

DELAWARE COUNTY HEALTH DEPARTMENT

Cooking for Wellness Initiative

Diabetes Prevention Program

Diabetes in Delaware County

Prevalence of Prediabetes and Diabetes

- **Prediabetes:** In Delaware County, 38% of the people aged 18 years or older have prediabetes, and among those 65 years or older, 48.8% have prediabetes (National Health and Nutrition Examination Survey, 2022).
- **Diabetes:** 11.6% of the people aged 18 years or older have diabetes (National Health and Nutrition Examination Survey, 2022).

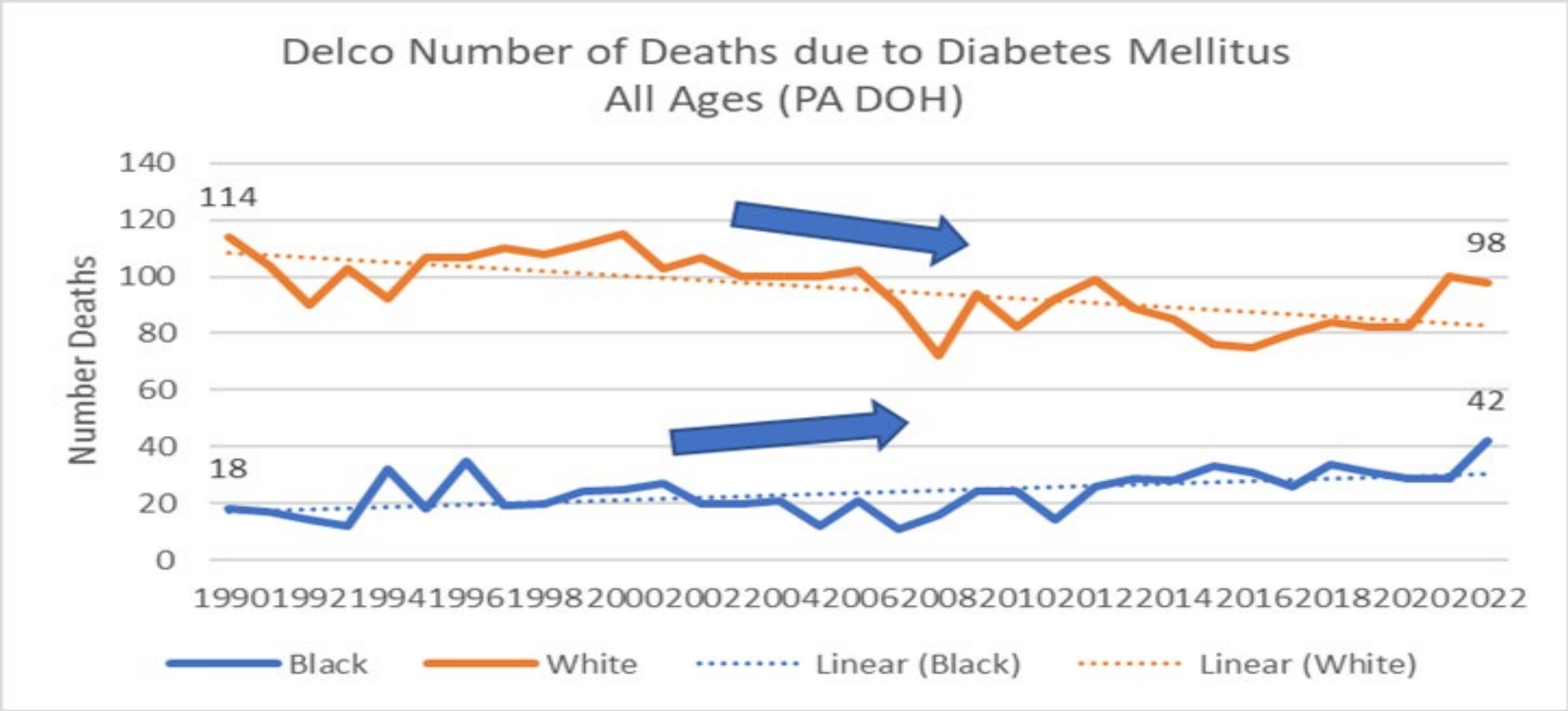
Mortality Rates:

- The number of annual deaths due to Diabetes Mellitus showed an increasing trend from 1990 to 2022 among Black persons and a decreasing trend in White.
- The risk of death was 2.2 times higher among Black persons compared to White persons in 2022.

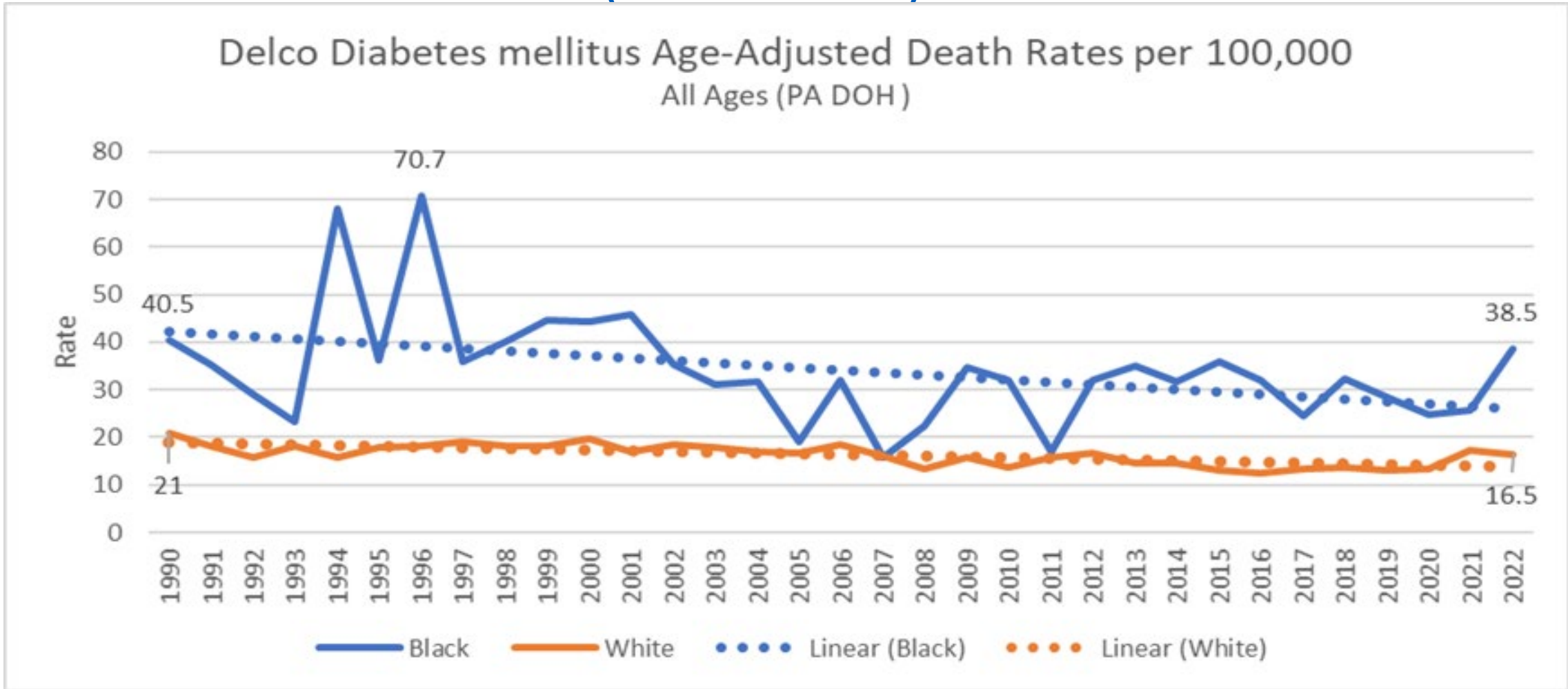
The City of Chester:

- Since 1990 and up to 2022, deaths due to diabetes have not experienced the same degree of reduction in the number of deaths compared to heart diseases and cancer.
- The total number of deaths due to diabetes was higher in women, while men had a slightly higher number of deaths due to heart disease and cancer.

Delco Number of Diabetes Mellitus Deaths (1990-2022)



Delco Diabetes Mellitus Age-Adjusted Death Rates (1990-2022)



Goals and Objectives

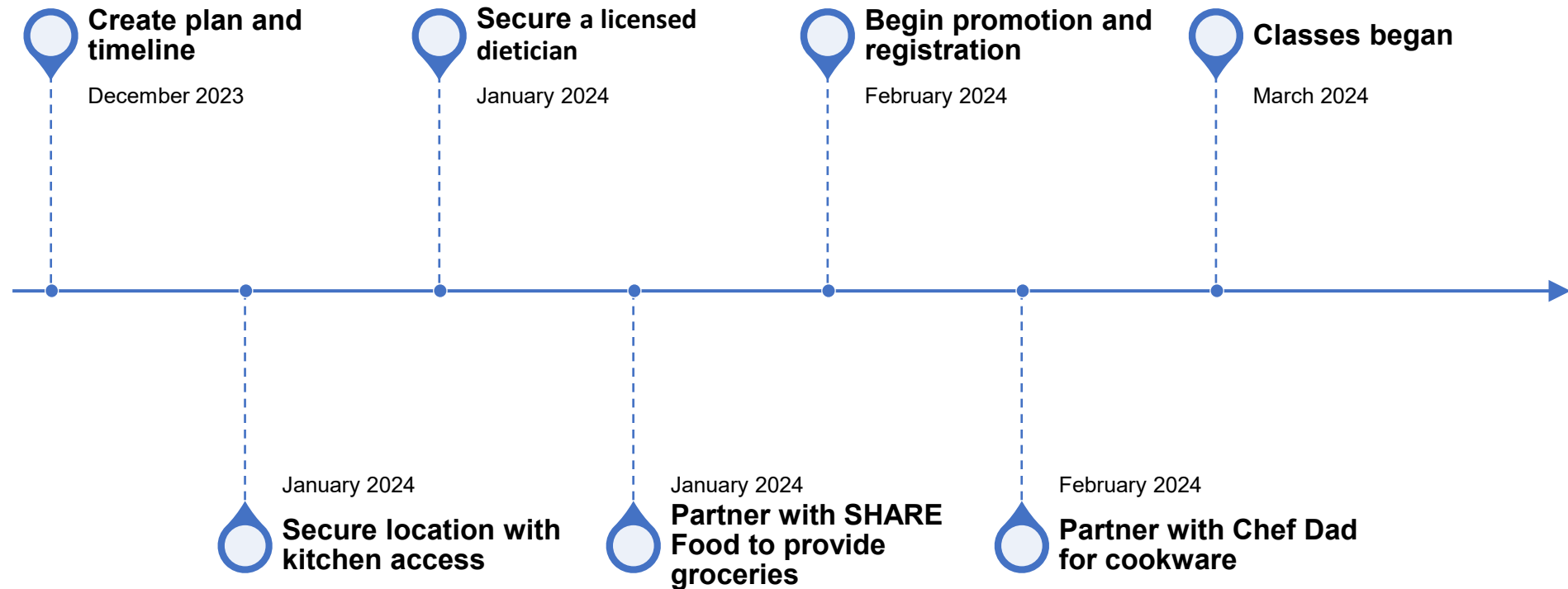
Goals

1. Aligning with our *CHIP Priority Area to Prevent Chronic Disease*; this program aims to provide tools for community members to delay and/or prevent the onset of diabetes.
2. Increase the proportion of Delaware County residents who get formalized diabetes prevention nutritional education.
3. Increase Delaware County resident's knowledge, skills, and confidence to help manage their pre-diabetes/diabetes successfully through nutrition.

Objectives

1. To provide 4 educational classes for Delaware County residents to learn from a licensed dietician on the benefits of healthy cooking options.
2. Educate 60 Delaware County residents on preventative cooking measures that promote healthy eating habits.
3. Provide 15 bags of healthy nutritional food items to every cooking class participant.
4. Bring awareness to Delaware County residents of DCHD current and future programming.

Planning Stage



Overview of Program

For National Nutrition Month, the DCHD organized 4 classes in March to promote healthy eating and educate community members who are prediabetic or at high risk for type 2 diabetes.

Each 2-hour session included:

- Education from a licensed dietician
- Interactive cooking (with a meal to eat)
- A1C, glucose, and BMI screenings
- Free groceries
- Giveaways



COOKING FOR WELLNESS

Keystone First Wellness
1929 W 9th St, Chester, PA 19013

INTERACTIVE COOKING

DIABETIC SCREENINGS

GIVEAWAYS

IF YOU'RE PRE-DIABETIC AND WANT TO LEARN MORE ABOUT HEALTHY EATING, REGISTER FOR A FUN WELLNESS COOKING CLASS

EVERY WEDNESDAY IN MARCH

3/6 11:00 AM-1:00 PM
3/13 11:00 AM-1:00 PM
3/20 11:00 AM-1:00 PM
3/27 5:00 PM -7:00PM

TO REGISTER PLEASE CONTACT THE DELAWARE COUNTY HEALTH DEPARTMENT WELLNESS LINE, AVAILABLE MONDAY THROUGH FRIDAY, FROM 8:30 A.M. TO 4:30 P.M., BY PHONE AT (484) 276 - 2100 OR BY EMAIL AT DELCOWELLNESS@CO.DELAWARE.PA.US.

DELCOPA.GOV/HEALTH [DELCOHEALTH](https://www.facebook.com/DELCOHEALTH) [DELCOHEALTHDEPARTMENT](https://www.instagram.com/DELCOHEALTHDEPARTMENT) [@DELCOHD](https://twitter.com/DELCOHD)



Supporting Partners



Keystone First



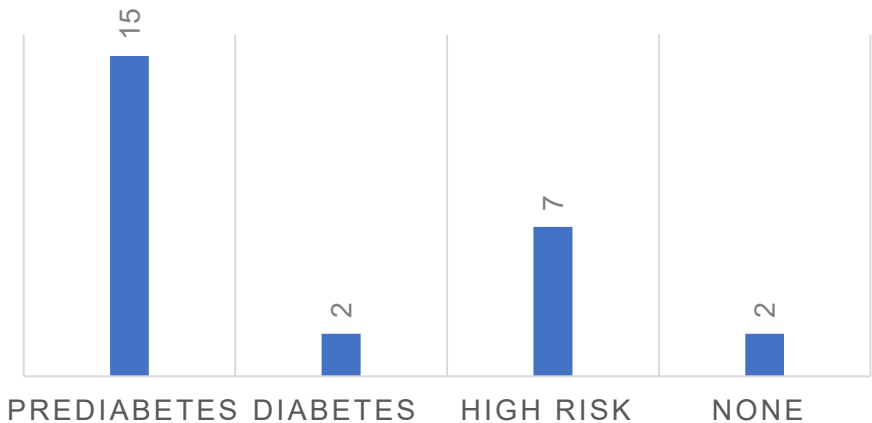
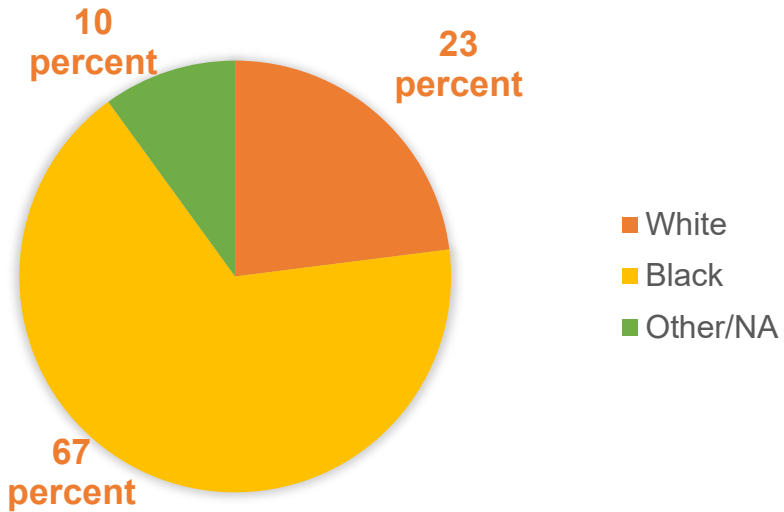
philly food rescue



The Experience



Outcome



- 35 community members attended over the four-week series and shared positive feedback about the experience
- Approx. 30 members were able to get screenings completed and assistance with support if needed
- Our youngest participant was 26, and our oldest was 86
- 73% of participants identified as being single, and 40% shared that they were currently employed
- All community members shared that they were citizens, had insurance, and had a primary care physician
- Everyone left with a healthy meal, resources, groceries, and giveaways

Lessons Learned

The participants were very pleased with the program and shared they would like to see more interactive programs available in their community.

We reached 35 community members but would love to reach more; we are looking into more intentional ways to improve promoting programming and reaching community members.

The YMCA could not include the physical activity component in the class due to conflicts in the schedule; moving forward, we'd like to highlight the importance of being active to help prevent and manage diabetes.

By offering both afternoon and evening class options, we found that the evening class worked better for most employed people.

Mindfulness Mondays

Goals:

Aligning with our WPC's CHIP priority area, we aim to cultivate a space for Delaware County community members to prioritize their mental health.

We are partnering with Keystone First to offer our Mindfulness Monday series 3x throughout the summer to promote self-care and encourage community members to prioritize their mental health.

As May was Mental Health Awareness Month, we kicked off the month with two free yoga classes at our Yeadon Wellness Center.

Our subsequent two sessions will be in July and September.

Keystone First

DCHD
DELAWARE COUNTY HEALTH DEPARTMENT

Mindfulness Monday
Yoga with DCHD

MAY 6TH, 2024

CLASS 1: 10 AM-11:30 AM
CLASS 2: 12 PM-1:30 PM

TO REGISTER, CALL: (484) 276 - 2100

LOCATION: 125 CHESTER AVE, YEADON, PA 19050

For more information please contact the Delaware County Health Department Wellness Line, available Monday through Friday, from 8:30 a.m. to 4:30 p.m., by phone at (484) 276 - 2100 or by email at DelcoWellness@co.delaware.pa.us.

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Next Steps:

Cooking for Wellness

- We hope to offer Cooking for Wellness classes about 3-4 times a year and continue to provide education to promote disease prevention around conditions such as diabetes, heart health, and cancer.
- We would also like to partner with other organizations to offer this program in different areas of Delaware County.

Mindfulness Mondays

- If we receive positive feedback about our summer classes, we would like to offer Mindfulness Monday classes once a month, partnering with other organizations to promote self-care and activities aligning with positive mental health
- This is also a program we may be able to offer in different areas of the county.