

Dining with Diabetes, North Dakota Style - Ward County

The situation

Diabetes has hit North Dakota hard. One in 10 North Dakota adults has diabetes, either diagnosed or undiagnosed. Over 6% of Ward County residents have been diagnosed with diabetes. When managed well individuals with diabetes can continue to live enjoyable and productive lives. Living well with diabetes is possible but takes planning, discipline and learning new ways to eat.

Extension response

To help with that learning process the program Dinning with Diabetes North Dakota Style was developed by NDSU Extension and offered in the Minot area this year. Dining with Diabetes uses a series of sessions over a three month period to keep the participants engaged, setting goals and achieving change while they practice the skills they are learning from week to week. This approach contributes to the success of the program.

Dining with Diabetes program was presented through a collaboration between Lori Scharmer with NDSU Extension Service, Diane Thorne with First District Health Unit and Michelle Hoppman with Trinity Health. Funding was secured through a \$2000 grant from the St Josephs Community Health Foundation to bring the program to our area.

Impacts

Twenty-two people with diabetes and three family members attended the Dining with Diabetes program in Minot during the spring and summer of 2008. Evaluations show a positive outcome with all participants in the areas of knowledge and attitude to behavior and physical changes. The program had three levels of evaluation; the following is a summary of each level of evaluation.

- Assessing knowledge gained – We found through the class pre-evaluation the participants were reasonably knowledgeable about the diabetic meal plan with the post evaluation showing an increase in knowledge among those participants with less knowledge of the diabetic meal plan. We found a more significant increase in knowledge in the area of health status and learning the recommended goals for medical tests such as Microalbumin, A1c, Blood Pressure and Cholesterol.
- Assessing behavior changes – Participants indicated a 25% increase in the intake of fruits, vegetables, whole grain foods and low-fat dairy foods. Participants also indicated a 75% increase in physical activity after taking part in Dining With Diabetes.
- Assessing biochemical changes – 35% of respondents showed an improvement in their A1c test results taken pre and post program. One participant had a significant five-point drop in his A1c results.

Feedback

"I like the cooking demonstrations. I never like to try new recipes because I am scared to try. I like some of the recipes we tried and have made them again at home."

"I needed to learn more about carbs, now I have been doing a better job of managing carbs and feel more confident about what I eat."

Contact

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