



# Wisdom, Power, Control

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## Helping Texans Better Their Lives

**Wisdom, Power, Control** is a seven-week diabetes self-management education program targeting low-literate African Americans and multi-ethnic populations with diabetes. *Wisdom, Power, Control* is a nationally recognized evidence-based curriculum. Results from the 2010 pilot study showed that *Wisdom, Power, Control* improved diabetes self-care practices, self-efficacy, and lower hemoglobin A1C.<sup>1</sup> Reducing A1C is a gold standard measure for better blood glucose control. Empowerment is an overarching theme of the program, and, to this end, *Wisdom, Power, Control* aims to equip participants with knowledge and lifestyle skills to better control their diabetes.

### Relevance

- Diabetes costs Texas over \$12 billion, and is the sixth leading cause of death in the state.<sup>2</sup>
- In 2012, the overall rate of diabetes among adults in Texas (10.6%) was higher than the national rate (9.1%).<sup>3</sup>
- Texas African Americans, 45 to 64 years of age, are disproportionately affected by diabetes prevalence (20.8 percent) than their White, non-Hispanic counterparts (10.1 percent).<sup>3</sup>
- Among persons with diabetes, a higher proportion of Texas African Americans (27.7 percent) could not see a doctor in the last 12 months due to cost compared to non-Hispanic Whites (16.5 percent).<sup>4</sup>

### Response

- Proper management is critical to minimize the potential negative effects of diabetes.
- Self-management education is the cornerstone for diabetic care and is vital for blood glucose control.
- Recognizing the need for a culturally-relevant type 2 diabetes self-management education targeting Texas African American. *Wisdom, Power, Control* was developed to address this gap in health programming.

### Impact of *Wisdom, Power, Control*

In 2016, 531 individuals enrolled in the program. Thirty-three classes were delivered in eight Texas counties, and in partnerships with six health organizations.

The findings in Table 1 summarize the impact of the *Wisdom, Power, Control* program. Outcome indicators include diabetes knowledge, self-efficacy, diabetes self-care behaviors, and health status.

- Demographic characteristics: 77% of the participants were female. The average age was 60 years, 25% of the participants were African Americans, and 38% were White. Approximately 30% of participants reported having a high school diploma, and 23% a college degree. Forty-four percent of the participants reported having a yearly income under \$20,000, 75% of participants reported not having medical insurance.
- 53% of participants reported never having received any diabetes classes.



**Table 1 Outcome Indicators**

| Outcome Indicator (N = 101)  | Pre-Survey      | Post-Survey     |
|--|-----------------|-----------------|
| Diabetes Knowledge   | 7.6 (out of 10) | 8.6 (out of 10) |
| Self-Efficacy (or confidence to engage in diabetes self-care behavior) | 2.7 (out of 4)  | 3.4 (out of 4)  |
| Diabetes Self-Care   | 24 (out of 48)  | 30 (out of 44)  |
| Perceived Health Status  | 3.1*            | 2.5*            |

*\*Scale: 1 = Excellent Health most of the time; 5 = Poor Health most of the time. A lower mean score indicates improvement in perceived health status.*

## Success Stories

- *“I think the class was conducted very well. I think that this class should be taken by every one new diagnosed diabetic. Doctors should be good to know about this class available to offer patients. I am very glad I took the course.”*
- *“Good program. Should be mandatory for all new diabetic patients.”*



## Reflections

Overall, 2016 evidence demonstrates that *Wisdom, Power, Control* significantly enhances all outcome indicators. This program lends support to the benefits of a culturally competent diabetes self-management education program targeting rural African Americans with diabetes. Given the high rates of diabetes among African Americans, *Wisdom, Power, Control* is a nationally recognized evidence-based program that will address this concern.

## References

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