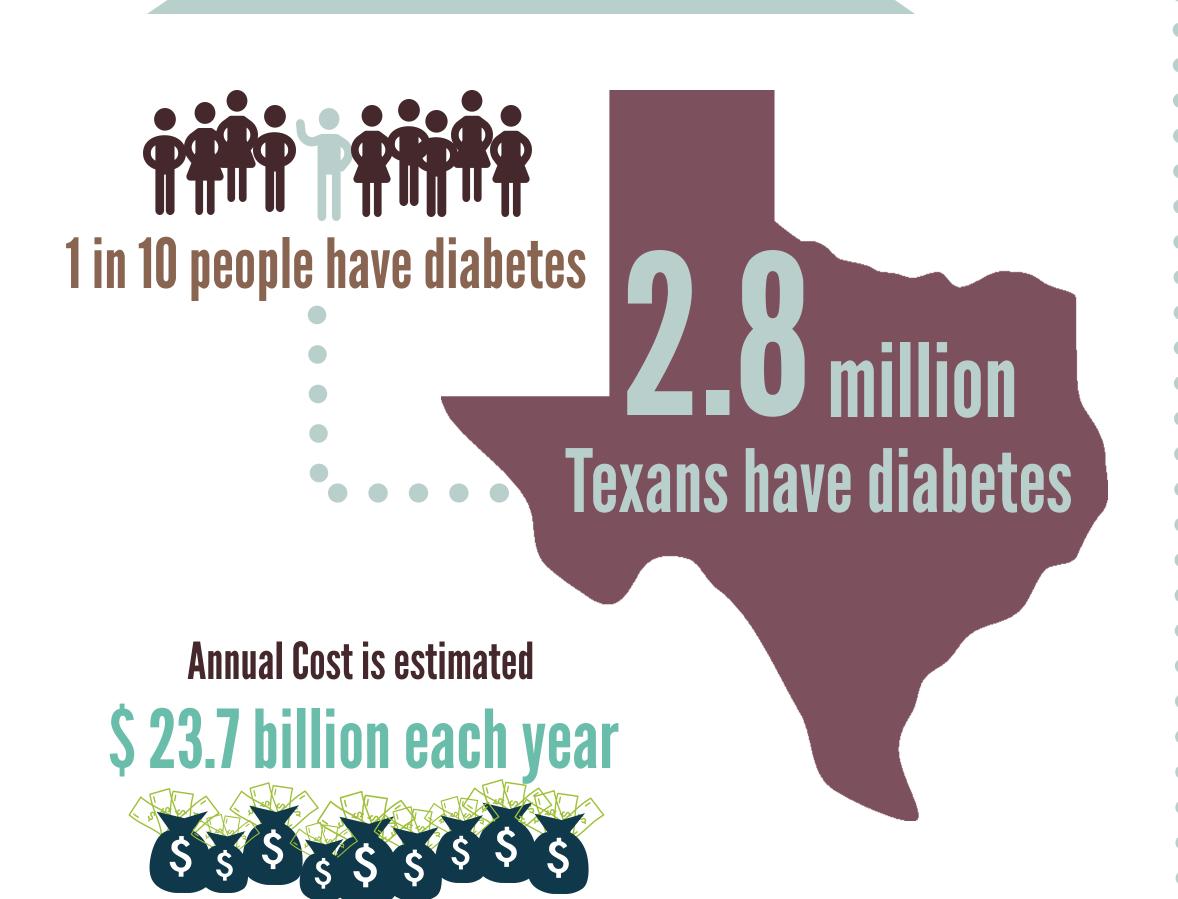


Diabetes in Texas

The Cost of Diabetes



Potential Consequences of Diabetes

Stroke

Heart Disease

Kidney Disease

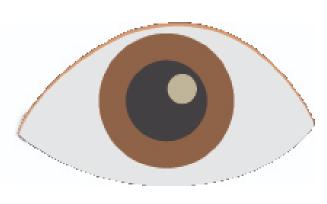






Eye Damage

Nerve Damage





Texas A&M AgriLife Extension provides programs for people with type 2 diabetes through:



Dietary Management:

- Carbohydrate Counting
- Meal Planning
- Healthy Eating



Self-Care Management:

- Blood Glucose Monitoring
- Medications
- Physical Activity



Instruction by Local Health Professionals:

- Dietitians
- Pharmacists
- Certified Diabetes Edcuators

2017 Do Well, Be Well with Diabetes Program Impacts

3 2 C O U N T I E S



589 people with diabetes registered for the class

people had never taken a diabetes class before

Self-reported
Average A1C after
Average A1C after
attending classes

TOO

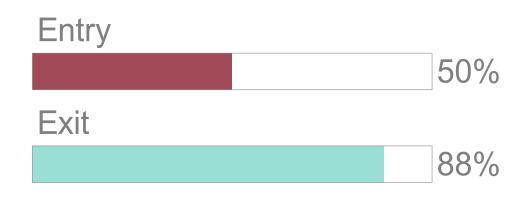
2017 potential health-care cost savings resulting from improved management of diabetes is estimated at:

37 million

Overall Impacts

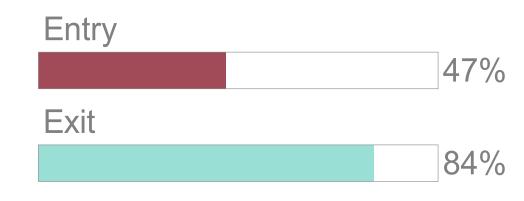
Percent of participants who know how to manage blood glucose through dietary management





Percent of participants who feel confident in their ability to control their diabetes







participants rated the classes as good or excellent