

WTNS Radio OSU Extension Update for February 19, 2024
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about making small changes with diabetes, and as always look at some upcoming programs from OSU Extension.

For the past five years, I've been teaching the Dining with Diabetes program here in Coshocton County. Coshocton Regional Medical Center (CRMC) and Coshocton Public Health District have been important partners for many of these programs. Since 2019, over 120 people have attended our diabetes education classes.

Nearly one-quarter of adults 65 and older in our county have been diagnosed with diabetes. In a recent survey, more than half of these adults rated their health as fair or poor. The Dining with Diabetes program has become a cornerstone program of OSU Extension, because it addresses a very real need in our community.

What do you do when an important person in your life has been diagnosed with diabetes, but they have no interest in making changes in their lifestyle? Or at least to you it seems like they don't want to change. First of all, know you are not alone. And know that this is a common reaction from someone who is told they have diabetes.

Dining with Diabetes is not only for people with diabetes. It is for support people in their lives, which can include husbands, wives, sons, daughters, friends- anyone who can be an encouragement to a loved one to best manage diabetes. Even if the person in your life who has diabetes is not willing to come to these classes, I encourage you to join us. This is a support network with encouragement for you.

If you play a role in cooking meals or grocery shopping for your household, then these classes can give you new ideas. Each week we try new recipes for a main dish, vegetable side dish, and a dessert. For the first and last classes, the staff at CRMC prepare the meals for us. During the second and third classes, we get to prepare the meals together.

Each class has three components. The first is learning how to prepare a meal that is designed to best meet the needs of someone with diabetes. The second is to eat the meal together. These meals are enjoyable for anyone- those living with diabetes and those who do not have diabetes.

The last part of the evening is a lesson about some aspect of managing diabetes well. We focus on nutrition most heavily, but we also promote staying connected to your entire healthcare team.

OSU Extension has a fact sheet titled, “Communication Strategies to Support a Family Member with Diabetes.” You may want to have a tough conversation with a loved one, but you’re not sure how to start. Or maybe your perceived nagging and preaching isn’t getting the results you are hoping for, so you are ready to try something new.

Sometimes people with diabetes feel like their family members are the “diet police” watching their every bite. Other people with diabetes may feel like they are being sabotaged by their apathetic family who indulge in unhealthy nutrition choices. During our Dining with Diabetes classes, we focus on a balance between these two extremes. We learn about portion size and lower carbohydrate options rather than ever eliminating foods from the meal plan.

The next Dining with Diabetes series will be held on Wednesday evenings April 3, 10, 17, and 24 from 5:30-7:30 pm. Two classes will be at Coshocton Regional Medical Center and two classes will be at the Three Rivers Fire Station Community Room on SR 621. The cost of the program is \$20 per person and \$10 for an additional support person. I will teach the classes with Leslie Mayle, registered dietitian with CRMC. Paid registration is required by March 25 at go.osu.edu/coshoctondwd .

And now let’s see what else is new from OSU Extension: If you would like to learn more about selling cottage foods at the Coshocton Farmers Market or from another location like your farm, join me for an upcoming local in-person workshop. The Selling Cottage Foods workshop will be Thursday, March 14 at 6:30 PM in Room 145 of the County Services Building, 724 S. 7th Street in Coshocton. Please call OSU Extension at 740-622-2265 to register for this free class.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and empower 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. Make it a healthy day!