

Making a Difference

2016 Baylor County-*Do Well, Be Well With Diabetes* In-depth Plan Summary Monica Walker, CEA-FCS

Relevance

The annual cost of diabetes in Texas is estimated at \$18.5 billion. An estimated 10.8% or 2.9 million of Texans 18 years old or older are diagnosed with diabetes; another 663,000 have diabetes but do not know it. Almost one in four adult Texans aged 65 and older have been diagnosed with diabetes. Texas is projected to have a greater incidence rate and increased costs in the future due to the growing population of people over 65 years of age and Hispanics/Latinos, who are at a greater risk for the disease. In Baylor County, 12.2% of the population, or 339 people, have been diagnosed with diabetes. This is higher than the state average, and is at the top of the indicator scale of the Centers for Disease Control's percentages by county. This is also an increase of 0.4% from the last year in Baylor County.

Response

The Baylor County Family and Consumer Sciences Program Area Committee identified the higher number of individuals with Type 2 Diabetes in the community, and the need to provide quality programming on diabetes management. The target audience is those with Type 2 Diabetes. Extension health professionals developed *Do Well, Be Well with Diabetes*, a low-cost class series which contains the following elements:

- ❖ Self-care and nutrition topics delivered in five sessions
- ❖ A curriculum consistent with the American Diabetes Association Standards
- ❖ PowerPoint presentations, videos, marketing materials, recipes, and an evaluation program
- ❖ Primary goal to improve blood glucose management.

Seven coalition members supported implementation of *Do Well, Be Well with Diabetes* in partnership with the Seymour Hospital. Coalition members taught classes and assisted the Extension agent with marketing, registration, data collection, food preparation demonstrations, procurement of medical supplies such as glucometers for participants, and the facility. Classes were held in the new fitness center built by the Seymour Hospital, and introduced participants to the opportunities there.



Local health professionals who taught included a Registered Dietician, a Doctor of Pharmacy, a Physical Therapist, a Registered Nurse, and a Physician's Assistant, and represented the Seymour Hospital, Seymour Pharmacy, Seymour Home Health, and the Seymour WIC Clinic.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Results

14 attended one or more of the five sessions, and pre and post evaluations were obtained from 9 program participants with diabetes. Regarding the overall series, the following results were reported:

- 100% of participants rated the classes Excellent or Good
- 100% of participants rated the speakers as Excellent or Good
- 100% of participants said the length and time of classes was Excellent or Good

The program helped people with diabetes learn the skills needed to manage their disease successfully. The table below summarizes their increase in knowledge.

Statement	Pre-Test % Answered Correct	Post-Test % Answered Correct	% Increase
-Participants knowing how many carbohydrate choices to eat at each meal and snack to keep blood glucose in range	20%	100%	+80%
-Participants who have had a dilated eye exam	40%	100%	+60%
-Participants who rate their ability as Excellent or Very Good to control their diabetes	6%	66%	+60%
-Participants who know to limit carbohydrate foods to manage their blood sugar	50%	78%	+28%

- An important quality indicator is whether participants report having the feeling checked in their feet in the past 12 months. At the beginning of *Do Well, Be Well with Diabetes*, only 30% of participants reported having had a foot exam during the previous 12 months; and after the series, this increased to 67%.

Economic Impact to County

The potential lifetime health-care cost savings for their remaining years of life, resulting from improved management of diabetes by these participants, is estimated to be \$530,471.00.

Acknowledgments

In addition to the partnership with Seymour Hospital, Texas A&M AgriLife Extension Service in Baylor County would also like to recognize the Seymour Medical Supply and the Seymour Fitness Center for donating door prizes.

Future Programming

Based on the results of this program, feedback from participants, and inquiries from the community after hearing about the program, Seymour Hospital has requested to partner again next year in presenting this program in Baylor County.

VALUE

Do Well, Be Well with Diabetes



This diabetes education program teaches participants about lifestyle changes and disease self-management, enabling them to improve their quality of life and lower their health care costs close to the non-diabetes level. These reduced health care costs are key to the program's public value.