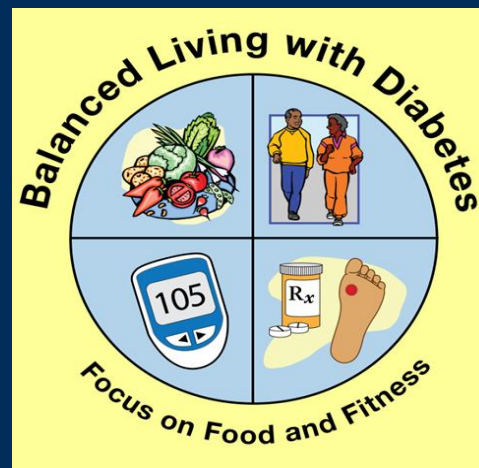


Dining with Diabetes

For People with Diabetes and Their Families



Dining with Diabetes Program Organization

- First begun by Virginia Cooperative Extension (VCE) with Local Health Care Professionals, Local Health Departments
- Program completed in 13 locations in Southwest and Central Virginia
- Thanks to grant from Obici Healthcare Foundation, VCE is partnering with Virginia Diabetes Council to provide program in 6 locations in Obici service area in 2011

Dining with Diabetes

Program Operation

- Classes meet weekly for four weeks
- Reunion class three months following
- First and reunion classes include assessment of hemoglobin A1c, blood pressure, and daily practices
- Implementation of diabetes support group for class members and others a long range goal

Dining with Diabetes

Class Management

- Power Point interactive lecture by local health professional (CDE/RD)
- Food demonstration/tasting by Virginia Cooperative Extension Educator
- Physical Activity Discussion
- Goal-setting, sharing, and practice

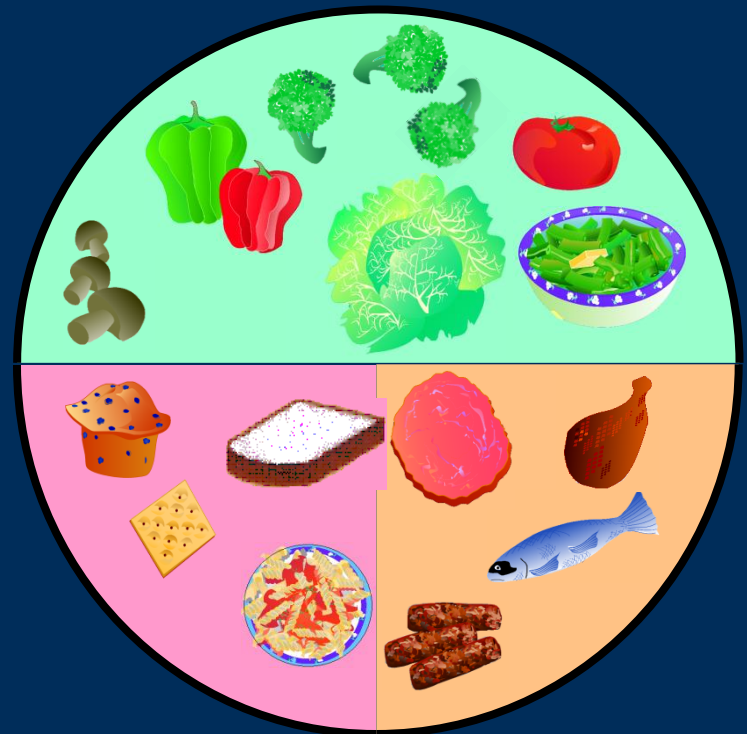
Dining with Diabetes

Program Content

- Self management (Know Your Numbers, prevent complications)
- Select and prepare healthy food
- Portion control/carbohydrate control
- Increase physical activity; increase steps, ideas for those unable to walk

The Plate Method

Control portion size
Control carbohydrates
Focus on healthy foods



Which Food Has the Least Carbohydrate?



Nutrition Facts

Serving Size 1/2 cup (73g)
Servings Per Container

Amount Per Serving

Calories 60 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 10g **3%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 4g

Vitamin A 10% • Vitamin C 50%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Dining with Diabetes Physical Activity Discussion

Physical Activity Readiness Questionnaire

Fill it out now!



PAR-Q & YOU (A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before starting to become much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box on the next page. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. **If you are over 69 years of age, and you are not used to being very active, check with your doctor.**

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

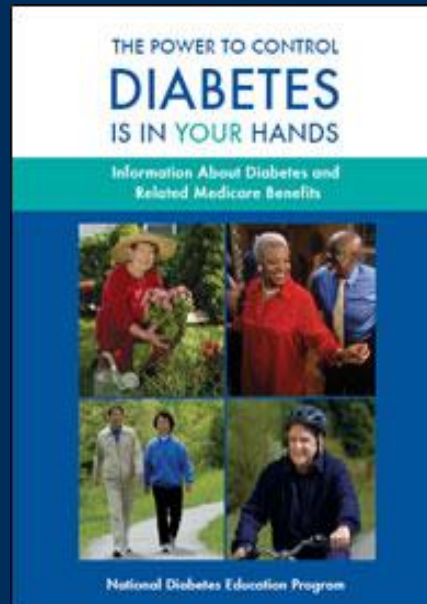
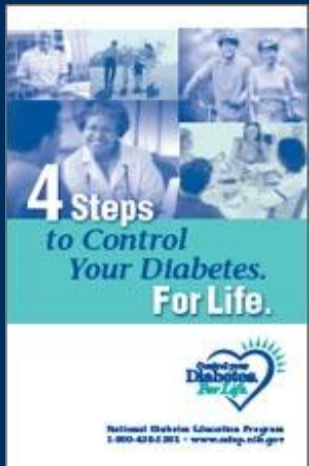
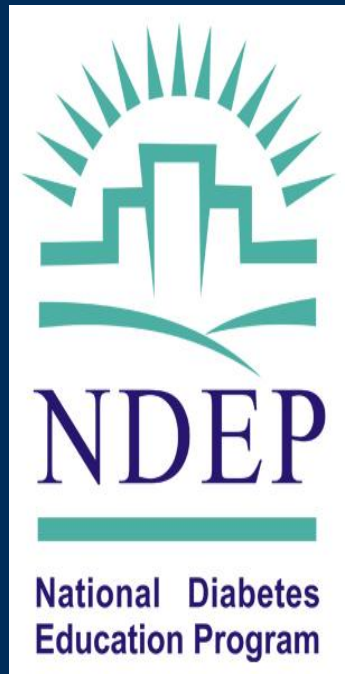
YES NO

- | YES | NO | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by your doctor? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you feel pain in your chest when you do physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. In the past month, have you had chest pain when you were not doing physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you lose your balance because of dizziness or do you ever lose consciousness? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you know of <u>any other reason</u> why you should not do physical activity? |



Dining with Diabetes

Information/Toolkit for Home



- Binders with slides
- Recipes
- Exercise information
- Goal-setting charts and more!

Dining with Diabetes

Changes from 1st class to reunion

- 39% lowered Hemoglobin A1c
- 51% maintained appropriate A1c levels
- 65% increased days/week using a meal planning method
- 73% increased days/week with 30 minutes of walking or similar activity

(all procedures approved by VT Human Subjects Board)