

## ***What is Diabetes?***

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

- A 42 % increase in diabetes has been seen in Cleveland in the past 10 years.
- 1 out of every 10 people in Trumbull County has diabetes.
- Ohio has the 4<sup>th</sup> highest death rate in the U.S. due to the complications of diabetes.

In Ohio every day:

- 4 people become blind (1,600 per year)
- 9 people have a lower limb amputated (3,300) per year.
- 4 people enter renal failure and require kidney dialysis or kidney transplant (1,460 per year).
- 31 people die (11,315 per year).

There is good news for Ohioans with diabetes. Convincing studies show that complications of diabetes, such as blindness, kidney failure, and amputations, probably can 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.

## ***Planning Committee/Instructors***

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The Ohio State University, The United States Department of Agriculture, and Trumbull County Commissioners Cooperating.



**A cooking school program for people with diabetes and their families.**

**February 26, March 4, and  
March 11, 2008  
12:30 - 3:00 p.m.**

**TRUMBULL COUNTY  
AGRICULTURE AND  
FAMILY EDUCATION  
CENTER  
520 West Main Street  
Cortland, Ohio**

## ***What is Dining with Diabetes?***

- A program designed for people with diabetes and their family members
- A three-class series that includes learning, demonstrations, and tasting of healthy foods.



## ***Goals of the Program***

- to increase knowledge about healthy foods
- to present healthy versions of familiar foods
- to demonstrate new cooking techniques
- to provide *basic* information about diabetes and nutrition
- to provide opportunities for people with diabetes to share and learn from one another and from diabetes health professionals

## ***Who can participate?***

- People with diabetes and their family members, caregivers, and support persons can enroll in *Dining with Diabetes*.
- Attendance is limited to 30 persons.

## ***How can I enroll?***

Registration fee is \$20 per person. Please plan to attend all three class sessions when you enroll. Registration deadline is February 21, 2008.

## ***AGENDA***

### February 26 – Main Dishes/Sides/Desserts

- overview of desserts
- label reading
- sugar substitutes
- understanding blood values

### March 4 – Main Dishes/Sides/Desserts

- heart healthy eating
- replacing salt
- choosing fats and oils
- foot care and exercise

### March 11 – Main Dishes/Sides/Desserts

- dairy products
- calcium/fiber
- eye care/vaccines

## ***Dining with Diabetes Registration Form***

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PHONE \_\_\_\_\_

AMOUNT ENCLOSED \$ \_\_\_\_\_

Make checks payable to:

OSU Extension, Trumbull County

Mail registration form and check to:

OSU Extension, Trumbull County  
520 West Main St., Suite 1  
Cortland, OH 44410-1455

Phone 330-638-6783

**REGISTRATION DEADLINE**  
**February 21, 2008**