



Bernalillo County Cooperative Extension Service **CHRONIC DISEASE CLASS OFFERINGS**

NEED FOR DIABETES EDUCATION: According to the American Diabetes Association, approximately 241,120 people in New Mexico, or 14.1% of the population, have diabetes. An estimated 59,000 are unaware they have diabetes, which greatly increases their chances of developing the health complications associated with the disease. In addition, 603,000 people in New Mexico, representing 39.7% of the adult population, have prediabetes. Each year an estimated 12,000 New Mexicans are diagnosed with diabetes. People with diabetes have medical expenses approximately 2.3 times higher than those who do not have diabetes. Total direct medical expenses for diagnosed and undiagnosed diabetes, prediabetes and gestational diabetes in New Mexico was estimated at \$1.6 billion in 2012. Additionally, another \$424 million was spent on indirect costs from lost productivity due to diabetes. Ethnicity also plays a role in developing diabetes with Hispanic and Native American populations being at higher risk, many of whom reside in New Mexico. Education and support can assist people in creating healthier lifestyles to manage or avoid chronic disease. Bernalillo County Cooperative Extension Service is pleased to offer a number of free chronic disease educational opportunities to the public.

KITCHEN CREATIONS: Kitchen Creations is a four week cooking school incorporating education from a registered dietician and hands on food prep experience from a Family and Consumer Sciences agent. Kitchen Creations presents four educational sessions and three cooking labs: Session 1 - Meal Planning, Session 2 - Food Safety and Balancing Carbohydrates, Session 3 - Prediabetes, Vegetables, Fruits and Grains, and Session 4 - Heart Healthy Cooking. Offered three times a year in the FALL, WINTER, and SPRING.

NATIONAL DIABETES PREVENTION PROGRAM (NDPP): The NDPP Program uses trained Lifestyle Coaches who work with group participants, diagnosed as pre-diabetic, to reduce their risk by 1) losing weight through healthy eating, 2) being more physically active, and 3) learning to recognize and overcome barriers to healthy eating and physical activity. This program offers a year of learning, support, and encouragement as participants learn skills and routines that work well in their unique lifestyles facilitating healthier lifestyles. Initially, group members meet for 16 weeks for 75 minutes. This is followed by monthly follow up meetings for eight months. Offered once a year beginning in January in several county locations.

NATIVE LIFESTYLE BALANCE has been recently added as a program offering. Based on the same principles as NDPP, it is geared to the native lifestyle. Offered once a year at CNHC in To'hajiilee.

CHRONIC DISEASE SELF-MANAGEMENT PROGRAMS: Each workshop is presented in two and one half hours, once a week, for six weeks. People with different chronic health problems attend together, although there are specific curriculums for diabetes, cancer, HIV, and other conditions. Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain, and isolation; 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance; 3) appropriate use of medications; 4) communicating effectively with family, friends, and health professionals; 5) nutrition; 6) decision making; and 7) how to evaluate new treatments. Chronic Disease, Diabetes and Cancer tracks are offered throughout the year as demand dictates.

EATING WELL WITH DIABETES: In a format similar to Kitchen Creations, these quarterly cooking schools include a session for diabetes education and support, as well as a practical cooking lab focusing on diabetes friendly food. Topics have included cooking fish, growing and cooking with herbs, grilling vegetables, etc. Offered quarterly in the WINTER, SPRING, SUMMER, and FALL.

SLIM AND STRONG: In these six-week sessions, participants are encouraged to craft healthier lifestyles through mindfulness, diet, and exercise. Educational concepts are presented as well as a robust and interactive discussion designed to foster community and support for group members. Offered in January and throughout the year as need indicates.

HEALTHY YOU: Developed at CO State University, *Healthy You* meets for 90 minutes for six weeks. Each session includes instruction on nutrition, mindfulness, and physical activity followed by discussion, food sampling, and hands-on activities. This interactive course provides weekly homework to encourage accountability and engagement. Offered as requested.

FIT FOR LIFE: Research tells us being fit aerobically, increasing strength, agility, balance, and flexibility give us increased quality of life and wellness. Additionally, creating a mindset of wellness is crucial to making and sustaining long-term health changes. This four week 90 minute program is geared to beginners to understand these important areas of fitness. Exercises are designed to increase overall fitness, and are practiced in each session.

STRESS MANAGEMENT & RESILIENCY: Stress is a component in modern day life. How we choose to handle it can work for us or against us. This two-part series meets for two hours weekly, facilitating participants to learn the skills needed to train their minds and bodies to thrive in a demanding world. Offered as requested.

KEYS TO EMBRACING AGING: This interactive program highlights 12 keys aimed at helping you grow old gracefully, successfully, and with increased longevity. It addresses attitude, nutrition, activity, brain health, social activity, technology, safety, medical literacy, stress management, financial security, sleep, and taking time for yourself.

FOR SPECIFIC CLASS INFORMATION AND DATES OR TO REGISTER:

- WEBSITE: bernalilloextension.nmsu.edu, for specific class listings and details.
- EMAIL: bernalillo@nmsu.edu providing your name, address, email, phone numbers, and class(es) in which you are interested or would like to sign up to attend.
- CALL: **505-243-1386** and provide the above information to the receptionist.
- CONTACT: **Dianne Christensen**, Family and Consumer Sciences Agent, for specific information and program details at **505-243-1386** or dianneec@nmsu.edu.

NMSU BERNALILLO COUNTY COOPERATIVE EXTENSION SERVICE

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If you are an individual with a disability who is in need of an auxiliary aid or service to participate in this event, please let us know at the time you register. NMSU and the U.S. Department of Agriculture Cooperating. New Mexico State University is an equal opportunity/affirmative action employer and education. If you are an individual with a disability who is in need of an auxiliary aid or service to participate in any event, please call 505-243-1386.

