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:

Anna Johnson, Extension Agent
UT Extension
125 Court Street, Unit 3
Dayton, TN 37321
(423) 775-7807

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

UT Extension will be partnering with Rhea Medical Center to conduct the Dining with Diabetes Class.

Dining with Diabetes was created by:

Bobbi Clarke, PhD, RD
Professor, Extension Health Specialist,
University of Tennessee Extension

Betty Greer, PhD, RD
Associate Professor,
Extension Nutrition Specialist
University of Tennessee Extension

Dining with Diabetes
A cooking school program for people with diabetes and their families
February 26, March 5 & 12
5:30-7:30 p.m.
Ag Center & Fairgrounds
Evensville, TN

Now is the time to take charge of your diabetes
<table>
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<tr>
<th>Name:</th>
<th>Address:</th>
<th>Phone #:</th>
<th>Amount enclosed:</th>
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Please complete and return form with payment of $30.00 by February 19, 2019.

Remit to: UT Extension/Rhea County
125 Court Street, Unit 3
Dayton, TN 37321
(423) 775-7807

**What is Dining with Diabetes?**
A program designed for people with diabetes and their family members.

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

**What is the Cost?**
$30.00 for all three classes

**What will I learn?**
- How to manage your diabetes
- How to prepare meals that are healthy and taste great
- Receive 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.

**Class Sessions**
I. Healthy Eating Patterns
II. Carbohydrates and Sweeteners
III. Fats and Sodium
IV. Physical Activity

**Who can participate?**
- People with diabetes and their family members, caregivers and support persons can enroll in Dining with Diabetes.
- Attendance is limited to 20.

**Who are the instructors?**
Anna Johnson, UT Extension
Janis Franks, DTR Rhea Medical Center, Retired

**When & Where are classes held?**
Classes will be held at the Ag Center and Fairgrounds in Evensville from 5:30-7:30 p.m. on February 26 and March 5 & 12.