

**¡Si, Yo Puedo Controlar Mi Diabetes!
 2014 Knox County Report**

¡Si, Yo Puedo Controlar Mi Diabetes! (Si, Yo Puedo) is an evidence-informed, culturally competent educational program targeting low-literate Hispanic/Latinos with diabetes. The curriculum is predicated on the American Diabetes Association’s national standards of care and employs the Social Cognitive and Self-regulation theories as its foundational support. Empowerment is an overarching theme of the program, and, to this end, *Si, Yo Puedo* aims to equip participants with knowledge and lifestyle skills to better control their diabetes.

Relevance

- Diabetes cost Texas more than 12 billion dollars.¹
- Texas Hispanic/Latinos 45 to 64 years of age are disproportionately affected by diabetes prevalence (11.0 percent) than their White, non-Hispanic counterparts (16.8 percent).
- In 2007, mortality rates were more than double among Texas.¹ Hispanic/Latinos (40 per 100,000) than Whites, non-Hispanics (19 per 100,000).¹
- Among persons with diabetes, a higher proportion of Texas Hispanic/Latinos (32.5 percent) could not see a doctor in the last 12 month due to cost compared to Whites (16.5 percent).²



Response

- Proper management is critical to minimize the potential negative effects of diabetes.
- Self-management education is the cornerstone for diabetic care and vital for blood glucose control.
- Recognizing the need for a culturally-relevant type 2 diabetes self-management education targeting Texas Hispanic/Latinos *Si, Yo Puedo* was developed to address this gap in health programming.

Impact of Yo Puedo

In 2014, 7 individuals registered to for the *Si, Yo Puedo* class offered in Knox County, TX. Among those enrolled in the program, 100% (N=7) of the participants completed the classes. Half of the participants (57% N=4) reported never having received any diabetes classes.

The findings below summarize the impact of the *Si, Yo Puedo* program delivered in Knox County. Outcome indicators include diabetes knowledge, self-efficacy, self-care behaviors, acculturation, and psychological distress.



- Demographic characteristics: 43% (N=3) of the participants were females, 29% (N=2) male. The average age was 46.5 years, and 100% of the participants were Hispanic/Latino. Among the program participants, 57% (N=4) had less than a high school education. A total of 57% of participants (N=4) reported their yearly income as \$20,000 or less.
- Participants were minimally acculturated. An overwhelming majority of the participants (100 %, N=7) had an acculturation score less than 15, where a total score of 25 indicates highly acculturated.
- Diabetes knowledge increased two-fold Pre-test 5.9 (out of 10) and Post-test 8 (out of 10).
- Diabetes self-care scores reveal that participants improved in performing routine health behaviors to better manage their diabetes: Pre-test mean score: 22.3 out of total score of 44; Post-test: 31.4 out of 44.
- Self-efficacy scores improved with participants reporting increases in their confidence to engage in diabetes self-care behaviors): Pre-test 3.2 M (out of 4) and Post-test 3.6 M (out of 4). (Scale: 1 = I don't feel sure; 4 = I feel very sure.)
- Psychological distress scores revealed that participants improved their mental well-being by improving their scores: Pre-test 1.7 M (out of 4) and Post-test 1.44 M (out of 4). (Scale: 1 = None of the time; 4 = Most of the time.)

Success Stores

- *I learned about some foods that I was not supposed to eat.*
- *I learned that smoking is bad for me.*
- *I learned how to know how to eat healthy and take care of feet and the importance of exercise*
- *I learned how to control my diabetes!!*

Reflections

Overall, 2014 evidence demonstrates that the *!Sí, Yo Puedo Controlar Mi Diabetes!* significantly enhances participants' engagement in diabetes self-care behaviors, improvements in self-confidence about diabetes self-care, and increases diabetes knowledge. This program lends support to the benefits of a culturally competent diabetes self-management education targeting lower literate, Spanish-speaking Hispanic/Latinos with diabetes. Given the high rates of diabetes among Hispanic/Latinos, *Si, Yo Puedo* is a program to address this concern in Knox County, Texas. We envision this effort to continue that will help ensure the sustainability of *Si, Yo Puedo*.

References

1. Texas Diabetes Council, Texas Department of State Health Services. *Changing the course: A plan to prevent and control diabetes in Texas*. Austin, TX: TDSHS Publication No. 45-10524.
2. Texas Diabetes Council, Texas Department of State Health Services. *Diabetes: A comprehensive approach*. Austin, TX: TDSHS Publication No. 45-10524.