



** This news release from K-State Research and Extension is available online at <https://ksre-learn.com/dining-with-diabetes>

Released: Nov. 4, 2024

Dining with Diabetes course slated for Nov. 18

More than 240,000 Kansans estimated to be living with the disease

By Pat Melgares, K-State Research and Extension news service

MANHATTAN, Kan. – The Kansas Department of Health and the Environment estimates that more than 240,000 Kansans have Type II diabetes, a form of the disease in which the body does produce enough insulin – or doesn't use insulin properly – resulting in high blood sugar levels.

Perhaps a more sobering statistic: More than 60,000 people in Kansas don't even know they have the disease.

"Those are cases in which the disease has not been diagnosed," said Christina Holmes, a family and consumer sciences specialist in K-State Research and Extension's southeast regional office.

"I consider that an opportunity for education."

Holmes is one of the organizers for the statewide [Dining with Diabetes course](#) that is offered online and in-person through [Kansas extension offices](#).

Holmes said the course focuses on such areas as carbohydrate control, portion control, physical activity and things people can do to reduce their likelihood of developing diabetes.

"Individuals that have diabetes can attend this course just to learn about what they can do differently," Holmes said. "It's also an opportunity for support and engagement so they don't feel alone in this process. It's also open to caregivers, family members and anyone in their support system. It's really important not to navigate this diabetes process alone, so (caregivers) can learn how to care for their loved one, or how to prepare meals differently so everyone can have healthier lives."

K-State family and consumer sciences extension agents Franny Eastwood and Chelsea Richmond are among several who have received training to teach the course.

“It’s broken down into one session a week for four weeks, with a follow-up session several weeks later,” said Eastwood, who is in K-State’s Marais des Cygne extension district. “So, completing the course is really up to each individual and how quickly they want to go through the information.”

Richmond, who is in K-State’s Frontier extension district, said the course focuses on living well with the disease.

For example, she says, “there are meal planning tips that participants can walk through, and cooking demonstration videos with diabetic-friendly recipes.”

Richmond said additional sessions include information on carbohydrates and sweeteners and what a full plate of food should ideally look like. The course also covers ideas for eating outside the home, such as restaurants.

“It’s great practical information for anyone, but it’s not just for the pre-diabetics, or the Type II diabetics,” Eastwood said. “It’s something that we all can use for good health.”

More information on the course and registration [is available online](#). The registration fee is \$25. The primary portion of this course begins on Nov. 18.

Questions can be directed to Eastwood at 913-795-2829 or fmeastwo@ksu.edu, or to Richmond at 785-448-6826, crichmon@ksu.edu.

-30-

FOR PRINT PUBLICATIONS: Links used in this story

Dining with Diabetes website, <https://www.k-state.edu/diningwithdiabetes>

K-State Research and Extension statewide offices, <https://www.ksre.k-state.edu/about/statewide-locations>

K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well-being of Kansans. Supported by county, state, federal and private funds, the program has county extension offices, experiment fields, area extension offices and regional research centers statewide. Its headquarters is on the K-State campus in Manhattan. For more information, visit www.ksre.ksu.edu. K-State Research and Extension is an equal opportunity provider and employer.

Story by:

Pat Melgares
melgares@ksu.edu

More information:

Christina Holmes
620-421-4826
ChristinaHolmes@ksu.edu

Franny Eastwood
913-795-2829
fmeastwo@ksu.edu

Chelsea Richmond
785-448-6826
crichmon@ksu.edu