Title: Right Bite Diabetes Cooking School

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Summary:
The Right Bite Diabetes Cooking School promotes behavior change in participants that can control or reduce risk for diabetes. The school was offered to 157 people in 8 different counties, and by self report, significantly impacted their food preparation and selection habits.

Situation:
The increase in the incidence of diabetes has paralleled the increase in obesity. In Georgia since 1994, 500,000 people have been diagnosed with diabetes. Most people diagnosed are adults between the ages of 45-64. As people age, their chances of being diagnosed with diabetes increase. The medical costs for a person with diabetes are 2.3 times higher than the medical costs of someone without diabetes. In the United States, 79 million people have pre-diabetes. Pre-diabetes could be reversed by increasing physical activity to 150 minutes per week (30 minutes per day) and losing just 7% of a person's current body weight.

Response:
FACS agents in 8 counties offered Right Bite to 157 people. Most of the attendees were women (95%), African American (51%) and were between the ages of 20 and 88 years old (mean age 62 years). Seven different lessons were provided on the following topics: carbohydrates; fiber; sweeteners; healthy fats; nutrition labeling; hypertension control; and portion control.

Impact:
The top 5 significant behavior changes reported by participants after the lessons were: 1) using the nutrition facts label to find foods lowest in unhealthy fats; 2) using the DASH Diet to plan meals; 3) mixing plain yogurt with mayonnaise for a salad dressing; 4) cutting fat in recipes by a quarter; and 5) seasoning vegetables with low sodium broth. All other behavior changes that were assessed after the classes were also statistically significant.

Scope: State

County: Clarke

Group: Family & Consumer Sciences

State Issue: Food, Nutrition and Health

Program Function(s):
Extension

Program Area(s):
Family and Consumer Sciences

Topic(s):
Diabetes
FO-6: Georgians will decrease morbidity from chronic disease through improved nutrition practices.

Keyword(s):
Diabetes Cooking School
General Diabetes
Diabetes
Diabetes Prevention
Right Bite Diabetes Cooking School
Chronic Disease

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Smith Lever Act Funds
State Appropriated Funds
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