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.
- 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 the monitoring of blood-sugar levels.
- In its 10th 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 $64,102 per female and $47,229 per male.
- For the 348 male and 707 female program participants in 2011, the potential lifetime economic benefit is estimated at $64 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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