**Wisdom, Power, Control** is a seven-week diabetes self-management education program targeting low-literate African Americans and multi-ethnic populations with diabetes. *Wisdom, Power, Control* is a nationally recognized evidence-based curriculum. Results from the 2010 pilot study showed that *Wisdom, Power, Control* 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, *Wisdom, Power, Control* aims to equip participants with knowledge and lifestyle skills to better control their diabetes.

**Relevance**

- Diabetes costs Texas over $12 billion, and is the sixth leading cause of death in the state.\(^2\)
- In 2012, the overall rate of diabetes among adults in Texas (10.6%) was higher than the national rate (9.1%).\(^3\)
- Texas African Americans, 45 to 64 years of age, are disproportionately affected by diabetes prevalence (20.8 percent) than their White, non-Hispanic counterparts (10.1 percent.).\(^3\)
- Among persons with diabetes, a higher proportion of Texas African Americans (27.7 percent) could not see a doctor in the last 12 months due to cost compared to non-Hispanic Whites (16.5 percent.).\(^4\)

**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 African American, *Wisdom, Power, Control* was developed to address this gap in health programming.

**Impact of Wisdom, Power, Control**

In 2016, 531 individuals enrolled in the program. Thirty-three classes were delivered in eight Texas counties, and in partnerships with six health organizations.

The findings in Table 1 summarize the impact of the *Wisdom, Power, Control* program. Outcome indicators include diabetes knowledge, self-efficacy, diabetes self-care behaviors, and health status.

- Demographic characteristics: 77% of the participants were female. The average age was 60 years, 25% of the participants were African Americans, and 38% were White. Approximately 30% of participants reported having a high school diploma, and 23% a college degree. Forty-four percent of the participants reported having a yearly income under $20,000, 75% of participants reported not having medical insurance.
- 53% of participants reported never having received any diabetes classes.
Table 1 Outcome Indicators

<table>
<thead>
<tr>
<th>Outcome Indicator</th>
<th>Pre-Survey</th>
<th>Post-Survey</th>
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<tbody>
<tr>
<td>Diabetes Knowledge</td>
<td>7.6 (out of 10)</td>
<td>8.6 (out of 10)</td>
</tr>
<tr>
<td>Self-Efficacy (or confidence to engage in diabetes self-care behavior)</td>
<td>2.7 (out of 4)</td>
<td>3.4 (out of 4)</td>
</tr>
<tr>
<td>Diabetes Self-Care</td>
<td>24 (out of 48)</td>
<td>30 (out of 44)</td>
</tr>
<tr>
<td>Perceived Health Status</td>
<td>3.1*</td>
<td>2.5*</td>
</tr>
</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 the class was conducted very well. I think that this class should be taken by every one new diagnosed diabetic. Doctors should be good to know about this class available to offer patients. I am very glad I took the course.”
• “Good program. Should be mandatory for all new diabetic patients.”

Reflections

Overall, 2016 evidence demonstrates that Wisdom, Power, Control significantly enhances all outcome indicators. This program lends support to the benefits of a culturally competent diabetes self-management education program targeting rural African Americans with diabetes. Given the high rates of diabetes among African Americans, Wisdom, Power, Control is a nationally recognized evidence-based program that will address this concern.

References