

V(A). Planned Program (Summary)

Program # 3

1. Name of the Planned Program

Diabetes Education

Reporting on this Program

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
724	Healthy Lifestyle	100%		0%	
	Total	100%		0%	

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2012	Extension		Research	
	1862	1890	1862	1890
Plan	15.0	0.0	0.0	0.0
Actual Paid Professional	10.3	0.0	0.0	0.0
Actual Volunteer	0.0	0.0	0.0	0.0

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
132729	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
132729	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
1135701	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

County agents partner with local community leaders and health care professionals to provide a 5 class nutrition and self-care management education series, Do Well, Be Well with Diabetes, and/or a 4 class

cooking school series, Cooking Well with Diabetes, and/or a 7 class series for lower literacy Spanish speakers, each with novelas, ¡Sí, Yo Puedo Controlar Mi Diabetes! (Yes, I Can Control My Diabetes!).

2. Brief description of the target audience

The target audience is all people with type 2 diabetes who need training to learn dietary and self-care management skills including recognizing and managing carbohydrate intake, cutting fat and sodium and increasing fiber in meal plan, increasing physical activity, taking prescribed medications, checking their blood glucose levels, and regularly visiting their health care providers.

3. How was eXtension used?

eXtension was not used in this program

V(E). Planned Program (Outputs)

1. Standard output measures

2012	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	7557	71687	85	0

2. Number of Patent Applications Submitted (Standard Research Output)

Patent Applications Submitted

Year: 2012
 Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2012	Extension	Research	Total
Actual	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- # of group educational sessions conducted.

Year	Actual
2012	870

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	# of participants who report improved before meals blood glucose levels after attending 4 of the 5 Do Well, Be Well with Diabetes classes; 3 of 4 Cooking Well with Diabetes classes; and 5 of 6 ¡Si, Yo Puedo Controlar Mí Diabetes¡.
2	# of individuals who complete the first diabetes series of 5 lessons.
3	# of Wesley nurses trained on diabetes education.
4	# of individuals who complete the diabetes cooking school 4 lessons.

Outcome #1

1. Outcome Measures

of participants who report improved before meals blood glucose levels after attending 4 of the 5 Do Well, Be Well with Diabetes classes; 3 of 4 Cooking Well with Diabetes classes; and 5 of 6 ¡Sí, Yo Puedo Controlar Mi Diabetes¡.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	558

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Improvements in blood glucose measures for people with type 2 diabetes, including A1c, before meal, and/or 2 hour after meal measures reduces risk of future complications such as heart attack, stroke, blindness kidney failure, etc. Over 90% of the management for type 2 diabetes is done by the person with type 2. Better self-care management can improve not only quality of life and health care savings for the person with type 2, but also has considerable potential to save state and federal health care dollars.

What has been done

¡Sí, Yo Puedo Controlar Mi Diabetes! (Yes, I Can Control My Diabetes!) was offered in 6 counties. Do Well, Be Well with Diabetes was offered in 57 counties. 103 volunteers helped deliver DWBW classes. Cooking Well with Diabetes was offered in 105 counties.

Results

For ¡Sí, Yo Puedo Controlar Mi Diabetes! (Yes, I Can Control My Diabetes!), there was a 0.2 percentage point reduction in A1c between baseline in Week 1 and 3 months later. Participants have a potential to save \$145,408 in future health care costs and \$758,087 in future lost wages. For Do Well, Be Well with Diabetes, participants?, their before meal blood glucose dropped from 133 mg/dL to 118 mg/dL. DWBW participants have a potential health-care cost savings of \$53.8 million over their remaining years of life resulting from improved management. Cooking Well with Diabetes participants improved their knowledge of healthy food choices, portion control, and food preparation techniques.

4. Associated Knowledge Areas

KA Code **Knowledge Area**
724 Healthy Lifestyle

Outcome #2

1. Outcome Measures

of individuals who complete the first diabetes series of 5 lessons.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	576

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Improvements in blood glucose measures for people with type 2 diabetes, including A1c, before meal, and/or 2 hour after meal measures reduces risk of future complications such as heart attack, stroke, blindness kidney failure, etc. Over 90% of the management for type 2 diabetes is done by the person with type 2. Better self-care management can improve not only quality of life and health care savings for the person with type 2, but also has considerable potential to save state and federal health care dollars.

What has been done

Do Well, Be Well with Diabetes was offered in 57 counties.

Results

For Do Well, Be Well with Diabetes, participants?, their before meal blood glucose dropped from 133 mg/dL to 118 mg/dL. DWBW participants have a potential health-care cost savings of \$53.8 million over their remaining years of life resulting from improved management.

4. Associated Knowledge Areas

KA Code **Knowledge Area**
724 Healthy Lifestyle

Outcome #3

1. Outcome Measures

of Wesley nurses trained on diabetes education.

Not Reporting on this Outcome Measure

Outcome #4

1. Outcome Measures

of individuals who complete the diabetes cooking school 4 lessons.

Not Reporting on this Outcome Measure

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

Due to budget constraints and retirements, less agents offered our diabetes programs in their counties.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

For ¡Sí, Yo Puedo Controlar Mi Diabetes! (Yes, I Can Control My Diabetes!), there was a 0.2 percentage point reduction in A1c between baseline in Week 1 and 3 months later. Participants have a potential to save \$145,408 in future health care costs and \$758,087 in future lost wages. For Do Well, Be Well with Diabetes, participants', their before meal blood glucose dropped from 133 mg/dL to 118 mg/dL. DWBW participants have a potential health-care cost savings of \$53.8 million over their remaining years of life resulting from improved management. Cooking Well with Diabetes participants improved their knowledge of healthy food choices, portion control, and food preparation techniques.

Key Items of Evaluation

For ¡Sí, Yo Puedo Controlar Mi Diabetes! (Yes, I Can Control My Diabetes!), there was a 0.2 percentage point reduction in A1c between baseline in Week 1 and 3 months later. Participants have a potential to save \$145,408 in future health care costs and \$758,087 in future lost wages. For Do Well, Be Well with Diabetes, participants', their before meal blood glucose dropped from 133 mg/dL to 118 mg/dL. DWBW participants have a potential health-care cost savings of \$53.8 million over their remaining years of life resulting from improved management. Better self-care management can improve not only quality of life and health care savings for the person with type 2, but also has considerable potential to save state and federal health care dollars.