

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%	100%	0%	0%
	Total	100%	100%	0%	0%

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2013	Extension		Research	
	1862	1890	1862	1890
Plan	15.0	0.0	0.0	0.0
Actual Paid Professional	8.5	2.0	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
116389	120519	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
116389	68220	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
955024	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

AgriLife Extension and Cooperative Extension Program

Partner with local health care professionals to provide a 5 classes with 9-lesson nutrition and self-care

education classes using the Do Well, Be Well with Diabetes curriculum and 4 class series using the Cooking Well with Diabetes cooking school series. Classes are offered throughout Texas with leadership from county Family and Consumer Sciences (FCS) Extension agents.

Partner with leaders in Hispanic community members/groups such as priests, preachers, promotoras, and other Hispanic organizations to provide 6 classes each with novelas (Spanish), ¡Si, Yo Puedo Controlar Mi Diabetes! curriculum with lessons, handouts, food cards, recipes in Spanish with nutritive value of each recipe. After the pilot testing of the Hispanic class series for low-literacy, ¡Si, Yo Puedo Controlar Mi Diabetes! is being offered throughout Texas.

In addition, an adaptation for other low-literacy populations such as a segment of the African-American population was created, pilot-tested and adapted for future use. Partner with leaders in African American communities with faith-based organizations, sororities, preachers, health professionals, and other African American organizations to provide 6 classes each with videotaped stories, curriculum with 6 lessons, handouts, recipes including ethnic adaptation with nutritive value of each recipe.

2. Brief description of the target audience

AgriLife Extension and Cooperative Extension Program

The target audience is all people with type 2 diabetes who need training to learn nutrition and self-care management skills such as eating more healthfully (limiting 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

2013	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	9830	73847	885	0

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

Patent Applications Submitted

Year: 2013

Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2013	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
2013	800

Output #2

Output Measure

- # participating in educational efforts.

Year	Actual
2013	345

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 lessons.
5	# of individuals who complete 5 of 6 lessons of ¡Si, Yo Puedo Controlar Mí Diabetes!

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 ¡Si, Yo Puedo Controlar Mí Diabetes¡.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	341

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The number of Americans with diabetes is 26 million. Health care costs for people with diabetes are significantly higher. Men with diabetes miss an average of 11 work days each year and women miss about 9 days. Almost \$1 of every \$5 spent on health care is for people with diabetes. Currently only 7% of people with diabetes are at the recommended levels for blood glucose, cholesterol and blood pressure. Access to affordable and accessible diabetes education is very difficult even for people with insurance due to high co-pays. This is especially significant in rural areas.

What has been done

Extension developed and tested 4 diabetes education programs aimed at improving diabetes management by individuals all of which are offered at little or no cost to participants.

Results

Participants report improved blood glucose measures as well as improved knowledge and self-management skills.

For DWBW 844 attended classes during 2013. At the beginning of classes, the average blood glucose before meals reported by participants (345 reporting) was 134 mg/dL, decreasing to 125 mg/dL at 5 weeks (341 reporting).

For CWWD 375 participants registered with 229 completing the series. 183 (85%) participants demonstrated improved recognition of foods raising blood glucose.

For ¡Si, Yo Puedo Controlar Mí Diabetes¡ 114 registered for classes and 86 (87.7%) completed

the class series. Among those completing the program series, they demonstrated diabetes knowledge between pre and post test scores (6.7/10 items to 8.9/10 items). They also reported significantly higher self-care scores (24.0/44 items to 31.6/44 items).

For Wisdom, Power and Control, 160 registered and 112 (70% completed) the class series. Among those completing the program series, they demonstrated diabetes knowledge between pre and post test scores (7.2/10 items to 8.4/10 items). They also reported significantly higher self-care scores (24.0/44 items to 29.4/44 items).

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
2013	341

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The number of Americans with diabetes is 26 million. Health care costs for people with diabetes are significantly higher. Men with diabetes miss an average of 11 work days each year and women miss about 9 days. Almost \$1 of every \$5 spent on health care is for people with diabetes. Currently only 7% of people with diabetes are at the recommended levels for blood glucose, cholesterol and blood pressure. Access to affordable and accessible diabetes education is very difficult even for people with insurance due to high co-pays. This is especially significant in rural areas.

What has been done

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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 lessons.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	229

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The number of Americans with diabetes is 26 million. Health care costs for people with diabetes are significantly higher. Men with diabetes miss an average of 11 work days each year and women miss about 9 days. Almost \$1 of every \$5 spent on health care is for people with

diabetes. Currently only 7% of people with diabetes are at the recommended levels for blood glucose, cholesterol and blood pressure. Access to affordable and accessible diabetes education is very difficult even for people with insurance due to high co-pays. This is especially significant in rural areas.

What has been done

AgriLife Extension

Extension developed and tested 4 diabetes education programs aimed at improving diabetes management by individuals all of which are offered at little or no cost to participants.

Cooperative Extension Program

Limited resource clientele participated in over 380 food demonstrations designed to improve their diets and food related behaviors. These demonstrations focused on meal preparation and planning, comparing food prices, choosing health foods, preparing foods without adding salt and using more vegetables. Participants have engaged in series of workshops and engaged in physical activity.

Results

AgriLife Extension

Participants report improved blood glucose measures as well as improved knowledge and self-management skills.

For CWWD 375 participants registered with 229 completing the series. 183 (85%) participants demonstrated improved recognition of foods raising blood glucose.

Cooperative Extension Program

1977 youth improved their abilities to choose foods according to Federal Dietary Recommendations. 42% more often thought about healthy food choices when deciding what to feed their families. 47% more often prepared foods without adding salt.

Comments from some of the participants include:

"I learned the importance to eat a variety and control portions will improve our health and avoid obesity." "I learned the importance of physical activity, that even 30 minutes per day will make you feel much better."

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

Outcome #5

1. Outcome Measures

of individuals who complete 5 of 6 lessons of ¡Si, Yo Puedo Controlar Mí Diabetes!

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	86

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The number of Americans with diabetes is 26 million. Health care costs for people with diabetes are significantly higher. Men with diabetes miss an average of 11 work days each year and women miss about 9 days. Almost \$1 of every \$5 spent on health care is for people with diabetes. Currently only 7% of people with diabetes are at the recommended levels for blood glucose, cholesterol and blood pressure. Access to affordable and accessible diabetes education is very difficult even for people with insurance due to high co-pays. This is especially significant in rural areas.

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Results

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4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

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

Because there are so many new agents, much time was spent training them and evaluating their skills to implement one of these 4 programs. Online, on-demand training was created for all 4 programs to allow more efficient and timely training of new agents to implement these programs.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

For DWBW 844 attended classes during 2013. At the beginning of classes, the average blood glucose before meals reported by participants (345 reporting) was 134 mg/dL, decreasing to 125 mg/dL at 5 weeks (341 reporting).

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For ¡Si, Yo Puedo Controlar Mí Diabetes¡ 114 registered for classes and 86 (87.7%) completed the class series. Among those completing the program series, they demonstrated diabetes knowledge between pre and post test scores (6.7/10 items to 8.9/10 items). They also reported significantly higher self-care scores (24.0/44 items to 31.6/44 items).

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Key Items of Evaluation

DWBW, ¡Si, Yo Puedo Controlar Mí Diabetes¡, and Wisdom, Power and Control are diabetes education programs that improve self-management skills of people with type 2 diabetes.