



Dining
WITH DIABETES
ONLINE



Dining with Diabetes--*Online*

The Dining with Diabetes Online course is provided by Kansas State University Research and Extension educators and trained Dining with Diabetes course instructors and is designed for adults with type 2 diabetes, prediabetes, and their family members, caregivers, and support persons.

This course helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control, and label reading. This course is not intended to provide individual prescriptions for diabetic meal planning and it is not intended to replace diabetes education furnished by qualified health care professionals.

Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? This course can help!

THE COURSE INCLUDES

- A professional extension educator and Dining with Diabetes Instructor
- Educational videos
- Meal planning and healthy snack tips and ideas
- Healthy recipes
- Cooking demonstration videos
- Interactive discussion questions

Registration Start Day: September 7, 2021

Registration End Day: September 27, 2021

Program Start Day: Module 1: October 4, 2021

Module 2: October 11 Module 3: October 18

Module 4: October 25 Module 5: January 24

Kansas DWD Online Course Program Fee will be \$25.00 a person.

Call the Sunflower Extension office in Wallace County for information on how to get signed up at 785-852-4285.

Diabetes is a common, costly, and serious disease. More than 34 million adults in the United States have diabetes, and one of five of them don't know they have the disease. A diagnosis of diabetes can be scary, but studies have shown that with healthful eating and modest regular physical activity, type 2 diabetes can be delayed, controlled, and even prevented.

Much of the food a person consumes is broken down into glucose and is used for energy to fuel the body. Glucose in the bloodstream is also called blood sugar. When the glucose level in the blood increases, it signals the pancreas to produce and release insulin. The hormone insulin helps glucose enter your cells to be used as energy. With diabetes, your body doesn't make enough insulin or the body can't effectively use the insulin that it produces. When there is a lack of insulin, blood glucose builds up in the blood and can result in health problems, or diabetes complications. A fasting blood glucose of 126 mg/dl or greater, when tested at least twice, is one way a diagnosis of diabetes may be made.

Since 2005, the number of adults diagnosed with diabetes has more than doubled. Type 2 diabetes accounts for over 90% of diabetes cases. Here are common risk factors to monitor for prediabetes or type 2 diabetes.

Check the risk factors that describe you.

- Are overweight
- Are age 45 or older
- Have a parent, brother, or sister with type 2 diabetes
- Are physically active less than 3 times a week
- Had diabetes while pregnant or gave birth to a baby weighing more than 9 pounds.