

# Kitchen Creations

## Chaves County Cooperative Extension Service



### THE SITUATION:

New Mexico (NM) has the fifth highest diabetes mortality rate in the country. Diabetes costs NM residents approximately \$2 billion annually. Many families affected by diabetes face challenges in adopting eating habits that support effective health management. Access to nutrition and diabetes professionals is limited, particularly in rural areas and among uninsured residents.

### EXTENSION RESPONSE:

Statewide: The NMSU CES partners with organizations throughout the state to provide Kitchen Creations diabetes cooking schools to ~275 participants a year. Classes provide 12 hours of hands-on group instruction led by Extension Agents, Registered Dietitian Nutritionists, and Certified Diabetes Care and Education Specialists.

County: Chaves County Family and Consumer Sciences educator Tamara Schubert partnered with Susan Dade of Artesia General Hospital to conduct 4 cooking classes over 4 weeks. Classes consisted of an educational book portion and a hands on cooking portion where participants learned about reducing carbohydrates, increasing fruits and vegetables, portion sizes and other methods to controlling or reducing their diabetes.

### IMPACTS STATEWIDE:

- 99% satisfaction with program content and delivery.
- On average, participants adopted 4 recommended behaviors, the most common being:
  - Reading food labels to monitor carbohydrate intake.
  - Using herbs and spices instead of salt or fat.
  - Measuring food portions.
  - Planning balanced meals using the 50/50 or Diabetes Plate method.

County Wide comments included:

When asked what changes did you notice in your health since attending kitchen creations?

- Eating habits and physical activity.
- I am feeling better and started walking. I am more mindful about what I choose to eat, including extra fiber.
- I have lost weight watching carbs.
- I am more aware and make healthier choices. I don't eat fast food anymore.
- More conscious of including vegetables in foods and cutting down on size of servings. I have found out I'm not as hungry.
- Enjoying the information and cooking demos. Susan and Tamara are very helpful and knowledgeable
- I feel more capable of helping myself- more confident.

### PUBLIC VALUE STATEMENT:

**KITCHEN CREATIONS EMPOWERS NEW MEXICANS TO MANAGE DIABETES EFFECTIVELY, IMPROVING HEALTH OUTCOMES WHILE INCREASING COMMUNITY AWARENESS OF EXTENSION'S AND PARTNERING ORGANIZATIONS' BROAD SUPPORT EFFORTS. THE KITCHEN CREATIONS PROGRAM'S POTENTIAL HEALTHCARE AND PRODUCTIVITY COST SAVINGS EXCEED \$345,000 THIS YEAR.**

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