

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

- Texas A&M AgriLife Extension Service specialists developed the *¡Sí, Yo Puedo Controlar Mí Diabetes!* program to encourage lasting lifestyle changes in such areas as nutrition, exercise, and blood-sugar monitoring.
- In its eleventh year, the program is delivered in 11 counties statewide and is taught by local health care professionals and county extension agents.



Economic Impacts

- For people without diabetes, average annual health care costs range from \$4,220 to \$7,151. For those with diabetes, the average cost soars to \$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 workdays missed due to illness.
- The estimated lifetime health care cost savings for program participants are \$94,096 per female and \$78,372 per male.
- For the 147 participants who completed the course in 2019, the projected lifetime economic benefits are an estimated \$4.7 million.



Added Individual and Community Benefits

- *¡Sí, Yo Puedo Controlar Mí 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.
- By improving the health of people with diabetes, the program also reduces strain on medical services and on state-funded programs such as Medicaid.