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).

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.

Relevance

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

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, Sí, 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 Sí, 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.

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