¡Sí, Yo Puedo Controlar Mi Diabetes!
Targets Hispanic and Latino Population

Economic Impacts of Extension Education

A Growing and Costly Issue

- Approximately 2.84 million people in Texas (14% of the population) have diabetes. Among them, an estimated 663,000 are undiagnosed, 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

- Texas A&M AgriLife Extension Service specialists developed the ¡Sí, Yo Puedo Controlar Mi Diabetes! program to encourage lasting lifestyle changes in such areas as nutrition, exercise, and blood-sugar monitoring.
- In its tenth year, the program is delivered in 11 counties statewide and is taught by local health care professionals and county extension agents.

Economic Impacts

- For people without diabetes, average annual health care costs range from $4,220 to $7,151. For those with diabetes, the average cost soars to $16,752 per year.
- Proper self-management of the disease enables people with diabetes to reduce their health care costs so they are closer to the non-diabetes level. It also allows them to reduce the number of workdays missed due to illness.
- The estimated lifetime health care cost savings for program participants are $99,047 per female and $88,743 per male.
- For the 169 participants who completed the course in 2018, the projected lifetime economic benefits are an estimated $6.9 million.

Added Individual and Community Benefits

- ¡Sí, Yo Puedo Controlar Mi Diabetes! reaches communities and individuals without other access to diabetes education.
- The program enables people with diabetes to be more productive and enjoy a better quality of life.
- By improving the health of people with diabetes, the program also reduces strain on medical services and on state-funded programs such as Medicaid.

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

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2019