

Do Well, Be Well with Diabetes

http://fcs.tamu.edu/health/type_2_diabetes/type_2_diabetes.php

The *Do Well, Be Well with Diabetes* program covers basic nutrition and self-care management topics. The program helps people with diabetes learn the skills needed to manage their disease successfully.

Relevance

The number of Americans with diabetes is 21 million. The incidence is projected to increase 43 percent by 2020. Health care costs now average \$11,744 per person with diabetes, for an annual total cost of \$174 billion in the U.S. – \$116 billion (70 percent) for health care and \$58 billion (30 percent) in lost productivity. Men with diabetes miss an average of 11 work days each year; women miss about 9 work days. Almost \$1 of every \$5 spent on health care is for people with diabetes. Poor diabetes management leads to increased health care costs. People with diabetes who maintain their blood glucose, blood pressure, and cholesterol numbers within recommended ranges can keep their costs, health risks, quality of life, and productivity very close to those without the disease. Currently, however, only 7 percent of people with diabetes are at the recommended levels.

Diabetes is not curable, but it is manageable. While the skills needed to effectively manage diabetes are well documented, diabetes education is not readily available. The burdens of diabetes mismanagement are disproportionately borne by those with little or no insurance coverage, lower literacy, poor or no English skills, lower educational and income levels, and poor access to transportation.

The annual cost of diabetes in Texas is estimated at \$12.5 billion. An estimated 8 percent of Texans 18 years old or older are diagnosed with diabetes; another 400,000 have diabetes but do not know it. Texas is projected to have a greater incidence rate

and increased costs in the future due to the growing population of Hispanics/Latinos, who are at a greater risk for the disease.



Response

Extension health professionals developed *Do Well, Be Well with Diabetes*, a low-cost class series covering nine self-care and nutrition topics delivered in five sessions. The program was pilot tested in 2002 in 12 counties. Class materials include a curriculum consistent with the American Diabetes Association Standards of Care along with PowerPoint® presentations, videos, marketing materials, and an evaluation program. County agents are trained to organize local health professionals to help plan, market, and provide the class series. The program's primary goal is to improve blood glucose management.

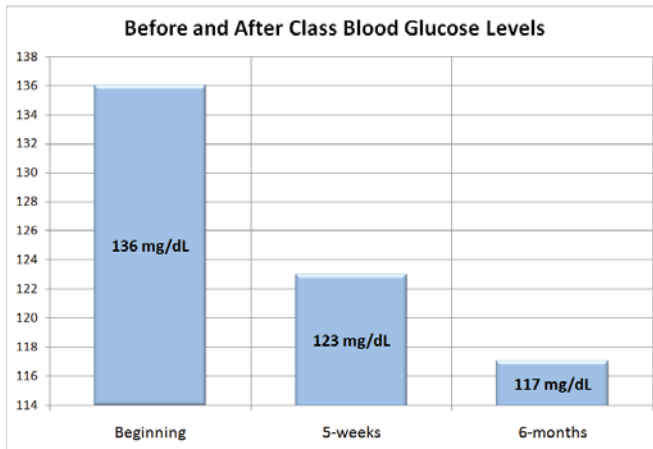
Do Well, Be Well with Diabetes Lesson Topics

- What is Diabetes?
- Nutrition – First Step to Diabetes Management
- One Diabetes Diet – No Longer the Sole Option
- Managing Your Blood Glucose
- Nutritional Labels
- Diabetes and Exercise
- For Good Measure at Home and Eating Out
- Diabetes Medicines
- Preventing and Managing Complications

Results

- In 2008, 1,534 people with diabetes registered for classes; 1,012 (66 percent) completed the five-week series and the Wrap-Up or post-test; 190 (12 percent) returned for the Six Month Follow Up. The classes were provided in 84 counties.
- The average age of participants was 62 years. 127 (8 percent) were African American; 256 (17 percent) were Hispanic/Latino; 27 (2 percent) were Native American; 1,105 (72 percent) were Caucasian; and 19 were classified as other.
- 610 (40 percent) participants reported their income was below \$20,000.
- 1,036 (68 percent) participants reported having no previous diabetes classes.

- 483 (31 percent) reported having diabetes less than one year; 624 (40 percent) reported having diabetes between 1-5 years; and 427 (28 percent) reported having diabetes for 5 or more years.
- 741 (48 percent) reported receiving no meal plan from their doctor.
- At the beginning of classes, the average blood glucose before meals reported by participants (989 reporting) was 136 mg/dL, decreasing to 123 mg/dL at 5 weeks (769), and to 117 mg/dL at 6 months (161).



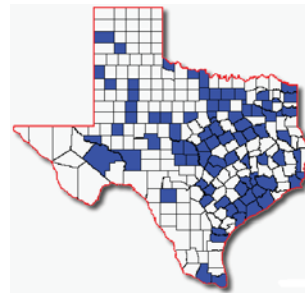
- 293 (19 percent) reported checking their blood glucose 2 hours after meals.
- 63 percent (962) of the participants reported having had a hemoglobin A1c during the 12 months prior to the beginning of classes.
- 82 percent (831) of participants attending the last class rated the classes as excellent.

Economic Impact

The potential health care cost savings, resulting from improved management of diabetes by the 2008 participants, is an estimated \$81 million for their remaining years of life.

Success Stories

- “I have been to several other diabetes classes, and I thought I knew everything. I didn’t. I have learned a lot.”
- “Due to the education classes, I have lowered my blood sugar from the 300s to 89....”
- “Being a nurse, I have both taught and attended a variety of diabetes education classes. I found this class to be realistic and easy to grasp. When



Texas Counties Implementing the Do Well, Be Well with Diabetes Curriculum in 2008.

I visited my doctor, I had the best A1c reading I’d ever had. Thanks for all your hard work.”

- “I never realized the importance of exercise. I began walking every morning five weeks ago, and my blood sugar has dropped so much that my doctor told me to quit taking my morning diabetes medication.”
- “I must be doing something right because this morning my blood sugar was the best it’s ever been” (2 days after last class).
- “I’ve been told for years to read labels, but I never knew what I was supposed to read. I’m now reading all my labels since I know what to look for.”
- “After taking these classes, I’ve become my own advocate. I’ll take charge of my diabetes by being an informed patient and knowing what questions to ask my doctor.”
- “After hearing the speaker talk about complications of diabetes, I have renewed determination to keep my diabetes under control.”
- “I’m amazed at portion sizes! I had been eating much more than I needed, but I can already see a difference since reducing my portions.”

Coalitions in 84 Counties	
Member Type	Number
Nurses	70
Nurse practitioners	11
Dietitians	49
Physicians	22
Pharmacists	27
Physician assistants	2
Physical therapists	14
Podiatrists	6
People with diabetes	30
Social workers	9
Health educators	22
Certified Diabetes Educators	29
Optometrists	4
Clergy	6
Other	39
Total Number of Professionals	340

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