

A Growing and Costly Issue

- Approximately 3.0 million people in Texas (14% of the population) have diabetes. Among them, an estimated 663,000 are undiagnosed, 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 \$25.6 billion.
- Texas is projected to have a higher diabetes incidence rate and increased health care costs in the future due to the growing population of Hispanics/Latinos, who are at greater risk for the disease.

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.
- Texas A&M AgriLife Extension Service specialists developed the Do Well, Be Well with Diabetes program to encourage lasting



lifestyle changes in such areas as nutrition, exercise, and monitoring blood glucose levels.

Economic Impacts

- For people without diabetes, average annual health care costs range from \$4,220 to \$7,151. For those with diabetes, that amount soars to an average of \$16,752 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 work days missed due to the illness.
- For Do Well, Be Well with Diabetes participants, the estimated lifetime health care cost savings are \$96,807 for females and \$48,801 for males.
- For the 317 program participants in 2019, the projected lifetime economic benefits are an estimated at \$8.2 million.

Added Individual and Community Benefits

- Do Well, Be Well with Diabetes 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.
- Now in its 18th year, the program is available throughout the state and is taught by local health care professionals and county extension agents.