

Dining with Diabetes Classes are being Offered

Dining with Diabetes classes will be offered on Wednesday, January 5, Wednesday, January 12, Wednesday, January 19 and Wednesday, January 26 from Noon. to 1:00 p.m. at the 4-H Building in Hoxie. The program will be led by Lisa Stoll, Hoxie Medical Clinic Community Education RN and Karen Shepard, Twin Creeks Extension District, Family and Consumer Science Agent.

Did you know about 1 in 10 Kansans have been diagnosed with diabetes? This number is growing at an alarming rate, not just in Kansas, but across the US. Medical costs associated with diabetes total over \$250 billion each year, a number which continues to grow as well.

90-95% of adults diagnosed with diabetes are Type 2, which has risk factors that can be modified to decrease the likelihood of it occurring or delay its onset. Risk factors for diabetes include increasing age, being overweight or obese, physical inactivity, high blood pressure, high blood cholesterol, smoking, family history, and race/ethnicity.

Dining with Diabetes is a 4-week hands-on program that will feature information on diabetes and prediabetes management; planning healthy and balanced meals; food demonstration with taste testings; goal setting; and lifestyle changes that can decrease the likelihood of diabetes and its complications from happening to you. Participants of this program may be diabetic, concerned about what they can do to decrease risk of diabetes or may just be looking for information on healthy living habits.

For more information and or register for these classes, please contact Karen at the Twin Creeks Extension Office at 785-421-3411 or kshepard@ksu.edu. A grant from BlueCross BlueShield of Kansas will be covering all costs for these classes so registration is free!