

# Diabetes Programs Teach Healthy Lifestyle Changes

Diabetes is not curable, but it is manageable. Texas A&M AgriLife Extension Service programs teach participants the skills to effectively manage their diabetes or reduce the risk of developing diabetes.



## Our Diabetes Programs:

### Do Well, Be Well with Diabetes

Low-cost class series on self-care and nutrition delivered in five sessions

### Cooking Well with Diabetes

Reinforces practical nutritional applications of Do Well, Be Well with Diabetes

### Si, Yo Puedo Controlar Mi Diabetes

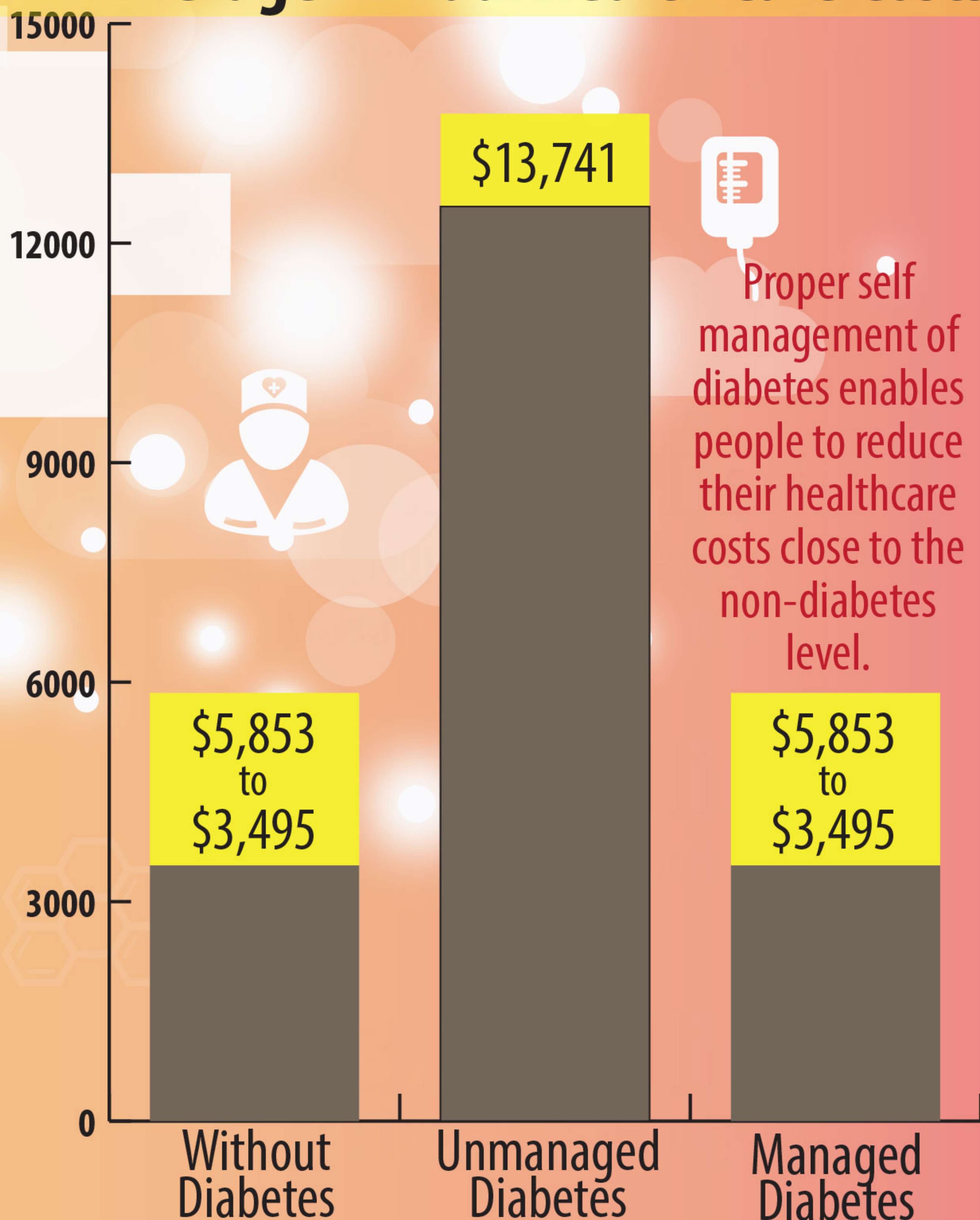
Culturally relevant diabetes program targeting Hispanic/Latinos

### Wisdom, Power, Control

Culturally relevant diabetes program targeting African Americans

More than 1,000 Texans complete these comprehensive educational programs annually.

## Average Annual Health Care Costs



Our programs generated more than **12,000 educational contacts** in 2013, resulting in potential lifetime healthcare cost savings and increased productivity of **\$67.0 million**.

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