



## Fast Facts for Action

- According to the Centers for Disease Control and Prevention (CDC), **more than 1 out of 3 American adults have elevated blood sugar levels.** This serious health condition is associated with an increased risk of developing type 2 diabetes, heart disease, and stroke.
- African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at a higher risk than Non-Hispanic White Americans.
- The good news? You can make simple lifestyle changes to prevent or delay type 2 diabetes and other serious health problems.

## CSU Extension Family and Consumer Sciences Program

Central State University Extension's Family and Consumer Sciences program utilizes research and programming to address issues affecting Ohio's families and communities. Programs will educate participants on topics such as nutrition, food safety, childhood obesity, family resilience, hunger, healthy living, financial education, and more.

**To learn more about how you can implement a Family and Consumer Sciences program in your area, contact your local CSU Extension County Agent:**

### Cuyahoga County

Ambrose Moses, (216) 429-8200 Ext 250

### Franklin County

Renita Porter, (614) 674-6501 Ext 217

### Hamilton/Butler County

Lisa Craig, (513) 785-6652

### Lucas County

Brittany Jones (419) 213-2027

### Montgomery County

Kevin McGhee, (937) 224-9654

*Visit us online at [CentralState.edu](http://CentralState.edu)*

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## Take Control of Your Health

### Diabetes Empowerment Education Program (DEEP)



Enroll in a Central State University (CSU) Extension program to learn simple lifestyle changes which can prevent or delay the onset of type 2 diabetes and other serious health problems



**Central State  
University**  
EXTENSION

*Engaging Communities & Transforming Lives*

*Did you know that an estimated 1,048,918 Ohio adults have been diagnosed with diabetes? .*

*— CDC*

## Take Control of Your Health

### Learning to Make Healthy Choices

Diabetes Empowerment Education Program is a series of six classes conducted by Central State University Extension (CSUE) and community partners.

This program helps individuals learn strategies to manage pre-diabetic/diabetic conditions through simple lifestyle changes including menu planning, portion control, label reading and physical activity.

Participants will have the opportunity to participate in cooking demonstrations which will showcase preparing recipes lower in fat, cholesterol, sugar, and sodium.

Workshops are FREE to attend!

### Benefits of Attending

Identify unhealthy habits, and gain the knowledge and skills to live a healthier lifestyle.

Acquire cooking skills and master simple recipes to support a balanced diet.

Learn techniques to manage and prevent common diabetes complications including stress, nerve pain, heart disease, stroke, blindness and kidney failure.

Receive recommendations and supportive educational materials for maintaining lifestyle changes long term.



### Program Details

This informational program was designed for adults interested in learning ways to modify their personal lifestyle to help prevent or control health concerns associated with high blood sugar.

#### Program Format:

- DEEP is a 6 week workshop series, lasting 120 minutes one day per week, providing informational presentations, hands on activities, class interactions and simple recipe preparation and tasting.
- Attending the DEEP series will maintain, or improve the quality of life of people with pre-diabetes/ diabetes by preventing complications, developing self-care skills, and understanding and using available resources.

