



Family and Consumer Sciences Extension

Diabetes 2007 **Learning for Life**

The University of Georgia Cooperative Extension

The Problem

- In 2006, approximately 608,000 adults in Georgia reported that they had been diagnosed with diabetes. For every two people diagnosed with diabetes, another has not yet been diagnosed .¹
- Diabetes was the 7th leading cause of death in Georgia in 2005. That is equivalent to five deaths a day. For every death attributed to diabetes, at least two more deaths have diabetes as a contributing factor.¹
- In the year 2005, diabetes cost approximately \$250 million in hospital charges in Georgia. If all medical costs, costs attributed to pre-mature death and lost job productivity in Georgia were added together, the actual economic impact of diabetes would be closer to \$4 billion per year.¹
- According to the American Diabetes Association, the per capita medical cost for diabetes has increased from an average of \$10,071 in 1997 to \$13,200 in 2002 - an increase of 30%.²

Research-based Solutions

- Diabetes self-management education, delivered in a community setting to adults with Type 2 diabetes with a broad range of ages and ethnic backgrounds, is effective.³
- Adults who reported that they had received diabetes self-management education were significantly more likely than those who had not received training to be physically active, have an annual dilated eye exam and flu vaccine, get the pneumococcal vaccine, have daily blood glucose checks, have their health care provider check their feet for sores or irritations and have their hemoglobin A1c checked.⁴

Extension's Role

- Distribute the *Diabetes Life Lines Newsletter*.
- Conduct *Right Bite Diabetes Cooking Schools* to teach healthy food preparation skills to those affected by diabetes or those at risk for developing diabetes.
- Offer *Walk-a-Weigh* programs to promote weight control and physical fitness for those who have diabetes or for those who are at risk for developing it.
- Use the lessons from the CD, "What I Always Wanted to Know: Questions about Diabetes" to educate those affected by diabetes about prevention of diabetes complications through better self-management.
- Work with diabetes support groups to enhance diabetes self-management and to provide peer support for people dealing with the disease.

Extension's Contribution to Solving the Problem

- 144 diabetes education programs provided 5,877 hours of diabetes control and prevention instruction to 3,124 Georgians in 2007.
- Media was a major strategy for educating Georgians on controlling and preventing diabetes. For example, 6 issues of the *Diabetes Lifeline Newsletter* reached over 15,000 readers, 6 newspaper columns went to a circulation of 151,900 readers, and 4 radio spots were broadcast to a listening audience of over 256,600 people.

Impact on Georgians

- Of the participants who completed diabetes education programs, 96% said those sessions were very helpful for them in learning how to control diabetes by practicing healthy habits.
- Among participants of the “Ins and Outs of Diabetes,” knowledge scores on the pre- and post-tests increased from an average of 71% to 92%. And, most of the participants improved their diabetes management knowledge and planned to follow healthy practices. For example, 98% reported that they already do or intend to follow a meal plan to control portions and intake of carbohydrates, 98% report that they already do or intend to read nutrition labels, and 91% report that they already eat or intend to eat at least 2½ cups of vegetables per day.
- Participants of the “Rite-Bite Diabetes Cooking School” scored an average of 98%, 86%, and 84% on the post-tests for lessons on sweeteners, carbohydrates and fiber, and portion control respectively.
- Participants of the “Walk-a-Weigh” nutrition and exercise program reported a dramatic improvement in health behaviors with more people reporting practicing all 24 healthy behaviors being promoted, such as limiting fat consumption, increasing consumption of whole grains and cereals, increased exercise, increased vegetable consumption, eating low-fat snacks and desserts.

Impact on Georgians

1. Georgia Department of Human Resources, Division of Public Health. *2007 Georgia Data Summary: Diabetes*. August 2007 accessed Jan. 11, 2008 at http://www.health.state.ga.us/pdfs/epi/cdiee/2007_Diabetes_Data_Summary.pdf
2. American Diabetes Association. Economic costs of diabetes in the U.S. in 2002. *Diabetes Care* 2003; 26:917-932.
3. Norris, S et al. Increasing diabetes self-management education in community settings: a systematic review. *Am J Prev Med* 2002; 22 (4S):39-99.
4. Strine, TW et al. The impact of formal diabetes education on the preventive health practices and behaviors of persons with Type 2 diabetes. *Prev Med* 2005; 41:79-84.

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