

What about diabetes in Tennessee?

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

- Over 8% of adult Tennesseans had 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, contact your county Extension office or:



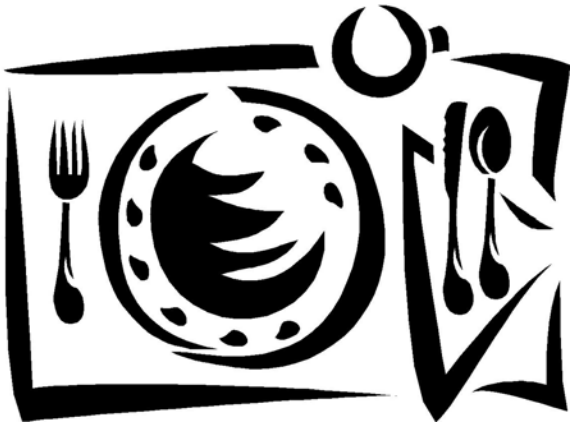
<http://fcs.tennessee.edu/healthsafety/dwDiabetes.htm>

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 University of Tennessee Institute of Agriculture,
 U.S. Department of Agriculture and county governments cooperating.
 UT Extension provides equal opportunities in programs and employment.

Dining with Diabetes



A cooking school program for people with diabetes and their families

{ Now is the time to take charge of your diabetes }

What is Dining with Diabetes?

A program designed for people with diabetes and their family members.

A three-class series that includes learning how to manage diabetes, food demonstrations and tasting of healthy foods.

A program offered to people with diabetes in Tennessee



Who can participate?

- People with diabetes and their family members, caregivers and support persons can enroll in *Dining with Diabetes*.
- Attendance is limited to 50 persons at each school.

Who are the instructors?

Classes are taught by Extension educators and diabetes health professionals, such as Registered Dietitians and Certified Diabetes Educators.



Where are classes held?

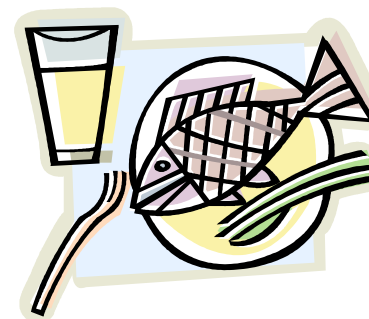
Classes are held in locations that are accessible and convenient in each county. Churches, schools, vocational-technical centers, senior centers and hospitals can host *Dining with Diabetes*.

When are classes?

Extension educators try to schedule classes at the best times for people in their county. The day of the week and time of day may vary from county to county.

How can I enroll?

Dining with Diabetes programs are organized by county Extension Educators. Contact your UT Extension office to find out when the next *Dining with Diabetes* classes will be offered in your area.



How can I find out more?

To learn more about *Dining with Diabetes*, call your County UT Extension office.