



Wisdom, Power, Control

2015 Summary Report

EXTENDING KNOWLEDGE Providing Solutions

Wisdom, Power, Control is an evidence-based, culturally competent intervention for African American women with type 2 diabetes. It is designed to help women gain knowledge and skills to better control their diabetes. The program is delivered in a group setting and includes a focus on nutrition, physical activity, and self-management. It is a 12-week program that is delivered in a group setting. The program is designed to help women gain knowledge and skills to better control their diabetes. The program is delivered in a group setting and includes a focus on nutrition, physical activity, and self-management. It is a 12-week program that is delivered in a group setting.

- *Wisdom, Power, Control was developed to address this in the community.*

Impact of *Wisdom, Power, Control*

In 2015, 41 participants completed the *Wisdom, Power, Control* classes offered in Bell, Ft. Bend, and Harris counties, Texas. All participants successfully completed the classes. About 30% 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.

- **Demographic characteristics:** About 70.7% of the participants were female, average age was 67 years, 45% of participants were African American, 37% had a yearly income of \$20,000 or less, had 33% had at least a high school education, and 92% reported not having health insurance.



- Improvements in diabetes knowledge between pre- and post-test were observed: pre-test was 7.6 (out of 10) and a post-test score of 7.9 (out of 10).
- At post-test, participants completing the course reported significantly higher self-care scores, with an increase of more than 9 points in the mean scores from pre-tests (25 out of 44) to post-tests (27 out of 44).
- Furthermore, improvements in self-efficacy scores were also observed: pre-test mean score of 3.0 (out of 4) and post-test mean score of 3.3 (out of 4).

Success Stores

- *“Spontaneous teaching; new information, up-to-date information on the latest ideas and medicines and what each can do. More detailed information.”*
- *“I have learned a lot of information from these classes that was helpful to me in managing my diabetes.”*
- *“Be strict with myself. Do ‘all’ I should do. ”*

Reflections

Overall, 2015 evidence demonstrates that *Wisdom, Power, Control* significantly enhances participants’ engagement in diabetes self-care behaviors, improvements in self-confidence about diabetes self-care, and increases 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

- 1) Texas Department of State Health Services, Office of Surveillance, Evaluation, and Research. The burden of diabetes in Texas. 2013; Austin, TX: Texas Department of State Health Services.
- 2) Texas Department of State Health Services. The Health Status of Texas 2014. 2014: Austin, TX: Texas Department of State Health Services.
- 3) Texas Department of State Health Services, Office of Surveillance, Evaluation, and Research. 2012 Diabetes Fact Sheet – Texas. 2015; 2013; Austin, TX: Texas Department of State Health Services.
- 4) Texas Department of State Health Services. Diabetes: A comprehensive approach. (2012). Texas Diabetes Council. Austin, TX: TDSHS Publication No. 45-10524.

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