

¡SÍ, YO PUEDO CONTROLAR MÍ DIABETES!

About

¡Sí, Yo Puedo Controlar Mí Diabetes! (¡Sí, Yo Puedo) is a culturally relevant diabetes self-management education program created with Hispanic/Latino audiences in mind. *¡Sí, Yo Puedo* was tested and found to be effective in improving Hemoglobin A1C (a 3-month measure of blood glucose control), knowledge about diabetes, diabetes self-care, and the self-confidence required to manage the condition. *¡Sí, Yo Puedo* has been nationally acknowledged and recognized by several reputable awards, such as the U.S.D.A. National Institute of Food and Agriculture (NIFA) Jeanne Priester Award and the National Extension Association FCS Mary G. Wells Diversity Award.

The Research-Based Program Consists of:

- Four weekly two-hour lessons.
- An experiential, empowerment-based curriculum. Classes provide a hands-on, practical experience in diabetes education.
- Lessons taught by health professionals that may include: registered nurses (RN), licensed vocational nurses (LVN), registered dietitians (RD), and certified diabetes educators. Community Health Workers (CHW) supervised by a health professional is another delivery option.
- Signature activities including video novelas, food sorting activities, and goal setting.
- A user-friendly class leader curriculum guide using a turn-key approach to integrate the lessons of *¡Sí, Yo Puedo* into lives.



IMPACT OF ¡SÍ, YO PUEDO! PROGRAM



**Improved
Hemoglobin A1C**



**Increased
Diabetes
Knowledge**



**Enhanced
Diabetes
Self-Care**



**Boosted
Self-Confidence**

Heidi Fowler, RD, LD

Nutrition Extension Program Specialist
Texas A&M AgriLife Extension Service

Email: heidi.fowler@ag.tamu.edu