

November 4, 2021

Release Date: November 10, 2021

Deborah Rhoades, MA, RD, FAND
Extension Educator, Family & Consumer Sciences

FREDERICK FIGHTS DIABETES

November is Diabetes Awareness Month. The campaign, sponsored by the American Diabetes Association, is to bring awareness to the growing prevalence of diabetes, the health risks associated with it, raise research funds, and support people living with it.

The number of people in the US diagnosed with diabetes has more than doubled in the past 20 years. It is the sixth leading cause of death in Maryland. There are disparities in how it effects our Maryland's citizens with racial and ethnic minorities, lower income, less education and various disabilities increasing their risk.

The rapid increase in diabetes is cause for alarm. Diabetes lowers life expectancy and can lead to complications including heart disease and stroke, blindness, kidney disease, amputations, and nerve damage. This is tragic since diabetes can be prevented and effectively treated through diet, physical activity, and medication.

Wondering if you are at risk? You can take a free screening for prediabetes at www.doihaveprediabetes.org

Over a third of Maryland adults have "prediabetes," which if untreated, often leads to diabetes. Thankfully multiple organizations in Frederick County have joined together to form the Frederick County Health Care Coalition in partnership with Frederick Health. The group's number one priority is diabetes prevention and management. To learn more about these programs in Frederick County email prediabetes@Frederick.health

The University of Maryland Extension offers **Dining With Diabetes** (DWD), an-evidence-based program that teaches self-management skills about how to better manage your diabetes. According to Beverly Jackey, a licensed registered dietitian and the state leader for the program, DWD is taught nationwide by Extension Educators throughout the US and throughout Maryland. "The four-session program is unique because along with instruction and discussion about diabetes meal planning, cooking demonstrations are provided and participants have the opportunity to taste the recipes. Along with weekly resources, over 30 tested, diabetes-friendly recipes are provided to participants so they can make the recipes in their kitchen."

Extension educators partner with other organizations to offer DWD. In 2021, it was offered through the Frederick County 50+ Community Centers. Ideally, the program is taught in person

but since centers were closed it was taught virtually with great success. If your organization is interested in learning more about the program or is interested in offering it at your site, contact Extension Educator Carrie Sorenson at 301-600-1598, cjrsoren@umd.edu

Here are two recipes from the Dining With Diabetes curriculum.

FRESH FRUIT TARTS

Serves 12 (1 serving = 1 tart)

12 wonton skins
2 tablespoons sugar-free jelly or fruit spread
1 1/2 cups diced fresh fruit*
1 cup non-fat yogurt, any flavor
Cooking spray

*Select fruit combinations based on what is in season. Any of the following could be used: bananas, strawberries, blueberries, grapes, kiwi, raspberries, peaches, orange sections etc

1. Preheat oven to 375° F and spray muffin tins with cooking spray.
2. Press wonton skins into muffin tins allowing the corners to stand up over the edges.
3. Bake wontons until lightly brown, approximately 4-6 minutes. *Watch carefully, as Wonton skins bake very quickly.*
4. Remove from oven; carefully take each wonton out of muffin tin and allow time for cooling.
5. Warm jelly or fruit spread and lightly coat bottom of each wonton.
6. Fill each wonton with fruit and a rounded dollop of yogurt on top.
7. Garnish with small piece of fruit or a dab of jelly/spread and serve immediately.

Source: Diabetes Education Program WVUES 1999-2000

BROCCOLI CHICKEN FRITTATA

Makes approximately 4 servings

2 teaspoons olive or canola oil
1 cup finely chopped, fresh broccoli florets
1 cup diced red pepper
1 (6-oz.) boneless skinless chicken breast, cooked and finely diced
1/4 cup diced onion
1/4 teaspoon each dried thyme and oregano
1/8 teaspoon black pepper
1/3 cup grated reduced-fat cheddar cheese
2 cups egg substitute

1. In a large skillet, heat oil over medium heat. Add broccoli, red pepper, chicken, onion, thyme, oregano and black pepper, sautéing until vegetables are tender and chicken is heated through (about 5-6 minutes).
2. Sprinkle grated cheddar evenly over surface of vegetable mixture.

BROCCOLI CHICKEN FRITTATA (continued)

3. Pour egg substitute evenly over all ingredients.
4. Cover and cook for 8-10 minutes or until firm.
5. The final temperature should be 165° F.
6. Cut into four wedges and serve.

Source: Dining with Diabetes WVUES, 2000-present

For more information about the University of Maryland Extension Frederick County Office check out our website <https://extension.umd.edu/locations/frederick-county> . University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.

Deborah Rhoades, MA, RD, FAND, is a licensed Registered Dietitian, Fellow of the Academy of Nutrition Dietetics, and Extension Educator in Family and Consumer Sciences.

DR:ls