**National Dining with Diabetes (NDWD)**

**Core Requirements to Deliver Dining with Diabetes (DWD) Online**

The National Extension Dining with Diabetes (NDWD) Working Group’s leadership understands DWD may need to be adapted for virtual delivery to meet community needs. This Core Requirements document lists the curriculum components necessary to maintain alignment with the in-person NDWD original curriculum.

1. Four weekly sessions using original DWD PowerPoint presentations from the NDWD curriculum. Lessons will be scheduled one week apart to provide time to apply behavior change strategies.
2. One follow-up session three to six months after the four core sessions.
3. Participants should not be able to download DWD PowerPoint presentations nor should the PPT files be shared. It is acceptable to provide participants with handouts of the PPT slides.
4. DWD original logo must be used on all materials. Find it on the Flash drive with the curriculum.
5. Online course must have a food preparation/demonstration component, e.g. video or live demonstration, etc.
6. Engage with participants to encourage behavior change, e.g., live discussion, live chat, Facebook page group, etc.
7. Use the NDWD pre, post, and follow-up evaluations through the provided Qualtrics links to compile national data. Instructors can share the survey links electronically for participants to complete during virtual sessions. Or, if evaluations are completed via pen/paper or over the phone, staff can enter the data in the survey links below.

Links PRE: [https://go.osu.edu/dwdevaluationpre](https://urldefense.com/v3/__https:/go.osu.edu/dwdevaluationpre__;!!JYXjzlvb!05uH3yuKUaP0z4LiUOlUOAHlH7bEIeLbmu07Ai76mQj9UhNMWyD-pCD9yTkolgT4$)

POST: [https://go.osu.edu/dwdevaluationpost](https://urldefense.com/v3/__https:/go.osu.edu/dwdevaluationpost__;!!JYXjzlvb!05uH3yuKUaP0z4LiUOlUOAHlH7bEIeLbmu07Ai76mQj9UhNMWyD-pCD9yVgu_WAH$)

FOLLOW UP: [https://go.osu.edu/dwdevaluationfollowup](https://urldefense.com/v3/__https:/go.osu.edu/dwdevaluationfollowup__;!!JYXjzlvb!05uH3yuKUaP0z4LiUOlUOAHlH7bEIeLbmu07Ai76mQj9UhNMWyD-pCD9yYmOEioG$)

1. Use a unique participant ID (e.g., last four digits of phone number or two digits from birthday + first three letters of mother’s maiden name to match pre, post, and follow-up evaluations while maintaining confidentiality).
2. Continue to work with your state DWD coordinator and Institutional Review Board to determine the best process for your data (e.g., whether it also needs to be compiled through a state-specific system).
3. States using the curriculum are encouraged to send representation to attend the NDWD working group meetings. This will provide for inclusion of data in national evaluation, input on curriculum and evaluation, etc.
4. The DWD curriculum fidelity checklist can be used as a guide to determine alignment with the original curriculum. See following page.
5. Consider which online platform will work best for your audience. For example, Zoom or Facebook Live may work if sessions are “live” rather than recorded.

Questions? Contact Julie Buck, NDWD curriculum subcommittee chair [jhbuck@uidaho.edu](mailto:jhbuck@uidaho.edu)

Dining with Diabetes Curriculum Fidelity Checklist

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Dining with Diabetes lesson number: | 1 | 2 | 3 | 4 | Follow-up |
| **Date:** |  |  |  |  |  |
| **# of participants registered:** |  |  |  |  |  |
| **# of participants present:** |  |  |  |  |  |
| **Class start time:** |  |  |  |  |  |
| **Class end time:** |  |  |  |  |  |
| **Did a Registered Dietitian, Registered Nurse, or Certified Diabetes Educator teach the lesson?** | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | n/a |
| **If no, did one of these professionals provide assistance in some other way?** | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | n/a |
| **If yes, please explain:** |  |  |  |  |  |
| **Did you use Dining with Diabetes recipes?** | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No |
| **If no, what recipe sources were used?** |  |  |  |  |  |
| **Were healthy cooking techniques demonstrated?** | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No |
|  |  |  |  |  |  |
| **Were recipes provided to participants?** | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No |
| **Were suggested handouts provided to participants?** | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No |
| **Were all PowerPoint slides of the presentation taught?** | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | n/a |
| **If no, what changes were made? Be specific for each lesson.** |  |  |  |  | n/a |
| **Were the questions on the “Last Week” slide asked?** | n/a | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | n/a |
| **Were SMART goals set / discussed?** | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No |
| **Were additional activities (e.g., grocery store tour, gardening) used?** | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No | 🞏Yes  🞏No |
| **If yes, what were the activities?** |  |  |  |  |  |
| **Did participants complete the evaluation (pre, post, or follow-up)?** | 🞏Yes  🞏No | n/a | n/a | 🞏Yes  🞏No | 🞏Yes  🞏No |
| **Additional comments:** |  |  |  |  |  |

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