Wisdom, Power, Control is an evidence-informed, culturally competent educational program targeting diabetic African Americans living in rural Texas communities. The curriculum is predicated on the American Diabetes Association’s national standards of care and employs the Social Cognitive and Self-regulation theories as its foundational support. Empowerment is an overarching theme of the program, and to this end, Wisdom, Power, Control aims to equip participants with knowledge and lifestyle skills to better control their diabetes.

**Relevance**
- Diabetes cost Texas more than 12 billion dollars and is the 6th leading cause of death in the state.¹
- Texas African Americans 45 to 64 years of age are disproportionately affected by diabetes prevalence (20.8%) than their White, non-Hispanic counterparts (10.1%).²
- Among persons with diabetes, a higher proportion of Texas African Americans (27.7%) could not see a doctor in the last 12 months due to cost compared to non-Hispanic Whites (16.5%).³

**Response**
- Proper management is critical to minimize the potential negative effects of diabetes.
- Self-management education is the cornerstone for diabetic care and vital for blood glucose control.
- Recognizing the need for a culturally relevant type 2 diabetes self-management education targeting Texas African Americans, Wisdom, Power, Control was developed to address this gap in health programming.

**Results**
In 2014, 27 individuals registered for the Wisdom, Power, Control classes offered in Brazos and Harris Counties, Texas. All participants successfully completed the classes. About 60% of the participants reported never having received any diabetes classes.

The findings below summarize the impact of the Wisdom, Power, Control program delivered in Brazos and Harris Counties. Outcome indicators include diabetes knowledge, self-efficacy, and diabetes self-care behaviors.

- In 2010, the age-adjusted prevalence of diabetes among adults 18 years or older in Jefferson County, Texas, was greater than that of the state of Texas: 12.1% vs. 10%, respectively.⁴,⁵

Demographic characteristics: About 85% of the participants were male; average age was 70 years; 86% of participants were African American, had a yearly income of $20,000 or less, had at least a high school education, and reported having health insurance.
• Diabetes knowledge increased from 2.86 (out of 10) at pre-test to 6.56 at post-test (out of 10).

• Self-efficacy scores improved with participants reporting increases in their confidence to engage in diabetes self-care behaviors: pre-test 2.29 M (out of 4); post-test 3.47 M (out of 4) (scale: 1 = I don’t feel sure; 4 = I feel very sure).

Success Stores
• Learned how to check blood sugar and how to eat the right food portions
• Learned how to follow a healthy lifestyle – proper diet, portion control, exercise
• Making sure that I understand diabetes better; learning to take care of myself better now that I am a diabetic understanding diabetes
• Learned to take care of myself

Reflections
Overall, 2014 evidence demonstrates that *Wisdom, Power, Control* significantly enhances participants’ engagement in diabetes self-care behaviors, improves their self-confidence about diabetes self-care, and increases their diabetes knowledge. This program lends support to the benefits of a culturally competent diabetes self-management education targeting rural African Americans with diabetes. Given the high rates of diabetes among African Americans, *Wisdom, Power, Control* is a program to address this concern in Brazos and Harris Counties, Texas. Over the past year, Brazos and Harris Counties partnered with community stakeholders to extend our reach to disadvantaged populations. We envision this effort to continue, which will help ensure the sustainability of *Wisdom, Power, Control*.

References

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

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Session Topics
*Wisdom, Power, Control* consists of an orientation class and six educational modules covering the following topics:

**Week 1**: What Is Diabetes?
**Week 2**: Checking Your Blood Glucose Levels
**Week 3**: Eating Healthy with Diabetes
**Week 4**: Be Active with Diabetes
**Week 5**: Medicines and Diabetes
**Week 6**: Preventing Diabetes Problems

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