

# Suter Science Seminars 2017-18

## Community-based Lifestyle Intervention to Improve Glucose Control in Underserved Residents of Virginia with Type 2 Diabetes

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**4 p.m. Science Center, room 106**

Minority and rural communities of Virginia suffer disproportionately from morbidity, mortality, and social and financial costs associated with type 2 diabetes. The Balanced Living with Diabetes (BLD) program is a partnership among Virginia Cooperative Extension and local community health professionals and organizations to reach underserved populations. BLD is grounded in social cognitive theory. It has demonstrated potential to modify dietary and physical activity behaviors that result in improved glucose control. This presentation will describe the development and evaluation of the BLD program.

Kathy Hosig is an Associate Professor of Population Health Sciences at Virginia Tech and Director for the Virginia Tech Center for Public Health Practice and Research. Dr. Hosig is a registered dietitian with a BS degree in nutrition and dietetics from Virginia Tech, a doctorate in human nutrition from Purdue University and a master of public health degree from the University of North Carolina at Chapel Hill. She currently teaches health education/health behavior and program evaluation at the graduate level in the Master of Public Health program at Virginia Tech and has taught nutrition at the undergraduate and graduate level, including medical school. Her research focuses on promotion of healthful eating and physical activity habits through public health programs across the lifespan. Kathy and her husband have six children; three biological children and three adopted as a sibling group from foster care.



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