A Growing and Costly Issue

- Approximately 1.8 million adults in Texas have been diagnosed with diabetes, while diabetes remains undiagnosed in an estimated 460,000 people.
- 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.
- 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’s Response

- Extension specialists developed the Si Yo Puedo Controlar Mi Diabetes program to encourage lasting lifestyle changes in such areas as nutrition, exercise, and blood-sugar monitoring.
- In only its second year, the program is delivered in six 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, the average cost soars to $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, as well as reduce the number of missed work days due to illness.
- For program participants, the estimated potential lifetime health care cost savings are $76,693 per female and $68,715 per male.
- For the 82 participants who completed the course in 2011, the potential lifetime health care cost savings and improved productivity (fewer sick days) is an estimated $6.3 million.

Added Individual and Community Benefits

- Si Yo Puedo Controlar Mi Diabetes program reaches communities and individuals without prior access to diabetes education.
- The program enables a better quality of life and productivity for those with diabetes.
- The program reduces the strain on medical services and state funding sources like Medicaid.