

## **Diabetes: A Family Matter Dining with Diabetes**

### **Brief Description:**

Dining with Diabetes is based upon a program created at the University of Georgia. It is a cooking school for people with diabetes and their family member. Several states, such as West Virginia, Ohio, Virginia, and Tennessee, have adapted this curriculum and it is being used through their Cooperative Extension Agencies.

### **Objectives:**

- Increase knowledge about healthy food choices for persons with diabetes.
- Present healthy and easy to prepare versions of familiar foods.
- Demonstrate cooking techniques that use healthy ingredients.
- Encourage behavior changes in healthy eating.
- Give participants time to share and learn from each other.

### **Participants:**

The participants in the *Dining with Diabetes* programs are persons that have diabetes and a family member. Groups from sessions range in size but may be an ideal group of 20 but should likely not ever be more than 50 at a time. Most classes have an enrollment period.

### **Costs:**

In most states the Extension service prints the materials and provides them to the Dining with Diabetes participants.

### **Activity Duration:**

The program is usually provided in three sessions with each lasting about two hours. Some groups like to provide a six month reunion session.

### **Materials needed:**

A place for the *Dining with Diabetes* sessions is needed. Demonstration equipment is required for each of the sessions as well as the food being prepared.

### **The Program:**

The *Dining with Diabetes* program is neither intended to replace diabetes education delivered by a qualified health professional nor is it intended to provide individualized meal plans. You will need to check within your local region to see whether this program is available. If so, find ways that you can see that more people with diabetes are able to take part in this excellent program. If the service is not available, then see what you can do to make it available to those with diabetes where you live.

### **Resources:**

#### **My Food Advisor (American Diabetes Association)**

<http://tracker.diabetes.org/myfoodadvisor.html>

Want some tips on fixing healthier meals? Then this is a great site for those with diabetes. See what tips you can find here.

#### **Ohio State University Extension**

<http://extension.osu.edu/>

**University of Georgia Cooperative  
Extension**

<http://www.caes.uga.edu/extension/>

**West Virginia University Dining with  
Diabetes**

[http://www.wvu.edu/~exten/infores/pubs/  
fypubs/dinediab.pdf](http://www.wvu.edu/~exten/infores/pubs/fypubs/dinediab.pdf)

If you go to this link you can access a copy  
of the curriculum being used by the West  
Virginia University Extension Services.