



¡Sí, Yo Puedo Controlar Mí Diabetes! (*Sí, Yo Puedo*)

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

EXTENDING KNOWLEDGE *Providing Solutions*

¡Sí, Yo Puedo Controlar Mí 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 100,000.³
- 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.



Outcome Indicator	Pre-Survey	Post-Survey
Diabetes Knowledge	7.2 (out of 10)	8.5 (out of 10)
Self-Efficacy (or confidence to engage in diabetes self-care behavior)	3.0 (out of 4)	3.6 (out of 4)
Diabetes Self-Care	23 (out of 48)	32 (out of 44)
Perceived Health Status	3.6*	2.2*

*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!”



Si, Yo Puedo Sesson 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, 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, *Si, Yo Puedo* is a program to address this concern.

References

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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.
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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.
5. 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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