

## Do Well, Be Well with Diabetes Knox County 2014

*Do Well, Be Well with Diabetes* is a five class series covering nutrition and self-care management topics. The program helps people with diabetes learn the skills needed to manage their disease successfully.

### Relevance

The number of Americans with diabetes is 26 million. An estimated 79 million Americans have pre-diabetes. The incidence is projected to increase 43% by 2020. Health-care costs now average \$11,744 per person with diabetes, for an annual total cost of \$174 billion in the U.S. – \$116 billion (70%) for health care and \$58 billion (30%) in lost productivity. Men with diabetes miss an average of 11 work days each year; women miss about 9 work days. Almost \$1 of every \$5 spent on health care is for people with diabetes. Poor diabetes management leads to increased health-care costs. People with diabetes who maintain their blood glucose, blood pressure, and cholesterol numbers within recommended ranges can keep their costs, health risks, quality of life, and productivity very close to those without the disease. Currently, however, only 7% of people with diabetes are at the recommended levels.

Diabetes is not curable, but it is manageable. While the skills needed to effectively manage diabetes are well documented, diabetes education is not readily available. The burdens of diabetes mismanagement are disproportionately borne by those with little or no insurance coverage, lower literacy, poor or no English skills, lower educational and income levels, and poor access to transportation.

The annual cost of diabetes in Texas in 2010 is estimated at \$28.8 billion. An estimated 1.8 million, or 9.7%, of Texans 18 years old or older are diagnosed with diabetes; another 440,468 have diabetes but do not know it. Seventy-two percent of Texas seniors have either diabetes or pre-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.

### Response

Extension health professionals developed *Do Well, Be Well with Diabetes*, a low-cost class series covering self-care and nutrition topics delivered in five sessions. Class materials include a curriculum consistent with the American Diabetes Association Standards of Care along with PowerPoint® presentations, videos, marketing materials, and an evaluation program. County agents are trained to organize local health professionals to help plan, market, and provide the class series. The program's primary goal is to improve blood glucose management. The series was taught weekly in the evenings to allow more people to attend.

### Results

- Knox County Diabetes coalition members supported implementation of *Do Well, Be Well with Diabetes*; two physicians, one physician assistant/nurse practitioners, four nurses, one dietitian, one physical therapist, and two health educators participated in the coalition. Coalition members taught classes and assisted the Extension agent with marketing, registration, data collection, food preparation demonstrations, and facilities.
- 4 people with diabetes participated in 2014. Three people responded to pre/post-tests.
- Three were male and one was female.
- 1 was Hispanic/Latino, 1 was Caucasian, 1 was African American and one registered as "other".
- Participants reported attending an average of 100% of the class series.
- Average age of participants was 65 years.

- 3 (100%) reported receiving no meal plan from their doctor.
- One participant reported lowering his hemoglobin A1C from 7 to 6.3 at the end of the series.
- 67% (2) reported checking their glucose regularly as a result of the program.
- 100% (3) reported learning what a healthy blood sugar was after eating breakfast.
- Before the program none of the participants reported their ability to control their blood glucose as excellent. After the program two of the three participants reporting feeling they had an excellent ability to control their blood glucose.

### **Success Stories**

- “My blood sugars are much improved.”

### **Economic Impact to Knox County**

The potential lifetime health-care cost savings for their remaining years of life, resulting from improved management of diabetes by these

participants, is an estimated to be \$117,532.

### **Acknowledgements**

This program would not have been possible without support from the staff of the Knox County Hospital District.

### **Future Goals**

The coalition will offer this program again in 2015 after the material has been updated to include current standards.

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