

WTNS Radio OSU Extension Update for November 2, 2020
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about helping youth with diabetes, as well as some upcoming programs from OSU Extension.

For the past couple of weeks, OSU Extension has partnered with the Coshocton Regional Medical Center to offer Dining with Diabetes. This program includes sampling healthy foods and lessons and group discussion with dietitians. I enjoy this program more each time I get to be a part of it. My favorite part is watching the sharing and encouragement that happens between participants. Even as we wear masks and physically distance from one another during the classes, people are still able to connect in a very meaningful way.

Each November we take time to recognize National Diabetes Month. CDC data from 2017 shows that 9.8 percent of adults in Coshocton County have been diagnosed with diabetes. This is very close to the average for the state of Ohio as well. In the last 20 years, the number of adults in the US diagnosed with diabetes has more than tripled.

This year the theme for National Diabetes Month is "Taking Care of Youth Who Have Diabetes." According to the National Institute of Diabetes and Digestive and Kidney Diseases, diabetes is one of the most common chronic conditions in school-age youth in the United States, affecting about 193,000 youth under 20 years old. It is important to help your child or teen develop a plan to manage diabetes, and work with their health care team to adjust the diabetes self-care plan as needed.

Here are some tips from the institute to consider for your youth's diabetes self-care plan:

- Manage blood glucose levels. Make sure your child or teen takes their medicines as prescribed, at the right time, and the right dose.
- Encourage healthy habits. Follow a healthy eating plan (especially if your youth is taking insulin), get enough sleep, and aim for regular physical activity.
- Stay prepared for emergencies. A basic "go-kit" could include medical supplies and equipment, professional contact lists, and a medication list including doses and dosing schedules.

- Monitor for diabetes complications. Early diagnosis and treatment can help reduce risk for heart disease, vision loss, nerve damage, and other related health problems.
- Seek mental health support. Encourage them to connect with other youth who have diabetes. Youth may not be used to talking about feeling anxious or alone about their diabetes.

This information left me wondering, “But what can I actually do to help?” What can we as friends and neighbors do to be supportive of kids with diabetes? I came across an interesting 2018 research article in the Health Expectations Journal. The research team had in-depth interviews with 24 children who have type 1 diabetes.

They found that these youth mentioned the most positive supporters were sensitive to their needs, but not overly protective. The researchers termed these folks as helpers and normalizers. Most children mentioned their friends who are willing to wait. These friends will wait to eat until the child with diabetes is able to eat. They will wait to eat a food in front of their friend with diabetes until they know they can eat it too. I think this would be a great topic to discuss with our kids and grandkids.

Also, please check out recorded videos from this summer’s Dining with Diabetes Cooking Demonstrations and find diabetes-friendly recipes at coshocton.osu.edu. There is also a free online course called “Dining with Diabetes Beyond the Kitchen.” This is a self-paced course with topics like making healthy choices when eating at restaurants, grocery shopping, or planning weekly meals. You can learn more about it at go.osu.edu/coshoctondiabetes

Now we’ll take a look at some upcoming opportunities from OSU Extension.

Food Preservation Office Hours continue this week with Making Jerky class tomorrow afternoon from 4:00 – 5:00 PM. Next week is our last class on November 10. I’ll be co-teaching Making Sauerkraut with my colleague from Morrow County, Candace Heer. Each of these programs will have time at the end to ask any questions you have about food preservation. RSVP on our website coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Be sure to exercise your right to vote, and make it a healthy day!