

A Growing and Costly Issue

- Texans spend approximately \$217 billion annually on health care, or about \$7,500 per capita. More than 75% of health care costs are due to chronic conditions.
- Higher diabetes incidence rates and increased costs are expected in the future due to the growing population of Hispanics/Latinos, who are at greater risk for the disease.
- Obesity prevalence among adults in Texas has risen sharply, from 12% in 1990 to 33% in 2017.

AgriLife Extension's Response

- The Texas A&M AgriLife Extension Service delivers a variety of educational programs focusing on health, wellness, and disease prevention for adults and youth.
- AgriLife Extension health and wellness programs include diabetes education, nutrition and exercise, food safety, child safety seat education, and early cancer detection.
- Using a network of county Extension agents, volunteers, and partnerships, these programs teach participants the skills to effectively reduce the risk of developing diabetes, better manage diabetes, reduce the risk for diabetes complications, prepare nutritious meals, stretch food resources, and safely handle and prepare food.
- Extension educators also work to increase awareness of the importance of cervical and breast cancer screenings for early detection, and they connect women in underserved areas with health clinics to obtain those screenings.
- Through Healthy South Texas, the pilot program of Healthy Texas, AgriLife Extension and the Texas A&M Health Science Center are working to reduce the highest impact diseases and their consequences throughout a 27-county region in South Texas. The goal is to focus on prevention by engaging families and communities, promoting healthy behaviors, encouraging

preventive care, and improving disease outcomes.

Economic Impacts

- The economic impact of AgriLife Extension health and wellness programs was measured in terms of lifetime health care cost savings, avoidance of lost wages, and nutrition-related food cost savings.
- These programs delivered 28,700 educational events in 2018, resulting in 2.3 million adult educational and other contacts, with lifetime economic benefits estimated at \$231.3 million.
- 24,800 youth participated in health education and personal safety programs, and another 121,300 participated in food and nutrition programs through the Texas 4-H Youth Development Program.
- Diabetes education programs achieved more than 109,000 educational and other contacts, with economic benefits estimated at \$16.6 million.
- Programs promoting nutrition and food resource management reached more than 11,700 participants, with economic benefits estimated at \$5.9 million.
- Physical activity programs attracted 9,713 participants, with potential lifetime economic benefits estimated at \$199 million.
- Programs focusing on healthy diet and weight loss reached more than 387,000 educational contacts, with lifetime economic benefits estimated at \$6.9 million.
- In addition to saving lives, the economic benefit of the proper use of child safety seats for the 1,900 program participants is estimated at \$2.9 million.
- From a broader perspective, these programs reach communities and individuals lacking access to health and wellness, and child passenger safety seat education; enabling a better quality of life for program participants.

Extending Knowledge | Providing Solutions

AgriLifeExtension.tamu.edu/impacts

Texas A&M AgriLife Extension is an equal opportunity employer and program provider. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas cooperating

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