Improving Lives for Type 2 Diabetics

Do Well, Be Well with Diabetes was developed by health professionals with the Texas AgriLife Extension Service in 2002. The Do Well, Be Well with Diabetes program helps people with Type 2 diabetes learn the skills needed to manage their disease successfully. The goals of the program are to encourage those with diabetes to:

- adopt eating and lifestyle behaviors that are consistent with the diabetes dietary recommendations for nutrition.
- improve blood glucose management.
- control and manage complications related to this disease.
- engage more often in physical activity.

Do Well, Be Well with Diabetes Reaches Diverse Audiences

Do Well, Be Well with Diabetes educational programs and resources reached the following participants in Travis County in 2010,

- 16 DWBW programs were conducted in Travis County.
- 195 Diabetic clientele participated.
- 46% of DWBW participants were Hispanic/Latino.
- 30% of DWBW participants were Black/African American.
- 20% of DWBW participants were Caucasian/White.
- 3% of DWBW participants were Asian/Pacific Islander.
- 1% of DWBW participants were American Indian.

In 2007, the cost of diabetes in Texas was more than $12 billion.

Do Well, Be Well with Diabetes programs continue to provide much needed services to people living with Type 2 diabetes. Did you know...?

- 9.7% of Texans 18 years and older have been diagnosed with diabetes.
- Over 6.4% have been diagnosed with diabetes in Travis County.
- Health care costs now average $11,744 per person with diabetes — 2.3 times higher than the average person.
- Almost $1 of every $10 spent on health care is attributed to diabetes.
- Diabetics are 2 to 4 times more likely to have heart disease and strokes.
- Diabetes is the leading cause of adult blindness, kidney failure and lower-limb amputations.

Source: Centers for Disease Control and Prevention, and the BRFSS.
ECONOMIC IMPACT to Travis County

The potential lifetime health care cost savings, resulting from improved management of diabetes by the Do Well, Be Well with Diabetes class participants, is an estimated $1,488,898 million dollars.

SUCCESS STORY

“The most important things I learned after participating in this class was on portion sizes, A1c and average correlations, and the information on preventing complications.”

-City of Austin Employee

Do Well, Be Well with Diabetes Makes a Real Difference

Adults who completed the 9-lesson Do Well, Be Well with Diabetes series were evaluated with the following results achieved:

• 23% of participants reported having no previous diabetes classes, and only 23% reported following a meal plan from their doctor, indicating a critical need for diabetes education.
• 63% of participants improved their ability to control diabetes after attending classes, a 49% increase over pre-test results.
• 100% reported having a doctor check their feet in the past 12 months, and 68% reported doing self-checks every day.
• 100% of participants reported having a dilated eye exam during the past 12 months (an important quality indicator being used by national accrediting agencies such as the Joint Commission of Accreditation of Hospitals).
• 100% of participants received flu shots; 50% pneumonia shots.
• 82% of participants have had a hemoglobin A1C Test in the past 12 months.
• 88% of participants reported checking blood sugar as a way to manage blood glucose levels.

Partnerships Strengthen Do Well, Be Well with Diabetes

Partnerships and collaborations have played a key role in the success of the Do Well, Be Well with Diabetes programs in Travis County. Programs were conducted with the assistance of the following agencies and/or organizations: Capital Metro, City of Austin ~ HealthPlus Wellness Program, the Central Texas Diabetes Coalition, and Wesley Nurse Health Ministries.

If current trends in overweight and Type 2 diabetes continue, persons born in the year 2000 will face a one in three chance of developing diabetes some time in their life.”
— Texas Diabetes Council