

# Healthy Tips! – March 2017

## K-STATE

Research and Extension

Master Food Volunteer

Johnson County

## Upcoming Classes

April—

### Dining with Diabetes

Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? The *Dining with Diabetes* program can help! Designed especially for people with type 2 diabetes, this 4-part program will help you learn the skills needed to promote good health. *Dining with Diabetes* is taught by trained and caring educators.

Wednesdays, April 19, April 26,

May 3, May 10

Fee: \$25

May—

### Heart-Healthy

### Mediterranean Cuisine

It's MyPlate with olive oil and red wine! Learn how to incorporate one of the world's healthiest styles of cooking into everyday meals. Recipes featured will be typical of the fresh, down-to-earth style of eating in Mediterranean countries. Many samples of the dishes, plus an introduction on how to enjoy red wine & a recipe booklet, will be provided.

Tuesday, May 23 @ 6-8pm

Fee: \$20

To register, call: 913-715-7000

Or visit: [www.johnson.k-state.edu](http://www.johnson.k-state.edu)

## Why Dining with Diabetes?

Diabetes is an expensive disease. A recent study found that in 2012, diagnosed diabetes cost the nation an estimated \$245 billion, including direct medical expenses and the cost of reduced productivity. The number is up \$43 billion from 2007. According to this study, people with diabetes spend an average of 2.3 times the amount people without diabetes spend each year on their health. That works out to an average of \$13,700 a year per person, about \$7,900 of which is directly attributed to diabetes.



Diabetes is one of the most costly health conditions in Kansas. More than 50% of spending on type 2 diabetes is for treating health problems that could have been prevented with better diabetes management. Research shows that diabetes can be treated and managed by healthful eating, regular physical activity, and medications to lower blood glucose levels. The Dining with Diabetes program provides education and training focused on behaviors shown to help people with diabetes stay healthy.

### Diabetes by the numbers in Kansas

According to the Kansas Department of Health and Environment:

- In 2014, 10.3 percent of Kansas adults aged 18 years and older reported ever being diagnosed with diabetes.
- In 2014, 6.5 percent of Kansas adults had ever been diagnosed with prediabetes.
- The prevalence of diabetes and prediabetes among Kansas adults increases with age. The highest prevalence of diabetes and prediabetes is among adults, age 55 and older.
- Diabetes is more prevalent among non-Hispanic African-Americans and Hispanics than among non-Hispanic whites. The prevalence of prediabetes does not differ significantly by race or ethnicity group.
- The prevalence of diabetes and prediabetes does not differ significantly by gender.
- In 2013, among Kansas adults with diabetes, more than 15 percent reported they had been diagnosed with diabetic retinopathy, which can lead to blindness.
- In 2014, more than 14 percent of Kansas adults with diabetes reported they had ever had a stroke or coronary heart disease.

Sources: *Kansas Department of Health and Environment Fact Sheet, May 2016* and [American Diabetes Association, Diabetes Care, April 2013](#)



Follow us on Facebook! Just click the icon to see our page.

# Healthy Tips! – March 2017

## What's happening in our EMFV Program? Mastering the Efficient Kitchen

“Is cooking as much fun for you as it could be? Do you find yourself overwhelmed managing the minutiae of recipe details? Wouldn't it be nice if there was a system you could apply to help yourself better manage the tasks of kitchen doings?”

It was with those questions in mind and the confidence that Bryan Severns, manager of the K-State Olathe research kitchens, could come to our rescue that about 35 EMFVs, accompanied by Agent Crystal, attended the Dec. 8 AT held at the K-State Olathe Campus in the Great Plains Room/Kitchen. The goal was to make us “efficient kitchen masters.”

Our group convened in the Great Plains Room for the discussion segment of the session. Severns led us to conclusions that improved kitchen efficiency would allow us to coordinate our timing to accomplish more in less time. Elemental to efficiency is organization. Prior to embarking on any kitchen project, one should consider all steps that will be involved and their appropriate order to maintain quality, food and human safety and to facilitate easy and thorough clean-up.

This concept is known as *mise en place* and was stressed by Severns numerous times. The French culinary phrase means “putting in place” or “everything in its place.” It is a term for having all your ingredients measured, cut, peeled, sliced, grated, etc. before you start cooking. Pans are prepared. Mixing bowls, tools and equipment are set out. Serving and storage plans are in place, as well as all necessities for clean-up. It is a technique chefs use to assemble meals so quickly and seemingly effortlessly.

A component of *mise en place* which Severns specifically pointed out as critical was safety. Cleaning and sanitizing as preparation progresses and is completed. He explained the need for and use of a sani-bucket (in the kitchen he demonstrated how to use it). He also reviewed safe food handling and storage times and temperatures.

The second segment of the AT moved participants into the kitchen. There we got “hands-and-aprons-on” involved in making a batch of chili for 100. Severns discussed the use of some time-saving gadgets and demonstrated the use of the mandoline. We had the opportunity to chop some of the ingredients with a Robot Coupe (\$1500) food processor. The chili came together quickly and smelled quite good.

By the time we left, we were ready to be more “kitchen efficient” and some of us ready for a hot bowl of soup!

