

Extending Knowledge | Providing Solutions



Diabetes is not curable, but it is manageable. The Texas A&M AgriLife Extension Service teaches people how to effectively prevent or manage diabetes.

## AGRILIFE EXTENSION DIABETES PROGRAMS



### DO WELL, BE WELL WITH DIABETES

Low-cost class series on self-care and nutrition, delivered in five sessions



### COOKING WELL WITH DIABETES

Reinforces practical nutritional applications of Do Well, Be Well with Diabetes



¡HOLA!

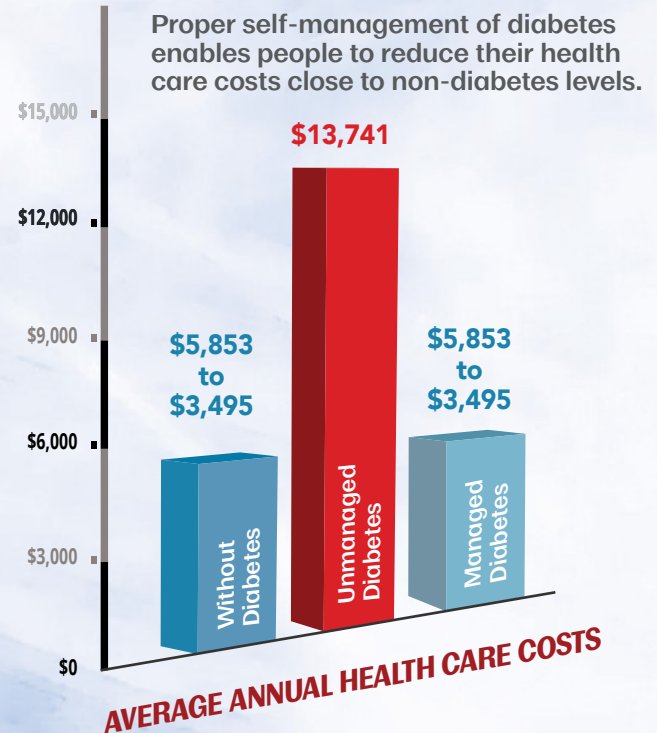
### ¡SÍ, YO PUEDO CONTROLAR MI DIABETES!

Culturally relevant diabetes program targeting Hispanics/Latinos



### WISDOM, POWER, CONTROL

Culturally relevant diabetes program targeting African Americans



# AgriLife Extension

diabetes programs achieved more than **11,500** educational and other contacts in 2015

These contacts resulted in potential lifetime health care cost savings **\$46 MILLION** and increased productivity of