

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.
- African Americans age 45 to 64 are disproportionately affected by diabetes prevalence (20.8%) than their white, non-Hispanic counterparts (10.1%).

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.
- Recognizing the need for culturally relevant type 2 diabetes self-management education targeting African Americans living in rural Texas communities, Texas A&M AgriLife Extension Service specialists developed the *Wisdom, Power, Control* program in 2012 to address this gap in health programming.
- Extension specialists developed *Wisdom, Power, Control* to encourage lasting lifestyle changes in such areas as nutrition, exercise, and the monitoring of blood-sugar levels.
- *Wisdom, Power, Control* has generated positive results. Based on program evaluation results, participants reported significantly higher levels of

diabetes knowledge, enhanced self-efficacy, increased self-care behaviors, and improved health status. The program has been adapted for multi-ethnic populations and has demonstrated similar outcomes.

Economic Impacts

- For people without diabetes, average annual health care costs range from \$3,495 to \$5,853. For those with diabetes, the average cost soars to \$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. It also allows them to reduce the number of workdays missed due to illness.
- The estimated potential lifetime health care cost savings for program participants are \$56,457 per female and \$17,347 per male.
- For the 41 participants who completed the course in 2015, the potential lifetime health care cost savings, including the value of sick days not taken, is an estimated \$1.8 million.

Added Individual and Community Benefits

- *Wisdom, Power, Control* 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.
- By improving the health of people with diabetes, the program also reduces the strain on medical services and on state-funded programs such as Medicaid.