



Dining with Diabetes



Cooperative Extension
COLLEGE OF AGRICULTURE &
NATURAL RESOURCES

*How a program transformed Delawareans' health for the better:
eating, nutrition and exercise*

ISSUE

11.5%

of Delaware population ages 18 and older reported diabetes diagnosis.

3rd

leading cause of death in U.S.

51%

have taken a class to manage their issues.



If left untreated, diabetes can lead to blindness, heart disease, amputation and renal failure.



RESPONSE

4

class strategy: diabetes education, cooking demonstrations and great taste of healthy food

Class 1



Defining diabetes

Class 2



Start with dessert!

Class 3



Go for the main dish.

Class 4



Oh-so-good side dishes

IMPACT

Takeaways: home recipes, diabetes resources and daily diabetes management

Less salt +
Less sugar +
Less fat =
100% delicious!

53% eat more fruits



69% eat more vegetables



61% read nutrition labels



44% use artificial sweeteners



44% are more physically active



66% plan healthier meals

