

**V(A). Planned Program (Summary)**

**Program # 9**

**1. Name of the Planned Program**

Chronic Disease, Health, and Wellness

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
723	Hazards to Human Health and Safety	35%	0%	0%	0%
724	Healthy Lifestyle	65%	100%	100%	0%
	<b>Total</b>	100%	100%	100%	0%

**V(C). Planned Program (Inputs)**

**1. Actual amount of FTE/SYs expended this Program**

Year: 2014	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	28.0	2.5	2.4	0.0
<b>Actual Paid</b>	35.3	2.5	29.7	0.0
<b>Actual Volunteer</b>	0.0	35.0	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
460503	175805	185024	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
460503	107434	809878	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
3812765	0	7526809	0

**V(D). Planned Program (Activity)**

**1. Brief description of the Activity**

### **AgriLife Extension and Cooperative Extension Program**

#### **Diabetes Programs**

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.

Partner with leaders in Hispanic communities such as priests, preachers, promotoras, and other Hispanic organizations to provide 6 classes each with novelas (Spanish), ¡Si, Yo Puedo Controlar Mí 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 Mí Diabetes! is being offered in additional counties.

In addition, an adaptation for other low-literacy populations such as a segment of the African-American population will be 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.

#### **Exercise and Wellness Programs**

A local coalition will recruit participants and provide leadership to implement Walk Across Texas! Teams of eight or classes of children at schools will be recruited to walk for eight weeks. Teams and classes are challenged to walk regularly for eight weeks, reporting their mileage on <http://walkacrosstexas.tamu.edu>, to achieve the goal of walking the approximate 830 miles across Texas on a map that allows comparisons of teams and class progress. Participants are personally recruited as well as groups like worksites, schools, churches and clubs using free media time.

#### **Cancer Prevention Programs**

County agents will work with local volunteers, regional cancer prevention program specialists, and patient navigators to implement Friend to Friend, an evidence based program, to increase the number of women in rural, frontier, and border counties who find breast and cervical cancer earlier, when treatments are most effective. Once a year, a Friend to Friend event will be provided in 49 selected counties. Each event will include a presentation by a local physician, a chance to meet and make appointments with nearby clinical sources of mammograms and Pap tests, and a discussion group for networking support and finding solutions for problems like cost and transportation. Funding will be provided by the Cancer Prevention and Research Institute of Texas for transportation and clinical services to women needing assistance.

## **2. Brief description of the target audience**

### **AgriLife Extension and Cooperative Extension Program**

#### **Diabetes Programs**

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. Through eating more fruits and vegetables plus more whole grain breads and cereals, these groups will also be increasing their dietary fiber. Now more Texas fruits and vegetables may be available at farmer's markets along with suggestions for healthy food preparation.

Exercise and Wellness Programs

Walk Across Texas! is open to anyone wanting to increase their physical activity level if they live in a community with a AgriLife Extension educator.

Cancer Prevention Programs

Under-served rural residents of Texans who are at risk for breast and cervical cancer.

**3. How was eXtension used?**

eXtension was not used in this program

**V(E). Planned Program (Outputs)**

**1. Standard output measures**

2014	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
<b>Actual</b>	19758	146305	15973	0

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

**Patent Applications Submitted**

Year: 2014  
 Actual: 3

**Patents listed**

Composition and Methods for the Enterosorption and Management of Toxins Comprising a Calcium Aluminosilicate Clay  
 Inhibitors of Mycobacterium Tumerculosis Malate Synthase Methods of Making and Uses Thereof  
 Use of Diindolylmethane (DIM) Compounds and Derivatives Neuroprotective Agents

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

2014	Extension	Research	Total
<b>Actual</b>	0	16	16

**V(F). State Defined Outputs**

**Output Target**

**Output #1**

**Output Measure**

- # of group educational sessions conducted.

<b>Year</b>	<b>Actual</b>
2014	1558

**Output #2**

**Output Measure**

- # participating in educational efforts.  
Not reporting on this Output for this Annual Report

**Output #3**

**Output Measure**

- # research-related projects.

<b>Year</b>	<b>Actual</b>
2014	16

**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	Increased number of miles walked per week at week one compared to week eight.
3	# of people reporting knowledge gained through participation in cancer prevention educational activities.
4	# of people reporting a willingness to adopt practices through participation in cancer prevention educational programs.

## **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**

<b>Year</b>	<b>Actual</b>
2014	0

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

AgriLife Extension and Research:

Based on improved blood glucose after attending one of these class series, potential economic benefits are estimated at \$53.2 million.

Cooperative Extension Program:

Chronic health conditions including diabetes and cardiovascular disease are leading costs within the Texas economy. Risk factors associated with these health issues include high blood pressure, high cholesterol, obesity, and lack of physical activity. Diabetes is the sixth leading cause of death in the state and the fourth leading cause of death among Hispanics and African Americans. It is projected that there will be a minimum of 15% increase of the population with diabetes in certain Texas counties. Health and wellness programs conducted by the Cooperative Extension Program with limited resource populations increase their awareness and knowledge of risk factors, especially for preventable diseases.

#### **What has been done**

AgriLife Extension and Research:

County Extension agents are provided an annual training, curriculum and other materials to implement Do Well, Be Well with Diabetes, Walk Across Texas, Si Yo Puedo Controlar Mi Diabetes, and Wisdom Power Control. Each organizes a local coalition that includes medical providers. Coalition and agent work together to deliver series to people with diabetes.

The Cooperative Extension Program health coordinator and extension agents attended a

diabetes education training program (DEEP) to become certified in conducting a series of education programs. Extension agents conducted over 150 education workshops on diabetes and other chronic illnesses reaching more than 1400 participants who are at a high risk of these chronic illnesses.

### **Results**

AgriLife Extension and Research:

Do Well, Be Well with Diabetes, Walk Across Texas, Si Yo Puedo Controlar Mi Diabetes, and Wisdom Power Control had in excess of 6,500 educational contacts. At the beginning of Do Well, Be Well with Diabetes classes, the average blood glucose before meals reported by participants was 143 mg/dL, decreasing to 132 mg/dL at 5 weeks. A1c decreased from 8.7% in class 1 to 7.5% in class 5.

Based on improved blood glucose after attending one of these class series, potential economic benefits are estimated at \$53.2 million.

Cooperative Extension Program:

Pre and Post surveys were administered to participants. Results indicated that 90% of the 1400 participants stated they are drinking more water and 45% stated they eliminated sodas from their diet. 78% are eating more fruits and vegetables while 70% stated they are motivated to change their behavior and 54% are engaging in physical activities with their family. One participant stated. I learned about portions and servings, about hamburgers, fries, and processed foods. Other participants stated that learning how smoking contributed to diabetes complications was extremely useful and they are able to look for the warning signs of diabetes such as frequent urination, blurred vision, and excessive urination.

## **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
724	Healthy Lifestyle

### **Outcome #2**

#### **1. Outcome Measures**

Increased number of miles walked per week at week one compared to week eight.

#### **2. Associated Institution Types**

- 1862 Extension
- 1890 Extension

#### **3a. Outcome Type:**

Change in Action Outcome Measure

### 3b. Quantitative Outcome

Year	Actual
2014	5

### 3c. Qualitative Outcome or Impact Statement

#### Issue (Who cares and Why)

Regular, moderate physical activity reduces the incidence as well as the number and severity of complications of costly chronic diseases like type 2 diabetes. Including the cost of lost wages, the total potential collective economic impact for the 2014 adult participants is approximately \$95 million.

#### What has been done

Adult participants showed a mean increase of 4.85 miles per person from week 1 to week 8. During the probable remaining years of life, adult participants are collectively likely to save an estimated \$95 million dollars.

#### Results

Adult participants showed a mean increase of 4.85 miles per person from week 1 to week 8. During the probable remaining years of life, adult participants are collectively likely to save an estimated \$95 million dollars.

### 4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

### Outcome #3

#### 1. Outcome Measures

# of people reporting knowledge gained through participation in cancer prevention educational activities.

Not Reporting on this Outcome Measure

**Outcome #4**

**1. Outcome Measures**

# of people reporting a willingness to adopt practices through participation in cancer prevention educational programs.

**2. Associated Institution Types**

- 1862 Extension
- 1862 Research

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2014	883

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

Women living in rural areas have lower screening rates for breast and cervical cancer. As a result, cancer is often found at later stages. Of the 883 women asking for help, the project paid for 638 breast screenings and 532 cervical screenings. In addition 155 breast diagnostics and 48 cervical diagnostics were paid for by the project.

**What has been done**

Annual Friend to Friend events are organized in the 49 participating rural counties. Extension agents and project personnel organize a coalition to plan and implement an event; over 4,500 volunteers assisted with events. A local physician presents at the event, urging women to get screened. For those requesting help, project personnel make appointments and help them navigate local health care systems to obtain needed screenings at one of our contracted clinical facilities.

**Results**

Of the 883 women asking for help, the project paid for 638 breast screenings and 532 cervical screenings. In addition 155 breast diagnostics and 48 cervical diagnostics were paid for by the project.

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
723	Hazards to Human Health and Safety
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**

Goals were met.

## **V(I). Planned Program (Evaluation Studies)**

### **Evaluation Results**

Adult participants in Walk Across Texas showed a mean increase of 4.85 miles per person from week 1 to week 8. Projection was to increase by 4.75 miles per week. Goal was exceeded.

Diabetes programs were attended by 771 people. 300 were projected. Goal was exceeded.

Friend to Friend cancer program was attended by 2,201 rural women. 883 asked for help to obtain screenings. Projected 2,000 women and 800 would ask for help. Goal was exceeded.

### **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.

Walk Across Texas is a low cost program which improves physical activity levels for participants of all ages.

Friend to Friend events are an effective way to recruit underserved, uninsured rural women to get screened for breast and cervical cancer.