

A Growing and Costly Issue

- Texans spend approximately \$217 billion annually on health care, or about \$7,500 per capita. More than 75 percent of health care costs are due to chronic conditions.
- Higher diabetes incidence rates and rising health care costs are expected due to a growing Hispanic/Latino population, which is at greater risk for the disease.

AgriLife Extension's Response

- *Healthy Texas* combines the expertise of the Texas A&M University Health Science Center with the Texas A&M AgriLife Extension Service's one-of-a-kind, statewide reach to provide families with the knowledge and resources to take control of their health.
- The mission of *Healthy South Texas*, the pilot program of *Healthy Texas*, is to reduce the risk of the highest impact diseases and their consequences, including diabetes, asthma, and infectious diseases, throughout a 27-county region in South Texas. This comprehensive, multi-disciplinary team engages families, enhances education, promotes behavior change, and improves the quality of medical care and health outcomes.
- Using a network of county extension agents, volunteers and community partners, *Healthy*

Texas programs teach participants the skills to effectively reduce the risk of developing diabetes, better manage diabetes, reduce the risk for complications, prepare nutritious meals, stretch food resources, and safely handle and prepare food.

- These programs delivered more than 7,600 educational events in FY 2018 in *Healthy Texas* counties, resulting in 387,000 adult educational contacts.
- *Healthy Texas* programs targeting physical activity engaged more than 29,822 adult and youth participants that walked a combined 2.2 million miles.
- 26 *Healthy Texas* county coalitions have been mobilized with 254 members to create a culture for better health in South Texas. The coalitions helps to identify the most critical health needs in their community and assess the best method of addressing those needs.
- More than 500 Master Gardner and Master Wellness volunteers have contributed over 2,000 hours of volunteer time to health and wellness programs with youth and adults.

Economic Impacts

- The economic impact of *Healthy Texas* through AgriLife Extension programming in FY 2018 was measured in terms of the health care cost savings and improved productivity associated with improved health.
- Self-reported health status responses from more than 490 *Healthy Texas* program participants indicate that the health status of 26 percent of participants improved, resulting in estimated lifetime health care cost savings of \$6.9 million.
- More than 5,400 adults participated in the *Walk Across Texas* program, resulting in potential lifetime health care cost savings of \$21.2 million associated with reduced risk of developing type 2 diabetes.



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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