

# Making a Difference

## 2020 Leon County Diabetes Education In-depth Summary

### Relevance

According to the Centers for Disease and Control (CDC) 2020 National Diabetes Statistics Report, 34.2 million people have diabetes (10.5% of US population). Of this, 7.3 million people (21.4%) are undiagnosed. Similarly, in Texas, in 2017, an estimated 2,323,220 people in Texas had diabetes, which represented 11.4% of the adult population. 20% of adults in Leon County are diagnosed with diabetes.

Education is an integral component in managing the prevalence of diabetes in Texas. Programs focusing on dietary and self-care management, physical activity, and healthy cooking alternatives provide an opportunity to address the current issue of type 2 diabetes in the state of Texas.

### Response

The 2020 program year was unlike any other due to the Coronavirus Disease 2019 (COVID19) pandemic. Virtual educational efforts were implemented to provide information and resources to help them continue with aspects of their daily lives. Although our educational activities, outcomes and impacts may look different for 2020, we continue our efforts **to help Texans better their lives**.

Program efforts included:

- **Do Well, Be Well with Diabetes (DWBW)** – worked with a District 8 team of agents to plan and conduct this virtual 5-week (10 sessions) educational program to help people with type 2 diabetes learn the skills they need to understand and manage their diabetes, to reduce their risks for complications, and to attain their highest possible level of wellness; 10 individuals participated in at least 5 of the sessions; all sessions were recorded and shared with participants with many of them viewing sessions they missed
- **Facebook Posts and News Articles** – compiled and posted 24 Facebook posts that reached 3,583 individuals; compiled and distributed 5 news articles to all 7 local media outlets, reaching an estimated 3,000 individuals

### Results

5 of 10 (50%) of *DWBW* program participants completed a registration form, which serves as the pre-test, and a wrap up form (post-test) at the conclusion of the program.

When comparing the wrap-up and pre-tests, here's what the participants reported:

<i>How many of the last 7 days did you...</i>	<b>Pre-test Mean</b>	<b>Wrap-up Mean</b>	<b>Increase</b>
...space your carbohydrates evenly through the day?	2.4	4.4	83.3%
...test your blood sugar/glucose?	1.6	2.6	62.5%
...check your feet?	3	3.4	13.3%

<i>How confident do you feel that you...</i>	<b>Pre-test Mean</b>	<b>Wrap-up Mean</b>	<b>Increase</b>
...can be physically active 15-30 minutes, 4-5 times a week?	3	3.2	6.7%
...can do something to prevent your blood glucose from dropping when you exercise?	1.6	2.4	50%
...know what to do when your blood glucose level goes higher or lower than it should be?	1.4	2	42.8%
...can judge when the changes in your illness mean you should visit the doctor?	2	2.2	10%

When asked how the *DWBW* series helped them with their diabetes, participants reported the following:

- *Better awareness.*
- *Monitor my eating.*

Additional comments included:

- *It has helped me to take care of my husband. Mainly to make sure he is getting enough carbohydrates each day.*
- *By testing glucose I can plan my meals.*

Facebook posts and news articles provided educational information and were especially helpful during the pandemic.


## Acknowledgements

Thank you to the rest of the District 8 team including Colleen Foleen, Jackie McLaughlin, Karen Jungman, Emily Fisher and Christina Fakhoury for their partnership in planning and conducting the virtual *Do Well, Be Well with Diabetes* program. A big thank you to Danielle Krueger for her assistance and presentations. Appreciation is also expressed to local media outlets for publicizing diabetes education events and publishing educational articles.

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**V A L U E**

**Do Well, Be Well with Diabetes**



This diabetes education program teaches participants about lifestyle changes and disease self-management, enabling them to improve their quality of life and lower their health care costs close to the non-diabetes level. These reduced health care costs are key to the program's public value.