

Do Well, Be Well with Diabetes Improves Lives and Reduces Health Care Costs

ECONOMIC IMPACTS OF EXTENSION EDUCATION

A GROWING AND COSTLY ISSUE

- Approximately 2.5 million people in Texas (11% of the population) have diabetes. In addition to them, an estimated 621,000 are undiagnosed, which greatly increases their health risks.
- Another 7.1 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 in Texas is estimated at \$25.6 billion.
- Higher diabetes incidence rates and increased costs are expected in the future due to a variety of factors, including demographic changes and growth in the population of those who are at a higher 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.
- Texas A&M AgriLife Extension Service specialists developed the Do Well, Be Well with Diabetes program to encourage lasting lifestyle changes in such areas as nutrition, exercise, and monitoring blood glucose levels.



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ECONOMIC IMPACTS

- For people without diabetes, average annual health care costs range from \$4,861 to \$7,714. For those with diabetes, that amount soars to an average of \$19,736 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 work days missed due to the illness.
- For Do Well, Be Well with Diabetes participants, the estimated lifetime health care cost savings are \$94,021 for females and \$58,545 for males.
- For the 170 program participants in 2024, the projected lifetime economic benefits are estimated at \$4.3 million.

ADDED INDIVIDUAL AND COMMUNITY BENEFITS

- Do Well, Be Well with 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.
- Now in its 23th year, the program is available throughout the state and is taught by county extension agents, who may partner with local health care professionals.