

RELEVANCE

The Centers for Disease and Control (CDC) defines chronic disease as those lasting longer than 1 year resulting in continued medical care or limited daily activities including type 2 diabetes and hypertension. Currently, in Texas approximately 2.33 million (11.2%) adults have diabetes with 621,000 (21%) of those being undiagnosed in 2020. Comparably, the United Health Foundation and Health Rankings 2019 reports that in Texas approximately 32% (9.3million) of adults are diagnosed with hypertension (high blood pressure)2.

In Parker County 9% of adults are reported to have a diagnosis of diabetes. Also, those reporting of fair to poor health is 12%. And to add to the chronic disease process, 29% are reported to be obese.

Diet related chronic diseases such as type 2 diabetes and hypertension related to poor nutrition and physical inactivity can be better managed with dietary and self-care management, increased physical activity, and maintaining or achieving a healthy weight.

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

RESPONSE

Chronic Disease continues to be a TCFE identified issue. Education is a part of helping a person to manage chronic diseases such as diabetes and hypertension. The Family and Community Health Committee along with several collaborators gave guidance in identifying Chronic disease related programs. They were involved in planning and implementing the programs. These included: Do Well Be Well with Diabetes; Cooking Well with Hypertension, and Alzheimer's Educational Programs. These programs focused on dietary and self-management, physical activity and healthy cooking alternatives

Target Audience: Programs targeted individuals in Parker County with Type 2 Diabetes, Hypertension, Alzheimer's and chronic diseases that benefit programs and topics offered.

Partnerships and Collaborators: Collaborators included Extension Specialist Danielle Krueger on Cooking Well with Hypertension. Dr. Jenna Anding on Do Well Be Well with Diabetes. Melissa Griffin with American Alzheimer's Association. Also worked with local health agencies, committee members and others to help promote these classes. Camp Connect a collaboration of knowledge and resources for people with dementia.

VALUE STATEMENT

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.

**6 in 10
adults in the U.S. have
a chronic disease**

**4 in 10
have two or more!**

**leading the nations
\$4.1 Trillion in Annual
Health Care Costs**



**Nearly 1 in 2 adults
has high blood
pressure**

**Yet only about
1 in 4
has it under control to
<130/80 mm Hg**

RESPONSE

Do Well Be Well with Diabetes II, was conducted. Five classes were conducted in May and included:

- Getting Started: How Food Affects Your Blood Sugar.
- Are you Eating the Right Number of Carbohydrates?
- Beyond the Diet Improving Your Blood Glucose with Physical Activity.
- Beyond the Diet and Physical Activity: Improving Your Blood Glucose Control with Medication.
- Celebrating to Control Diabetes.

Cooking Well for Healthy Blood Pressure was a cooking school designed to help those concerned about high blood pressure to prepare meals for them. The lessons covered:

- DASHING Your Way to Improve Health.
- A Virtual Grocery Store Tour
- Cooking with Spices and Herbs

Dementia Program Series was a program series that covered

- Understanding Alzheimer's and Dementia
- Effective Communication Strategies. Also
- Healthy Cooking for Healthy Living

EVALUATION STRATEGY

Do Well Be Well with Diabetes included a pre and post evaluation that measured knowledge gained and best practices. There were four who participated in the series and three attended every class. One missed only one.

Cooking Well for Healthy Blood Pressure included a pre and post evaluation. It measured knowledge and best practices. There were five who participated in the class with three completing the class.

RESULTS

Do Well Be Well with Diabetes

- 4 individuals completed the course and attended all of the classes.
- 100% identified that this was their first diabetes education class.
- The average A1C level was 7.7. The goal for the A1C is to be less than 7%.
- Behavior to follow a healthful eating plan was 5.5 out of 7.
- Participate in physical activity 6.0 out of 7.
- Economic impact: health care costs savings for each were \$89,292.

Cooking Well for Healthy Blood Pressure

- Five participated in the course. Three completed the class and attended all lessons.
- 100 percent identified this as their first hypertension class.
- Following the classes participants felt knowledgeable about being able to prepare foods that lowers high blood pressure.

Dementia Program Series

- There were three classes held with a total of with 38 attending all three classes.
- Participants are more aware of nutrition needs for people with dementia.
- Participants learned about the different types of dementia
- They learned how to communicate with doctors and family members.

SUMMARY

Diabetes, high blood pressure, and dementia will continue to be chronic disease. There has been a continual problem of getting more people to attend classes. More classes and social media education will be offered to reach more audiences about chronic diseases and more. I.

For Do Well Be Well with Diabetes participants the estimated lifetime health costs savings and improved productivity is \$89,292.

FUTURE PROGRAMMING

Chronic disease programs will be offered in 2023. Classes will include diabetes education, chronic disease management, healthy heart education and more. More effort will be made to offer the classes out in the county including Springtown, Aledo and Azle.



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