

2007 University of Wyoming Combined Research and Extension Plan of Work

(NFS) Type 2 Diabetes - Healthy Choices & Lifestyle Promotion

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

- 703 85% Nutrition Education and Behavior
- 724 15% Healthy Lifestyle

V(C). Planned Program (Situation and Scope)

1. Situation and priorities

Rates of diabetes are reaching epidemic proportions. Over 18 million Americans have this disease, and another 41 million have prediabetes, a condition that may lead to diabetes. Wyoming statistics are also alarming: In 2003, an estimated 21,500 people in Wyoming (5.8% of adults) had been told that they have diabetes, and nearly 8,000 additional individuals have diabetes but are unaware of it.

V(D). Planned Program (Assumptions and Goals)

1. Assumptions made for the Program

1) Educators in Wyoming Cooperative Extension and the UW Department of Family and Consumer Sciences have the expertise to plan, implement, and evaluate community-based programs for audiences. 2) Extension educators have established solid networks and support in many areas throughout Wyoming to assist community leaders in addressing nutrition issues concerning children, youth, and families. 3) National support from the United States Department of Agriculture would provide sufficient financial resources to support planning and programming in communities. 4) Funding will be secure throughout the course of the project. 5) People will be motivated to gain awareness, knowledge and skills. Individuals will incorporate skills and change behaviors. 6) Educators can serve as catalysts for change.

2. Ultimate goal(s) of this Program

The ultimate goal of this program is to provide educational programs that increase the likelihood that people make healthy food choices consistent with the most recent Dietary Guidelines for Americans and My Pyramid. Through food and nutrition education, seek to improve the health and lives of patients with diabetes and their families.

V(F). Planned Program (Activity)

1. Activity for the Program

• Educational Programs • Educational Messages • Media Outreach • Health Fairs • Educator Training • Assessment/Data Collection