

## Nancy Young wins PA Para-professional award

**NORRISTOWN** — Katherine C. (Nancy) Young, nutrition aide supervisor for the Expanded Food and Nutrition Program in Montgomery County has been named winner of the 1980 Pennsylvania Para-professional Award.

Young will compete with winners from other states for Northeast Region honors at the annual meeting of the National Association of Extension Home Economists this fall. The Pennsylvania Association of Extension Home Economists sponsored the state award.

The nutrition aide supervisor has been on the staff of the Montgomery County Cooperative Extension Service since 1971. She received the award for the innovative techniques she developed in working with diabetics with special needs.

A diabetic's diet must include certain foods in specified amounts each day, called diabetic exchanges. Some of Young's clients had difficulty keeping track of their exchanges. A stroke victim, for example, could not always remember what she had or had not eaten. A young man who could

neither read nor write also had difficulties. Failure to eat specified amounts lead to typical diabetic reactions such as dizziness, headache, nausea—or even coma.

Young developed a simple exchange tracking system based on inexpensive magnets that go on the refrigerator door. After discussing the diabetic's eating habits and requirements, she covered the magnets with symbols to represent the foods to be eaten each day. The magnets were placed on the refrigerator door above a colorful ribbon or tape.

When the diabetic ate a certain exchange, he moved the appropriate magnet below the ribbon. The technique was simple and inexpensive. Most important, it worked.

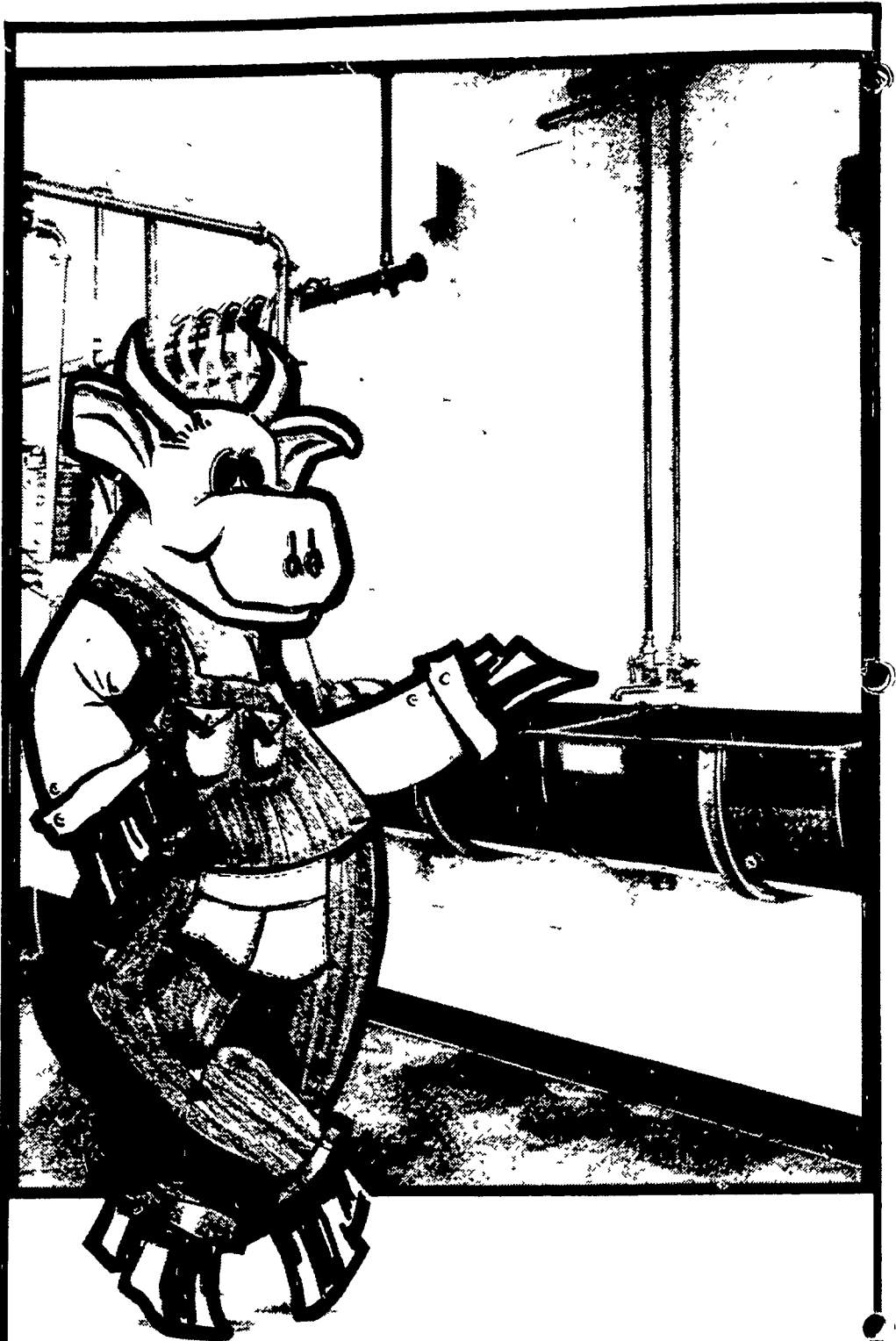
Young has recently adapted the system for use

with diabetic children, and says that it has also been used successfully with the Extension Service's weight reduction program, Safe Slimming.

In Montgomery County, Young supervises seven nutrition aides in the EF-NEP Program. The aides work with limited resource families—especially those with young children—to help them manage their resources to feed their families nutritious meals. Most of the aides work on a one-to-one basis with the homemaker, the person responsible for buying and preparing the food.

A native of Chester County and a longtime resident of Montgomery county, Young was involved in 4-H as a volunteer leader for many years. All five of her children have been active 4-H members.

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