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

AGRI LIFE 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

**¡SÍ, YO PUEDO CONTROLAR MI DIABETES!**
Culturally relevant diabetes program targeting Hispanics/Latinos

**WISDOM, POWER, CONTROL**
Culturally relevant diabetes program targeting African Americans

These contacts resulted in potential lifetime health care cost savings and increased productivity of $16 million.

**AgriLife Extension**
diabetes programs achieved more than 109,000 educational and other contacts in 2018

This report, based on Extension programming in 2018, provides the most recent annual data available.

AgriLifeExtension.tamu.edu/impacts