

A Growing and Costly Issue

- Approximately 2.69 million people in Texas (10% of the population) have diabetes. Among them, an estimated 663,000 have diabetes but have not yet been diagnosed, which greatly increases their health risks.
- Another 6.8 million people have prediabetes, with blood glucose levels above the normal range but not yet high enough to be diagnosed as diabetes.
- The annual cost of diabetes and prediabetes in Texas is estimated at \$23.7 billion.
- Texas is projected to have a higher diabetes incidence rate and increased health care costs in the future due to the growing population of Hispanics/Latinos, who are at greater risk for the disease.

AgriLife Extension's Response

- Diabetes is not curable, but it is manageable. People can learn skills to effectively manage their diabetes when education is readily available.
- AgriLife Extension programs targeting diabetes include *Do Well, Be Well with Diabetes*; *¡Sí, Yo Puedo Controlar Mí Diabetes!*; *Cooking Well with Diabetes*; and *Wisdom, Power, Control*.
- These programs teach participants the skills to effectively manage their diabetes, or reduce the risk of developing diabetes through better nutrition, exercise, and monitoring blood-sugar levels.
- *Do Well, Be Well with Diabetes* is a low-cost class series covering nine self-care and nutrition topics in five sessions.
- Recognizing the need for culturally relevant type 2 diabetes self-management education for Texas Hispanics/Latinos, AgriLife Extension developed *¡Sí, Yo Puedo Controlar Mí Diabetes!* to address this gap in health programming.

- *Cooking Well with Diabetes* engages dietitians and diabetes educators to reinforce the practical nutritional applications of the self-care lesson series *Do Well, Be Well with Diabetes*.
- *Wisdom, Power, Control* was developed to address the need for an evidence-based, culturally relevant type 2 diabetes self-management education (DSME) program to help African Americans.
- Through *Healthy South Texas*, the pilot program of *Healthy Texas*, AgriLife Extension is working to reduce the highest impact diseases and their consequences throughout a 27-county region in South Texas. The goal is to focus on prevention by engaging families and communities, promoting healthy behaviors, encouraging preventive care, and improving disease outcomes.

Economic Impacts

- For people without diabetes, average annual health care costs range from \$3,495 to \$5,853. For those with diabetes, that amount soars to an average of \$13,741 per year.
- Proper self-management of the disease enables people with diabetes to reduce their health care cost to levels closer to the non-diabetes level.
- For 2015, these diabetes education programs achieved more than 11,500 educational and other contacts, resulting in potential lifetime health care cost savings and improved productivity of \$46 million.
- From a broader perspective, these programs reach communities and individuals lacking access to diabetes education, enabling a better quality of life and improved productivity for people with diabetes.

Extending Knowledge | Providing Solutions

AgriLifeExtension.tamu.edu/impacts

Texas A&M AgriLife Extension is an equal opportunity employer and program provider. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas cooperating

Contact

Douglas L. Steele, Director
 Texas A&M AgriLife Extension Service
 Ph. 979.845.7967 | Email: dsteale@tamu.edu
 2016