



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 25.8 million. The incidence is projected to increase 43% by 2020. Health-care costs now average \$11,744 per person with diabetes vs. \$5,095 for someone without diabetes, for an annual total cost of \$174 billion in the U.S. – \$116 billion (70%) for health care and \$58 billion (30%) 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% of people with diabetes are at the recommended levels.

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

The annual cost of diabetes in Texas is estimated at \$12.5 billion. An estimated 9.7% of Texans 18 years old or older are diagnosed with diabetes; another 425,000 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.

Results

- In 2010, 1,367 people with diabetes registered for classes; 891 (53%) completed the five-week series and the Wrap-Up or post-test. The classes were provided in 77 counties.
- The average age of participants was 62 years. 127 (9%) were African American; 274 (20%) were Hispanic/Latino; 23 (2%) were Native American; 908 (67%) were Caucasian; and 22 were classified as other.
- 578 (43%) participants reported their income was below \$29,000.
- 925 (68%) participants reported having no previous diabetes classes.

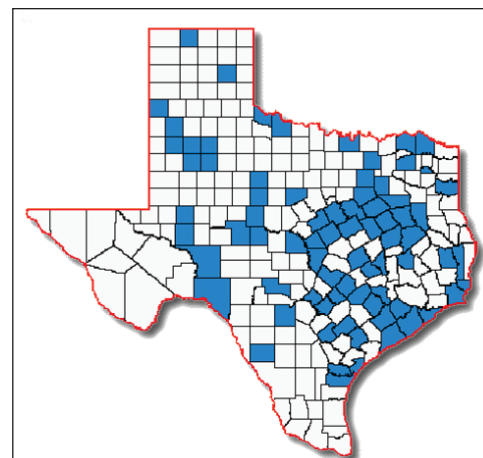
- 338 (25%) reported having diabetes less than one year; 413 (29%) reported having diabetes between 1-5 years; and 515 (38%) reported having diabetes for 5 or more years.
- 593 (43%) reported receiving no meal plan from their doctor.
- At the beginning of classes, the average blood glucose before meals reported by participants (634 reporting) was 134 mg/dL, decreasing to 121 mg/dL at 5 weeks (554).
- At the beginning of classes, 43% (589) rated their ability to control their diabetes as good to excellent; this rating increased to 87% (777) by the last class.
- 96% (854) of the participants attending the last class rated the series as excellent or good.
- During 2010, 439 coalition members across Texas helped deliver *Do Well, Be Well with Diabetes*, including: 27 certified diabetes educators, 9 clergy, 43 dietitians, 37 health educators, 18 nurse practitioners, 59 nurses, 5 optometrists, 110 people with diabetes, 28 pharmacists, 11 physical therapists, 9 physician assistants, 30 physicians, 4 podiatrists, 12 social workers, and 37 others.

Economic Impact

The potential health-care cost savings, resulting from improved management of diabetes by the 2010 participants, is an estimated \$78 million during their remaining years of life.

Success Stories

- “These have been the best classes. I’ve learned more in these classes than I have in 15 years since being diagnosed.”
- “After taking the class, my A1c was within range for the first time since I was diagnosed with diabetes.”
- “EVERYTHING I know about diabetes came from these classes!!”
- “...My husband and I have both lost weight, reduced our A1c, and improved our lipids. Working on portions, reducing carbohydrates, and moving more is a direct result of the classes we have attended.



Texas Counties Participating in 2010.



Participants' Blood Glucose Levels before and after Participating in *Do Well, Be Well with Diabetes* in 2010.

We thank you for the support, knowledge, and experience of the leaders of the classes of both *Do Well, Be Well* and *Cooking Well with Diabetes*.”

- “Until I came last week I was in denial, and I didn’t want to deal with diabetes because I didn’t want to have it. After that meeting, I went to the doctor, had my A1c checked, and got a meal plan. I feel so much better about it now. I know what to do, and I can do it.”
- “...What I learned about carbohydrate counting has been most helpful. It makes me read labels and makes portion control much easier. I also continue to exercise regularly...”