

# Diabetes Education Improves Lives and Reduces Health Care Costs

*Making a Difference*

## A Growing and Costly Issue

- ◆ An estimated 1.8 million adult Texans have been diagnosed with diabetes, while the diabetes of another 460,000 remains undiagnosed.
- ◆ The annual cost of diabetes in Texas is estimated at \$12.5 billion.
- ◆ Texas is projected to have a greater incidence rate and increased costs in the future due to the growing population of Hispanics, who are at greater risk for the disease.

## Extension's Response

- ◆ Diabetes is not curable, but it is manageable. People can learn skills to effectively manage their diabetes, but education has not been readily available.
- ◆ Extension specialists developed the Do Well, Be Well with Diabetes program to encourage lasting lifestyle changes in such areas as nutrition, exercise and the monitoring of blood-sugar levels.
- ◆ In its fifth year, the program is now offered in more than 70 counties statewide and is taught by local health care professionals and county Extension agents.



## Economic Benefit

- ◆ For those without diabetes, average annual health care costs range from \$2,935 to \$5,095. For people with diabetes, that amount soars to an average of \$11,744 per year.
- ◆ Proper self-management of the disease enables people with diabetes to reduce their health care costs close to the non-diabetes level.

- ◆ For program participants, the estimated potential lifetime health care cost savings are \$57,826 per female and \$44,320 per male.
- ◆ For the 518 male and 1,066 female program participants in 2009, the total economic benefit is estimated at \$87 million.

## Added Individual and Community Benefits

- ◆ Do Well, Be Well with Diabetes reaches communities and individuals without access to diabetes education.
- ◆ The program enables a better quality of life and productivity for people with diabetes.
- ◆ The program reduces the strain on medical services and state funding such as Medicaid.

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