

A Growing and Costly Issue

- Approximately 2.69 million people in Texas (10% of the population) have diabetes. Among them, an estimated 663,000 have diabetes but have not yet been diagnosed, which greatly increases their health risks.
- Another 6.8 million people have prediabetes, with blood glucose levels above the normal range but not yet high enough to be diagnosed as diabetes.
- The annual cost of diabetes and prediabetes in Texas is estimated at \$23.7 billion.
- Texas is projected to have a higher diabetes incidence rate and increased health care costs in the future due to the growing population of Hispanics/Latinos, who are at greater risk for the disease.

AgriLife Extension's Response

- Diabetes is not curable, but it is manageable. People can learn skills to effectively manage their diabetes when education is readily available.
- Texas A&M AgriLife Extension Service specialists developed the *Do Well, Be Well with Diabetes* program to encourage lasting lifestyle changes in



such areas as nutrition, exercise, and monitoring blood glucose levels.

- Now in its 14th year, the program is available in more than 70 counties statewide and is taught by local health care professionals and county extension agents.

Economic Impacts

- For people without diabetes, average annual health care costs range from \$3,495 to \$5,853. For those with diabetes, that amount soars to an average of \$13,741 per year.
- Proper self-management of the disease enables people with diabetes to reduce their health care costs so they are closer to the non-diabetes level.
- For *Do Well, Be Well with Diabetes* participants, the estimated potential lifetime health care cost savings are \$66,117 per female and \$45,276 per male.
- For the 160 male and 439 female program participants in 2015, the potential lifetime economic benefit is estimated at \$36.8 million.



Added Individual and Community Benefits

- *Do Well, Be Well with Diabetes* reaches communities and individuals without other access to diabetes education.
- The program enables people with diabetes to be more productive and enjoy a better quality of life.
- The program also reduces the strain on medical services and on state funding such as Medicaid.