

## 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.