

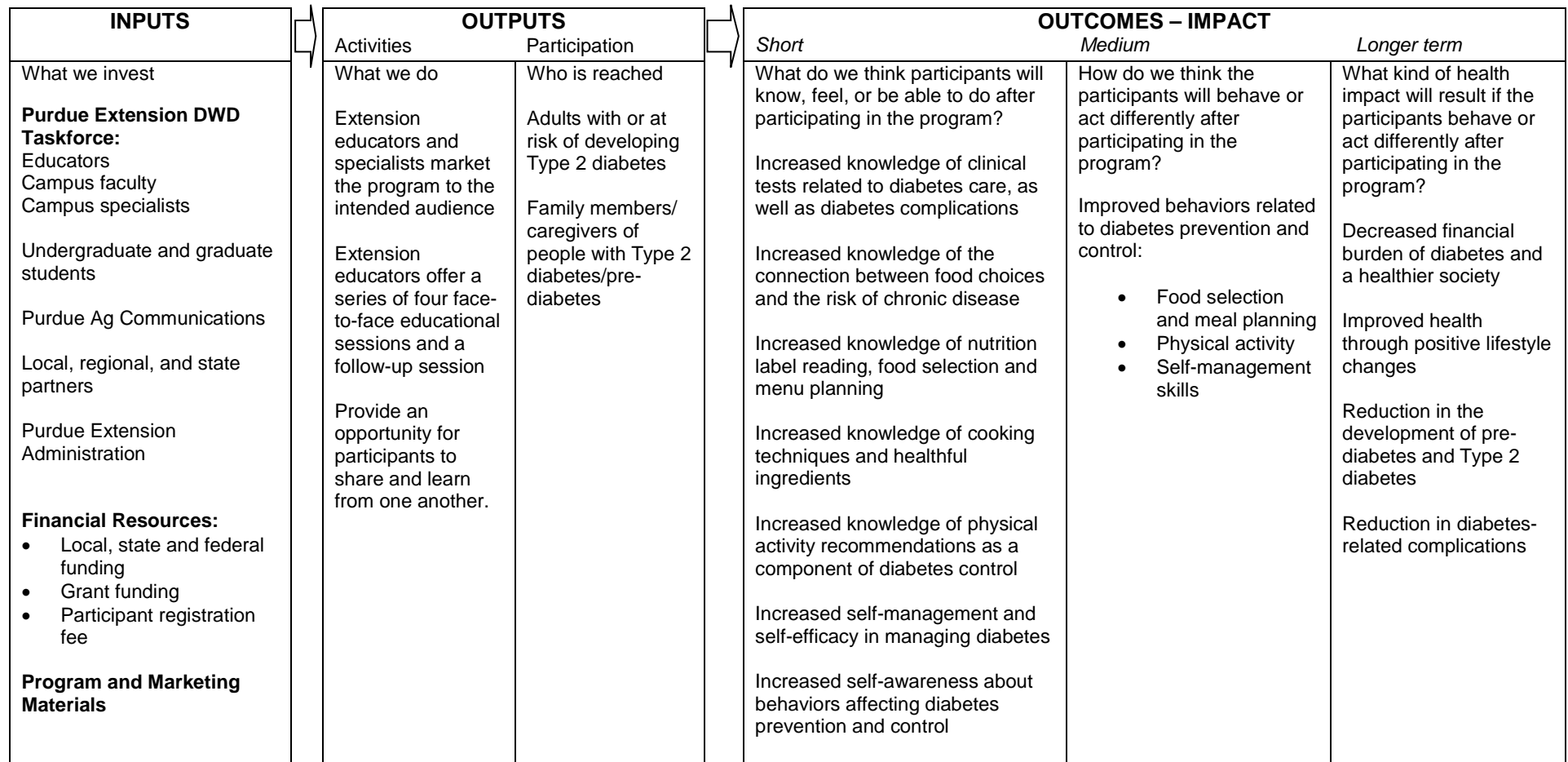
## LOGIC MODEL

Name of Program: *Dining with Diabetes (DWD)*

**Situation:** Diabetes adversely impacts the lives of 788,000 adults in Indiana dealing with or at risk of developing this chronic condition.<sup>1</sup> People with diabetes may experience a shorter life expectancy, financial struggles due to higher healthcare costs, and are at increased risk for developing long-term health problems associated with diabetes. In 2007, diabetes was the seventh leading cause of death in Indiana.<sup>2</sup> The estimated cost incurred by the State of Indiana for annual health care costs specifically attributed to diabetes approaches \$4 billion.<sup>2</sup> Studies have shown that with proper diet and modest, consistent physical activity, Type 2 diabetes can be delayed, controlled, and even prevented.

1. [http://www.state.in.us/isdh/files/HP2020\\_Diabetes\\_FINAL.pdf](http://www.state.in.us/isdh/files/HP2020_Diabetes_FINAL.pdf)

2. [http://www.state.in.us/isdh/files/BR\\_Diabetes-2011.pdf](http://www.state.in.us/isdh/files/BR_Diabetes-2011.pdf)



### ASSUMPTIONS

- 1) People living with Type 2 diabetes and their caregivers look for and will benefit from research-based resources to prevent or delay diabetes and to better manage diabetes.
- 2) Knowledge gain leads to behavior changes which results in healthier adults.
- 3) Participants that attend the DWD program are willing and able to make lifestyle modifications.

### EXTERNAL FACTORS

- 1) The DWD program addresses topics and bridges the gap between the primary care setting and the practical implementation of behaviors related to diabetes prevention and control.