What about diabetes in Tennessee?

Diabetes is a common, serious and costly disease in Tennessee.

- Over 8% of adult Tennesseans have been diagnosed with diabetes. Experts estimate this number represents only half of those with this devastating disease.
- Over 34% of Tennesseans have reported no leisure-time physical activity.
- 2 in 3 Tennesseans are overweight or obese. Lack of physical activity and overweight/obesity are risk factors for developing diabetes and complications of diabetes such as blindness, kidney disease, amputations, and neurological problems.

This is the bad news. There is now good news for Tennesseans with diabetes. Research shows that complications of diabetes may be delayed or even prevented by careful control of blood sugar.

Following a careful meal plan is the first step in controlling blood sugar. This is also the hardest step in diabetes control. **Dining with Diabetes** helps by teaching people with diabetes to reduce sugar, salt and fat in foods without giving up good taste.

Find out more about Dining with Diabetes

For more information about this program for people with diabetes, please contact:

**Carol Brandon**
Family & Consumer Sciences Agent
UT Extension - Claiborne County
1732 Main Street, Suite 4
Tazewell, TN 37879
(423) 626-3742

http://fcs.tennessee.edu/healthsafety/dwDiabetes.htm

UT Extension will be partnering with Claiborne County Health Department and Servolution Health Services to conduct the classes.

**Dining with Diabetes** was created by:

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Associate Professor,
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Real. Life. Solutions.
What is Dining with Diabetes?
A program designed for people with diabetes and their family members.

It is a four class series that includes learning how to manage diabetes, food demonstrations and tasting of healthy foods.

Who can participate?
People with diabetes and their family members, caregivers and support persons can enroll in Dining with Diabetes class.

Attendance is limited to 20 people per class.

Who is the instructor?
Carol Brandon, UT Extension

Guest speakers will be on hand each week

What & Where are classes held?
Classes will be held Tuesday, March 10, 17, 24, 31, at Servolution Health Services, 245 School Road in Speedwell, TN, from 3:30 - 5:30 p.m.

What is the Cost?
$20.00 per person $30 per couple for all four classes, ask about scholarships.

What will I learn?
How to prepare meals that are healthy and taste great
How to manage your diabetes
You will recieve great recipes

How Can I enroll?
Simply complete the registration form attached to this brochure and return it and your payment to the address provided, or call 626-3742.

Class Sessions
I. On the Road to Living Well with Diabetes
II. Carbohydrates and Sweeteners
III. Fats and Sodium
IV. Vitamins, Minerals and Fiber

Please complete and return form with payment or payment may be made on date of first class