

A Growing and Costly Issue

- Texans spend approximately \$239 billion annually on health care, or about \$8,000 per capita. More than 75 percent of health care costs are due to chronic conditions.
- Higher diabetes incidence rates and rising health care costs are expected due to a growing Hispanic/Latino population, which is at greater risk for the disease.

AgriLife Extension's Response

- Healthy Texas combines the expertise of the Texas A&M University Health Science Center with the Texas A&M AgriLife Extension Service's one-of-a-kind, statewide reach to provide families with the knowledge and resources to take control of their health.
- The mission of Healthy South Texas, the pilot program of Healthy Texas, is to reduce the risk of the highest impact diseases and their consequences, including diabetes, asthma, and infectious diseases, throughout a 27-county region in South Texas. This comprehensive, multi-disciplinary team engages families, enhances education, promotes behavior change, and improves the quality of medical care and health outcomes.
- Using a network of county extension agents, volunteers and community partners, Healthy



Texas programs teach participants the skills to effectively reduce the risk of developing diabetes, better manage diabetes, reduce the risk for complications, prepare nutritious meals, stretch food resources, and safely handle and prepare food.

- More than 3,400 people attended these weight management and nutrition programs in 2019 in Healthy South Texas counties.
- Healthy Texas programs targeting physical activity engaged more than 34,664 adult and youth participants that walked a combined 1.6 million miles.
- 26 Healthy Texas county coalitions have been mobilized with 254 members to create a culture for better health in South Texas. The coalitions help to identify the most critical health needs in their community and assess the best method of addressing those needs.

Economic Impacts

- The economic impact of Healthy Texas through AgriLife Extension programming in FY 2019 was measured in terms of the health care cost savings and improved productivity associated with improved health.
- Self-reported health status responses from more than 650 Healthy Texas program participants indicate that the health status of 25 percent of participants improved, resulting in estimated lifetime health care cost savings of \$6.5 million.
- More than 2,000 adults participated in the Walk Across Texas program, resulting in estimated lifetime health care cost savings of \$8.5 million associated with reduced risk of developing type 2 diabetes and cardiovascular disease.