Classes are usually held in Spring and Fall. 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 Extension educators. Contact your UT Extension office to find out when the next *Dining with Diabetes* classes will be offered in your area.

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**Now is the Time to Take Charge of Your Diabetes!**

**Dining with Diabetes**

A cooking school program for people with diabetes and their families

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**Session 1 -**

On the Road to Living Well with Diabetes

**Session 2 -**

Carbohydrates & Sweeteners

**Session 3 -**

Fats & Sodium

**Session 4 -**

Vitamins, Minerals and Fiber

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For more information about this program, contact:

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

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Programs in agriculture and natural resources,  
4-H youth development, family and consumer sciences, and resource development,  
University of Tennessee Institute of Agriculture,  
U.S. Department of Agriculture and county governments cooperating,  
UT Extension provides equal opportunities in programs and employment.
Diabetes in Tennessee

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

- 2 in 3 Tennesseans are overweight or obese.
- A third of Tennesseans are considered physically inactive.
- Overweight/obesity and physical inactivity increase the risk for developing diabetes.
- Ten percent of Tennesseans have been told by a doctor that they have diabetes. Experts estimate this number represents only half of those with this devastating disease.
- Uncontrolled diabetes can lead to serious complications that affect the eyes, kidneys, nervous system and heart.

Diabetes is a Self-Management Disease

- Without the proper education and management skills, diabetes can be frustrating and difficult to live with.
- Approximately 3 hours a year are spent with a health care professional. The rest of the time, people with diabetes must rely on daily self-management.
- Self-management of diabetes can slow the onset of and progression of diabetic complications.

The good news is that you can learn how to self-manage your diabetes!

Following a careful meal plan is the first step in controlling blood sugar. Dining with Diabetes will teach you how to reduce sugar, salt and fat in foods without giving up good taste.

What is Dining with Diabetes?

- A program designed for people with diabetes and their family members in Tennessee.
- A four-class series that includes learning how to manage diabetes, food demonstrations and taste testing.

Who can participate?

- People with diabetes
- Family members
- Caregivers

- Support persons
  Attendance is limited to 50 persons per cooking school session.

Who are the instructors?

Classes are taught by Extension educators and other partners such as health educators, doctors, diabetes educators, American Diabetes Association representatives, nurses and pharmacists.

Where are the classes held?

Classes are held in locations that are accessible to community members. Examples of location sites include: senior centers, wellness centers, churches, schools, vocational-technical centers, hospitals, health department nutrition demonstration centers and county UT Extension offices.

When are classes offered?

UT Extension educators try to schedule classes at times that work best for the people in their counties.