

III. Many residents do not have access to doctors and health care organizations. We determined the type of knowledge needed, and set up the clinics. Participants rotated through a series of stations. They had their feet examined, eyes examined, blood sugar tested, were given flu shots if needed, and then attended the nutrition session.

Since beginning in 2006, the “Head to Toe Clinics” have reached over 200 individuals in rural areas with diabetes education. “Head to Toe” clinics are held in April and November. Locations that have had the clinics include: Fairfield, Malta, Albion, Wendell, Gooding, Rupert, Shoshone, Richfield, Bellevue, Hagerman, Buhl, Jerome, and Twin Falls.



Locations determined for 2008 include: Jerome, Fairfield, Bellevue, Shoshone, Carey, Castleford, Buhl, Twin Falls, Rupert, Burley, Oakley, Albion, Malta, and Wendell.

Partnerships have been key to the success of these clinics. Members of the Magic Valley Diabetes Coalition, have worked together to address the need for Diabetes Education in the Magic Valley.

An abstract about the success of Head to Toe Clinics has been accepted at the 2008 Center for Disease Control, National Diabetes Conference, in Orlando, Florida (May 2008). Maggi Machala, Community Health Director, South Central Public Health District, presented the program’s success in Washington, DC in 2007.

For More Information

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