¡Sí, Yo Puedo Controlar Mi Diabetes! (Sí, Yo Puedo)
http://fcs.tamu.edu/yopuedo/

¡Sí, Yo Puedo Controlar Mi Diabetes! (Sí, Yo Puedo) is a seven-week diabetes self-management education program targeting low-literate Hispanic/Latinos with diabetes. Sí, Yo Puedo is a nationally recognized evidence-based curriculum. Results from the 2010 pilot study showed Sí, Yo Puedo improved diabetes self-care practices, self-efficacy, and lower hemoglobin A1C.¹ Reducing A1C is a gold standard measure for better blood glucose control. 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 costs Texas over $12.5 billion, and it is the seventh leading cause of death in the state.²-³
• Texas Hispanic/Latinos adults are disproportionately affected by diabetes prevalence (11.0%) more than their White, non-Hispanic counterparts (8.2 %).⁴
• Texas Hispanic/Latinos death rates are double those of Whites: 32.6 per 100,000 versus 16.5 per 100,000.⁵
• Being overweight or obese, a risk factor for diabetes, was more common in Texas Hispanic/Latinos (71.1%) than non-Hispanic Whites (61.7%).⁵

Response
• Proper management is critical to minimize the potential negative effects of diabetes.
• Self-management education is the cornerstone for diabetic care and is 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 2016, 301 participants enrolled in the program. Twenty-one classes were provided in 11 Texas counties and were in partnership with eight health organizations.

The findings in Table 1 summarize the impact of the Sí, Yo Puedo program. Outcome indicators include diabetes knowledge, self-efficacy, diabetes self-care behaviors, and health status.

• Demographic characteristics: 77% were female; average age was 55 years; 87% were Hispanic; 60% reported their yearly income as $20,000 or less; 40% reported having less than a high school education; 35% reported having no medical insurance.
Table 1 Outcome Indicators

<table>
<thead>
<tr>
<th>Outcome Indicator (N = 139)</th>
<th>Pre-Survey</th>
<th>Post-Survey</th>
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</thead>
<tbody>
<tr>
<td>Diabetes Knowledge</td>
<td>7.2 (out of 10)</td>
<td>8.5 (out of 10)</td>
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<tr>
<td>Self-Efficacy (or confidence to engage in diabetes self-care behavior)</td>
<td>3.0 (out of 4)</td>
<td>3.6 (out of 4)</td>
</tr>
<tr>
<td>Diabetes Self-Care</td>
<td>23 (out of 48)</td>
<td>32 (out of 44)</td>
</tr>
<tr>
<td>Perceived Health Status</td>
<td>3.6*</td>
<td>2.2*</td>
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</tbody>
</table>

*Scale: 1 = Excellent Health most of the time; 5 = Poor Health most of the time. A lower mean score indicates improvement in perceived health status.

Success Stories

• “I think how the class was taught was perfect. Everyone was comfortable and was able to talk about their struggles with diabetes.”
• “I can control my diabetes, I can watch my carbs and sugars, I can teach others — each one teaches one!”

Reflections

Overall, 2016 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.

References

2. 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.
3. Texas Department of State Health Services. The Health Status of Texas 2014. 2014: Austin, TX: Texas Department of State Health Services.
4. 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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