A Growing and Costly Issue

- An estimated 1.8 million adult Texans have been diagnosed with diabetes, while 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.
- AgriLife Extension programs targeting diabetes include *Do Well, Be Well with Diabetes*, *Si Yo Puedo Controlar Mi Diabetes*, *Cooking Well with Diabetes*, and *Wisdom, Power, Control*.
- These programs teach participants the skills to effectively manage their diabetes or reduce the risk of developing diabetes, through better nutrition, exercise, and the monitoring of blood-sugar levels.

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 2011, these diabetes education programs reached more than 1,100 participants, resulting in potential lifetime healthcare cost savings and improved productivity of $70.3 million.

Added Individual and Community Benefits

- These programs reach communities and individuals without access to diabetes education.
- The programs enable a better quality of life and productivity for people with diabetes.
- The programs reduce the strain on medical services and state funding such as Medicaid.