

## What is Diabetes?

Diabetes is a common, serious, and costly disease in Ohio. It is the 5th leading cause of death in Ohio. Based on the 2000 U.S. Census, it was estimated that 537,263 Ohioans had diabetes.

In the U.S., 13 million people have been diagnosed with diabetes, and it is estimated that there are another 5.2 million people with undiagnosed diabetes. The total direct & indirect cost of diabetes in the U.S. is \$132 billion a year.

With the trend of increasing numbers of overweight and obese children and adults in the United States, the incidence of diabetes is expected to rise, and to occur at an earlier age.

Now there is good news for Ohioans with diabetes. Convincing studies show the complications of diabetes, such as blindness, kidney failure, and amputations, probably can be delayed or even prevented by careful control of blood sugar.

Following a careful meal plan is the first step in controlling blood sugar. This is also the hardest step in diabetes control. *Dining with Diabetes* helps by teaching people with diabetes to reduce sugar, salt, and fat in foods without giving up good taste.



Greene County  
100 Fairground Road  
Xenia, Ohio 45385  
Phone: 937-372-9971  
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[www.greene.osu.edu](http://www.greene.osu.edu)



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## Dining with Diabetes

*A fun and informative program for people with diabetes and their families.*

February 9, 16, and  
23, 2010

Reunion:  
June 2, 2010

Sponsored by:



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# Dining with Diabetes

## What is Dining with Diabetes?

- A program designed for people with diabetes and a family member.
- A three-class series that includes demonstrations on how to prepare meals that are healthy and use less fat, salt, and sugar, but still taste great. There will be an opportunity to taste a variety of main dishes, side dishes, and desserts.

## Who can participate?

- People with diabetes and their family members, caregivers, and support persons can enroll in *Dining with Diabetes*.
- Attendance is limited to 20 on a first come first served basis.

## Where are classes held?

Ohio State University Extension,  
Greene County  
Buckeye Room  
100 Fairground Road  
Xenia, Ohio 45385

## When are the classes?

Tuesday, February 9, 16, and 23  
from 10:00 a.m.—Noon

Reunion: Wednesday, June 2, 2010  
from 10:00 a.m.—Noon

## How can I enroll?

- Registration Fee is \$30.00 per person and you should plan to attend all three class sessions and a “class reunion” when you enroll.
- Registration deadline is January 29, 2010. Class will be limited to the first 20 people enrolling. To register, send the attached form and \$30.00 per person registration fee to:  
OSU Extension—Greene County  
100 Fairground Road  
Xenia, Ohio 45385

Checks may be made payable to  
OSU Extension—Greene County.

For more details call 937-372-9971 or  
937-429-2883, Ext. 5052.

Web-site: [greene.osu.edu/Family and Consumer Sciences/Diabetes](http://greene.osu.edu/Family and Consumer Sciences/Diabetes)

## Registration Form

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

\_\_\_\_\_  
Phone

\_\_\_\_\_  
E-mail address

Yes, I have diabetes.

No, I do not have diabetes.

\_\_\_\_\_  
Food allergies or intolerances

\_\_\_\_\_  
How did you hear about the program?

Registration fee: \$30 per person.

Checks may be made payable to OSU Extension.

Return registration form as soon as possible (class limited to first 20 applicants) or by January 29, 2010.

Ohio State University Extension, Greene County  
100 Fairground Road  
Xenia, Ohio 45385

Or call 937-372-9971, or 937-429-2883, Ext. 5052