

What is diabetes?

Diabetes is a common, serious, and costly disease. The Centers for Disease Control and Prevention (CDC) has reported that diabetes is the 6th leading cause of death in the United States. And about one-third of people with diabetes are unaware they have the disease.

The rate of diabetes has increased dramatically among people in Gogebic and Iron Counties. Recent statistics for our two-county area show that about 10.1% of our residents have diabetes, either diagnosed by a medical professional, or undiagnosed. This number rises to almost 20% for citizens over age 65.

Locally, we also rank high in the incidences of obesity and physical inactivity. These lifestyle measures, combined with the fact that our area has a large percentage of older citizens, lead to an expected continued rise in both prevalence and incidence of diabetes.

Diabetes is called a lifestyle disease. It can be controlled by making changes in our lifestyle - changing our eating habits, increasing our level of physical activity, and losing excess weight. These lifestyle changes can control and even prevent some of the complication of diabetes.

The good news for residents of the Gogebic Range is that programs like *Dining with Diabetes* can help you make these changes in your life. Taking an active role in understanding your diabetes, following a meal plan, and increasing your physical activity are the first steps in controlling your blood sugar level.

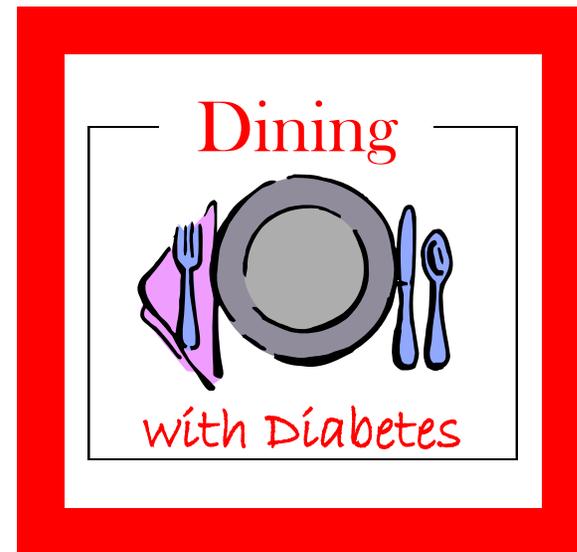
Dining with Diabetes will teach you how to prepare meals that are good for you and that taste good, too.

We'll give you an opportunity to sample recipes. And you will have an opportunity to practice low-impact exercises and learn about various tests that are important for persons who have diabetes.

Now is the time to take charge of your diabetes.

Dining with Diabetes is supported locally by the Iron County Health Department, Gogebic County MSU Extension, and Aspirus Grand View Health System, with funding provided by the *Wisconsin Diabetes Prevention & Control Program*.

This program was adapted in part from *Dining with Diabetes*, developed by West Virginia University Extension Service through a basic implementation grant funded by the Centers for Disease Control and Prevention and the West Virginia Bureau for Public Health, Diabetes Prevention and Control Program.



A Program For People With Diabetes And Their Families

*Now is the time
to take charge
of your diabetes.*

What is Dining with Diabetes?

- A free program for people with diabetes and their family members.
- A series of four classes (with a follow-up class on December 9th).
- Classes include diabetes education, nutrition, recipe demonstrations, and samples of each recipe prepared.



When are classes?

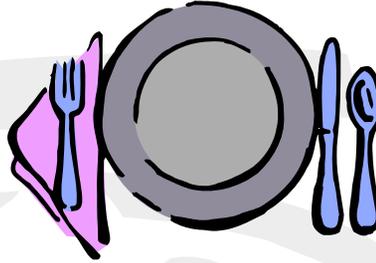
Monday, Sept. 9
Wednesday, Sept. 11
Monday, Sept. 16
Wednesday, Sept. 18

} 5 - 7:30 p.m.

We ask that you arrive early (4:15 p.m. - 4:30 p.m.) for the **first** session - it will be an opportunity for you to have a Hgb-A1C (blood glucose) test, and blood pressure check, free of charge.

Where are classes held?

Dining with Diabetes classes will be held in the Main Meeting Room of the **Iron County Courthouse**, Hurley, WI. Signs will be posted.



Who are the instructors?

Zona Wick, R.N., M.S., BSN, Director & Chief Health Officer, Iron County (WI) Health Department

Jaimee Gregor, Registered Dietician (R.D.), Aspirus Grand View Health System, Ironwood

Lucia Patritto, M.S., Educator, Michigan State University Extension, western Upper Peninsula

together with

Julann Ritter, R.N., Public Health Nurse, Iron County (WI) Health Department

Liana Saari, R.N., Public Health Nurse, Iron County (WI) Health Department

MSU Extension is an affirmative-action, equal-opportunity employer. MSU Extension programs & materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status

How do I sign up?

- There is no charge to attend *Dining with Diabetes*; however you must attend all four class sessions. There will also be a follow-up session on December 9.
- **Pre-registration is necessary** so that we know how many people to expect:

please pre-register by calling the Iron County Health Dept. at 715-561-2191 or 1-888-561-2191

or
MSU Extension at (906) 663-4045 or 1-888-MSUE-4-MI (Gogebic)

Accommodations for persons with disabilities may be requested by calling MSU Extension at 906-663-4045 by 09/05/13 to ensure sufficient time to make arrangements.

How can I learn more?

For more info about *DWD* call:
Iron County Health Department - (715) 561-2191 or 1-888-561-2191
MSU Extension, Gogebic County - (906) 663-4045 or 1-888-MSUE-4-MI