



# Do Well, Be Well with Diabetes

<http://fcs.tamu.edu/health/type-2-diabetes/>

## Helping Texans Better Their Lives

*Do Well, Be Well with Diabetes* is a five-class series covering 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 diagnosed with diabetes is 29 million. An estimated 86 million Americans have pre-diabetes. Health-care costs average \$13,700 per person with diabetes, for an annual total cost of \$254 billion in the U.S. — \$176 billion (72%) for health care and \$69 billion (28%) in lost productivity.

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.

Diabetes is not curable, but it is manageable. While the skills needed to effectively manage diabetes are well documented, diabetes education is not readily available. The burdens of diabetes mismanagement are disproportionately borne by those with little or no insurance coverage, lower literacy, poor or no English skills, lower educational and income levels, and poor access to transportation.

The annual cost of diabetes in Texas is estimated at \$18.5 billion. An estimated 14% or, 2.7 million, Texans 18 year old or older are diagnosed with diabetes — another 663,000 have diabetes but do not know it. Approximately 6.8 million Texas have pre-diabetes, a risk factor for type 2 diabetes. Additionally, almost 1 in 4 adult Texans age 65 and older have been diagnosed with diabetes. Texas is projected to have a greater incidence rate and increased costs in the future due to the growing population of people over 65 years of age, and Hispanics/Latinos, who are at a greater risk for the disease.

### Response

AgriLife Extension health professionals developed *Do Well, Be Well with Diabetes*, a low-cost class series 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 with presenter notes and activities, suggested practice activities each week, 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.

### *Do Well, Be Well with Diabetes* Lesson Topics

1. Getting Started: How Food Affects Your Blood Glucose
2. Are You Eating the Right Number of Carbohydrates? Let's Find Out
3. Beyond the Diet: Improving Your Blood Glucose Control with Physical Activity
4. Beyond the Diet and Physical Activity: Improving Your Blood Glucose Control with Medication
5. Celebrating Diabetes Control While Avoiding Complications: Having Your Cake (or Snack) and Eating It, Too!

## Results

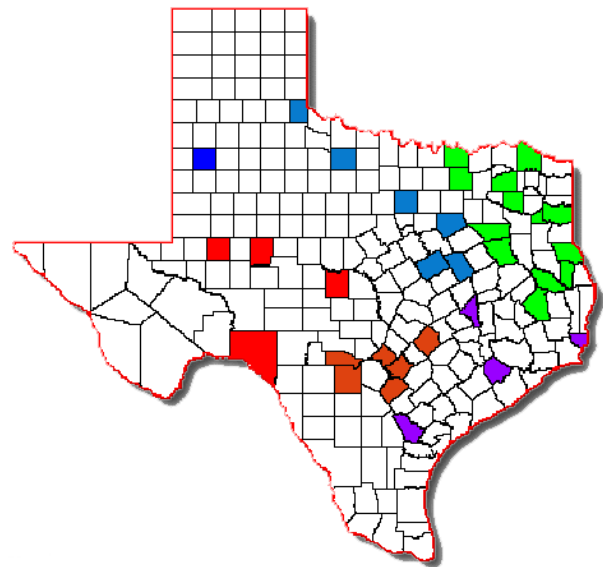
- In 2016, 600 people with diabetes registered for classes; 421 (70%) completed the five-week series and the Wrap-Up or post-test. Three-hundred and ninety-five people had never had classes before. The classes were provided in 34 counties.
- The average age of participants was 65 years; 112 (19%) were African American; 78 (13%) were Hispanic/Latino; 6 (1%) were Native American; 2 (<1%) were Asian; 378 (63%) were Caucasian; and 24 classified themselves as “other” (4%).
- Knowledge, practices, and feeling in control improved.
  - 88% of participants learned how to manage their blood glucose through dietary management as a result of this series compared to 29% at entry.
  - 60% of participants at exit felt their ability to control their diabetes was very good or excellent compared to 43% at entry.
- Of the participants, 97% (411 reporting) attending the last class rated the series as excellent or good.

## Economic Impact

The potential health-care cost savings resulting from improved management of diabetes by the 2016 participants is an estimated \$32 million for their remaining years of life.

## Success Stories

- “... I lost 11 pounds since these classes started. Also, my glucose readings are now reading ... 90-110 ... I would recommend this class to anyone.”
- “This has been life-changing for me. I was lost on how to take care of myself.”
- “Since attending these classes, my insulin dosage before each meal has been reduced from 38 units to 35 units.”



Texas Counties Participating in *Do Well, Be Well with Diabetes* in 2016.

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.