



# ¡Sí, Yo Puedo Controlar Mí Diabetes!

<http://fcs.tamu.edu/yopuedo/>

## EXTENDING KNOWLEDGE *Providing Solutions*

*¡Sí, Yo Puedo Controlar Mí Diabetes! (Sí, Yo Puedo)* is an evidence-informed, culturally competent educational program targeting low-literate Hispanic/Latinos with diabetes. 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, *Sí, Yo Puedo* aims to equip participants with knowledge and lifestyle skills to better control their diabetes.

### Relevance

- Diabetes cost Texas more than \$12.5 billion and it is the 7th leading cause of death in the state.<sup>1-2</sup>
- Texas Hispanic/Latinos adults are disproportionately affected by diabetes prevalence (11.0%) more than their White, non-Hispanic counterparts (8.2 %).<sup>3</sup>
- Texas Hispanic/Latinos death rates are double those of Whites: 32.6 per 100,000 versus 16.5 per 100,000.<sup>2</sup>
- Being overweight or obese, a risk factor for diabetes, was more common in Texas Hispanic/Latinos (71.1%) than non-Hispanic Whites (61.7%).<sup>4</sup>



### 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 Hispanic/Latinos. *Sí, Yo Puedo* was developed to address this gap in health programming.

### Impact of *Sí, Yo Puedo*

In 2015, 82 participants enrolled in *Sí, Yo Puedo* classes. Of those, 75 completed pre- and post-test surveys. Classes were provided in four Texas counties (Colorado, Denton, Ft. Bend, Harris, Hidalgo, and Rusk) and one community clinic (Scott & White, Brenham, Texas).

The findings below summarize the impact of the *Sí, Yo Puedo* program. Outcome indicators include diabetes knowledge, self-efficacy, acculturation, and diabetes self-care behaviors.

- Demographic characteristics: 79% were female; average age was 54 years; 97% were Hispanic; 65% reported their yearly income as \$20,000 or less; 53% reported having less than a high school education; 38% reported having no medical insurance.
- Among those completing the seven-week program, improvements in diabetes knowledge between pre- and post-test were observed; pre-test was 7.2 (out of 10) and a post-test score of 8.4 (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 (30 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 3.5 (out of 4).



## Success Stories

- *“I learned how to manage my blood sugar and how to count my carbohydrates.”*
- *“I would not change anything. Everyone is very kind, helpful, and knowledgeable.”*
- *“I learned how to eat healthy and help my family eat well, be healthy, and happy. Thank you very much for everything.”*

### Si, Yo Puedo Session Topics

- Week 1:** ¿Qué es la diabetes? (What is diabetes?)
- Week 2:** Revisando sus niveles de glucosa en la sangre (Checking your blood glucose levels)
- Week 3:** Comiendo de manera saludable con diabetes (Eating healthy with diabetes)
- Week 4:** Mantengase activo con diabetes (Be active with diabetes)
- Week 5:** Los medicamentos y la diabetes (Medicines and diabetes)
- Week 6:** Prevención de los problemas relacionados con la diabetes (Preventing diabetes problems)

### Reflections

Overall, 2015 evidence demonstrates that the *¡Sí, Yo Puedo Controlar Mi Diabetes!* program 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, which targets lower literate, Spanish-speaking Hispanic/Latinos with diabetes. Given the high rates of diabetes among Hispanic/Latinos, *Si, Yo Puedo* is a program to address this concern. Over the past year, these counties partnered with community stakeholders to extend AgriLife Extension’s reach to disadvantaged populations. We envision this effort to continue, which will help to ensure the sustainability of *Si, Yo Puedo*.

### 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.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

#### Contact:

Family & Consumer Sciences  
Texas A&M AgriLife Extension Service  
ph. 979.845.3850/979.847.9227  
fx. 979.845.6496/979.458.2080  
<http://fcs.tamu.edu>