



Community-based Diabetes Education Programs for Targeted Audiences

¡Sí, Yo Puedo Controlar Mi Diabetes! (*Sí, Yo Puedo*) and *Wisdom, Power, Control* are a seven-week diabetes self-management education program targeting low-literate Hispanic/Latinos and African American, respectively, with diabetes. These programs are nationally recognized as an evidence-based curriculum. Pilot study findings show that *Sí, Yo Puedo* and *Wisdom, Power, Control* improved diabetes self-care practices, self-efficacy, and lower hemoglobin A1C.¹⁻² Reducing A1C is a gold standard measure of better blood glucose control. Empowerment is an overarching theme of the program, and, to this end, *Sí, Yo Puedo* aims to equip participants with knowledge and lifestyle skills to better control their diabetes.



Diabetes 1st Step: Live Healthy, Be Hopeful

In 2017, Texas A&M AgriLife Extension launched *Diabetes 1st Step: Live Healthy, Be Hopeful*, a one-hour online course for newly diagnosed individuals with diabetes. This program also targets caregivers. The objective of the course is to provide an orientation for diabetes self-care management. Participants are encouraged to partner with their diabetes health care team for more in-depth education.



At the end of 2017, 469 people completed the one-hour course.

Sí, Yo Puedo and *Wisdom, Power, Control* Impacts

In 2017, 805 individuals with diabetes enrolled in *Sí, Yo Puedo* and *Wisdom, Power, Control*. Chart 2 (page 2) summarizes the impact of these programs in a sub-sample completing pre- and post-test. Outcome indicators include diabetes knowledge, self-efficacy, diabetes self-care behaviors, and perceived health status.

“Every session was extremely beneficial and helped me make better choices. Information in the curriculum was awesome.”

“I’ve learned that portion size is very important to maintain your ideal weight, also sugar spikes that occur, has to be controlled.”
 – Program Participants

Demographic characteristics:

84 percent were female; average age was 60 years old; 48 percent were Hispanic; 30 percent African Americans; 22 percent reported having less than a high school education, and another 23 percent reported having a high school diploma; 96 percent reported having health insurance.

Relevance

Diabetes cost Texas more than **\$12.5 billion** and it is the **7th** leading cause of death in the state.



Texas Hispanic/Latinos adults are disproportionately affected by diabetes prevalence (**11.0%**) more than their White, non-Hispanic counterparts (**8.2%**).

Texas Hispanic/Latinos' death rates are double those of Whites: **32.6** per 100,000 versus **16.5** per 100,000.



Being overweight or obese, a risk factor for diabetes, was more common in Texas Hispanic/Latinos (**71.1%**) than non-Hispanic Whites (**61.7%**).

Chart 1

Response

Proper management is critical to minimize the potential negative effects of diabetes

Self-management education is the cornerstone for diabetic care and vital for blood glucose control

*Recognizing the need for a culturally-relevant type 2 diabetes self-management education targeting Texas Hispanic/Latinos — **Sí, Yo Puedo** was developed to address this gap in health programming.*

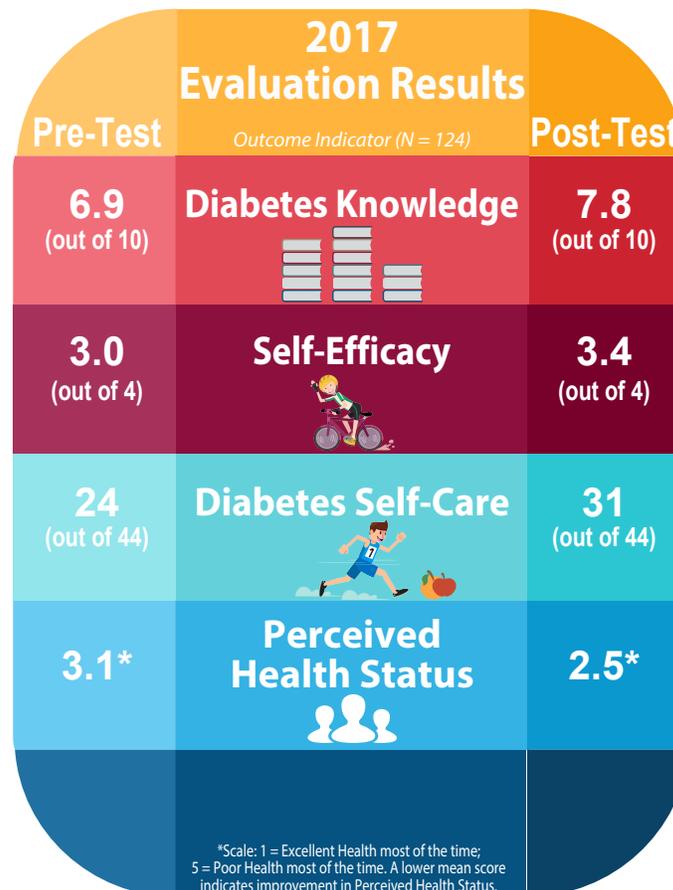


Chart 2

Reflections

Overall, 2017 evidence demonstrates that *Sí, Yo Puedo* and *Wisdom, Power, Control* significantly enhances participants' engagement in diabetes self-care behaviors, improvements in self-confidence about diabetes self-care, and increases diabetes knowledge. This program lends support to the benefits of a culturally competent diabetes self-management education, which targets lower literate, Spanish-speaking Hispanic/Latinos with diabetes. Given the high rates of diabetes among Hispanic/Latinos, *Sí, Yo Puedo*, and *Wisdom, Power, Control*, are programs to address this concern.

References for this brief are available upon request.