

DINING WITH

# *Diabetes*

SUPPORTS EATING FOR HEALTH



## Situation

Seven percent of adults in the United States have been diagnosed with diabetes. Rates of diabetes in northwest Wyoming are even higher: 9.6% in Fremont County (including the Wind River Indian Reservation) and 11% in Hot Springs County.

Diabetes is a serious disease – in 2015, it was the seventh-highest cause of death in the U.S. Left uncontrolled, diabetes can lead to complications, including high blood pressure, heart disease, stroke, kidney disease, and foot complications that can lead to amputations. Diabetes is also costly, as one in five healthcare dollars in the U.S. is spent caring for people with diabetes.

To reduce the burden of diabetes, the Dining with Diabetes in Wyoming program aims to help people manage diabetes.

Dining with Diabetes is a five-session program that combines education on diabetes self-care with recipe demonstrations, food tasting, and nutrition information. Participants complete questionnaires at the beginning of the first class (pre), at the end of the fourth class (post), and at the beginning of the fifth class. Follow-up is conducted four to six months after the fourth class. The program is coordinated statewide through University of Wyoming Extension and the Department of Family and Consumer Sciences.

In each county, Dining with Diabetes in Wyoming is provided through a partnership between the local UW Extension Nutrition and Food Safety educator and a registered dietitian, registered nurse, or certified diabetes educator. The program is provided through a partnership with Fremont County Public Health in Fremont County, Indian Health Service on the Wind River Indian Reservation, and Hot Springs County Public Health in Hot Springs County. In addition, kitchen and classroom space for the classes was donated by the Riverton Senior Citizens and Community Service Center, Ethete Senior Center, Wind River Tribal College, and Big Horn Federal Savings Bank.

Programs took place in each of the three communities between February and May, 2016. An average of seven

participants completed each program. Class sessions are Living Well with Diabetes; Carbohydrates, Fats and Sodium; Putting It All Together; and the post-program reunion.

## Impact

In the four-to-six-month follow-up evaluation, participants reported the following changes in knowledge and behavior:

- 80% of participants could correctly identify which food raises blood sugar levels the most (in the pre-test, only 36% answered correctly).
- 72% of participants could correctly identify how much of their plate should be non-starchy vegetables according to the plate method (in the pre-test, only 24% answered correctly).
- Participants' average fruit and vegetable consumption increased from four days per week to six days per week.
- Participants' average sugary beverage consumption decreased from "sometimes" to "never."
- 100% of participants reported eating smaller portions.
- 72% of participants reported being physically active on a daily basis.

Participants shared feedback that they learned portion control and the plate method for a balanced diet and how to limit carbs for meals and snacks. Said one participant, "I think it was an excellent program and a good review, especially to consider all the items on food labels, not just calories and carbs."

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