Diabetes in Texas

The Cost of Diabetes

1 in 10 people have diabetes

2.8 million Texans have diabetes

Annual Cost is estimated
$23.7 billion each year

Texas A&M AgriLife Extension provides programs for people with type 2 diabetes through:

- Dietary Management:
  - Carbohydrate Counting
  - Meal Planning
  - Healthy Eating

- Self-Care Management:
  - Blood Glucose Monitoring
  - Medications
  - Physical Activity

- Instruction by Local Health Professionals:
  - Dietitians
  - Pharmacists
  - Certified Diabetes Educators

2017 Do Well, Be Well with Diabetes Program Impacts

- 589 people with diabetes registered for the class
- 350 people had never taken a diabetes class before

2017 potential health-care cost savings resulting from improved management of diabetes is estimated at:

$37 million

Self-reported Average A1C after attending classes
6.7%

Potential Consequences of Diabetes

Stroke
Heart Disease
Kidney Disease

Eye Damage
Nerve Damage

32 COUNTIES

Overall Impacts

Percent of participants who know how to manage blood glucose through dietary management

Entry: 50%
Exit: 88%

Percent of participants who feel confident in their ability to control their diabetes

Entry: 47%
Exit: 84%

97% participants rated the classes as good or excellent

Source: American Diabetes Association, The Burden of Diabetes in Texas, February 10, 2018

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Designed by: Danielle Krueger, Extension Program Specialist, Food & Nutrition Unit

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