

# Making a Difference

## 2018 Lubbock County Health and Wellness

*Helping People Be Healthier & Safer*

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**Relevance:** The prevalence of Americans diagnosed with diabetes is 8.4%, while the prevalence is 10% in Texas and 8.6% in Lubbock County. An estimated 86 million have pre-diabetes. Health-care costs now average \$2.7 Trillion for chronic diseases and mental health. Seven of the top 10 causes of death are preventable. Eighty percent of chronic diseases could be prevented through FOUR key lifestyle factors: a healthy diet, adequate physical activity, a healthy body weight, and not smoking. Almost \$1 of every \$5 spent on health care is for people with diabetes. Poor diabetes management leads to increased health-care costs. People with diabetes who maintain their blood glucose, blood pressure, and cholesterol numbers within recommended ranges can keep their costs, health risks, quality of life, and productivity very close to those without the disease. Currently, however, only 7% of people with diabetes are at the recommended levels. Diabetes is not curable, but it is manageable. While the skills needed to effectively manage diabetes are well documented, diabetes education has not been readily available. The burdens of diabetes mismanagement are disproportionately borne by those with little or no insurance coverage, lower literacy, poor or no English skills, lower educational and income levels, and poor access to transportation. The annual cost of diabetes in Texas is estimated at \$18.5 billion. An estimated 2.8 million, or 10% of Texans (8.6% in Lubbock County) 18 years old or older are diagnosed with diabetes; another 440,000 have diabetes but do not know it. Almost one in four adult Texans aged 65 and older have been diagnosed with diabetes. Texas is projected to have a greater incidence rate and increased cost in the future due to the growing population of people over 65 years of age and Hispanics/Latinos who are at a greater risk for the disease. Therefore, the Lubbock County Leadership Advisory Board and FCH Advisory Board identified diabetes, childhood obesity and health management as issues warranting program efforts. **Step Up to Scale Down** is a 12 week series encouraging portion control, exercise and weight loss to fight the obesity epidemic. **Maintain No Gain** is a 6 week nutrition and exercise series aimed at helping participants eat healthier during the Thanksgiving, Christmas, & New Year's holidays and gain no more than 2 pounds instead of the usual 20 lbs that many people gain during the holidays. **Dinner Tonight** is a healthy cooking school to help clientele prepare healthier meals emphasizing fruits and vegetables and healthy preparation techniques. **Master Wellness Volunteer Training**—is a 40 hour training for volunteers both face to face or online. Once completed, volunteers must pass a test and then return 40 hours of volunteer service to Extension for health and wellness programs. This is a fee based program. **Financial Management** – In America, a set of values about opportunity and prosperity has long enjoyed widespread public support derived from the tenets of our Constitution as well as our view that in the US, one can enjoy prosperity with individual responsibility in a free enterprise system and that opportunity is available to all willing to work hard. These assumptions may have been true a few decades ago, but it is out of reach for more than three million Texans living in poverty as well as millions more families with one or more working adults who live on incomes above poverty level but still too small to adequately support their basic needs. Ninety-nine percent of women will be financially responsible for themselves or their families at some point in their lives, but less than half (47%) has a retirement plan. Women live longer but have less income on average. They also invest more conservatively than men and get lower rates of return. Personal bankruptcies among those 25 and younger have increased and college graduates face challenges in paying down debt which makes it harder to save. Financial management was listed as a major issue for the elderly as well as younger populations in the most recent Lubbock County Texas Community Futures Forum for 2016-2020.

**Response:** *Do Well, Be Well with Diabetes; Wisdom, Power, and Control; and Sí, Yo Se Puedo Controlar Mi Diabetes* were developed by Extension health professionals as low-cost class series covering self-care and nutrition topics delivered in 5 – 7 session series. The programs were pilot tested. Class materials include a curriculum consistent with the American Diabetes Association Standards of Care along with PowerPoint® presentations, videos, novellas, marketing materials, and an evaluation program. County agents and Community Health Worker volunteers are trained to organize local health professionals to help plan, market, and provide the class series. The program's primary goal is to improve blood glucose management. These programs can have a significant impact on the financial well-being of families and employers in Lubbock County. Because type 2 diabetes is interrelated with food, portion sizes, and overweight issues and because DWBW-CWWD, WPC, & Yo Se Puedo emphasize these skills, the programs are being offered in Lubbock County via the Community Health Center of Lubbock. This agent presents the lessons on carb counting, label reading, Diabetes MyPlate, and portion sizes at the CHCL diabetes classes held at CHCL, while community health workers present the other lessons and prepare a snack/meal at each lesson. One class on Cooking with Diabetes was presented for SYSCO Foods to draw interest in the Step Up to Scale Down series, etc. **Step Up to Scale Down and Maintain No Gain** was offered at SYSCO Food for employees as a worksite wellness program, but SYSCO required a large liability insurance policy on this agent and her vehicle at the last minute before the Step Up to Scale Down program could be implemented. This agent presented 1-shot programs in 2018 with the new Occupational Health Nurse. **Maintain No Gain** was marketed and offered at Catholic Charities in November and December to clients and the public. This agent and a Catholic Charities program manager appeared on Trends and Friends TV show and distributed flyers throughout the county as well as media

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articles. Catholic Charities is offering \$10 gift cards for door prizes and final prizes for those that reach one to three goals. **Dinner Tonight**—One What’s for Dinner program was presented to SYSCO Food Employees in an effort to generate interest in a fee based program. This agent also exhibited a nutrition booth at the SYSCO Employee Health Fair. **Master Wellness Volunteer Training**—Due to the need for health related programs in Lubbock County, this agent promoted the Master Wellness Volunteer training at the Combest Health Center Community Health Worker class and at a Texas Tech University Community Nutrition class. **Financial Mgt** – The Lubbock CEA-FCH offers financial management classes for Work Force Solutions in the Lubbock work Force office due to a request and opportunity offered by the case worker from the Lubbock WF office. Clients were from the South Plains. One class on basic budgeting and money management 2 hours in length were offered. The other classes were changed to Food Handler classes or cancelled due to conflicts or lack of pre-registrations.

**Results: Diabetes**-This agent spoke at 4 CHCL DWBW-CWWD classes with 43 people attending. No surveys were possible with CHCL due to the limited lessons taught by this agent. A new diabetes mental health program was created by Dr. Ninfa Purcell on Coping to Control and 4 CHCL Community Health Workers were trained. It is planned that they will assist this agent in presenting these 4 lessons with the diabetes classes in 2019. Only 2 SYSCO employees attended the CWWD class even though there are a number of employees with diabetes and the program was offered for free. **Step Up to Scale Down and Maintain No Gain** was offered to SYSCO Foods but cancelled when SYSCO required a large liability policy on this agent and vehicle. One shot programs will be offered in 2019. **Maintain No Gain** at Catholic Charities had 8 clients and public & employee participants attending 6 of 7 Maintain No Gain sessions. This will be reported in 2019 due to the celebration class being held on January 10, 2019 and the post-test will be given at this time. This agent remains on the Food Access for Seniors Texas Hunger Initiative Team & on the Lubbock Mayor’s Fit/Healthy Lubbock Nutrition Committee. Links to the Dinner Tonight YouTube videos have been posted on the Fit Lubbock website as well as other nutrition information and events. A Mayor’s Marathon was held on March 4 and will be repeated in 2019. **Dinner Tonight**—Six SYSCO Foods employees attended the “What’s for Dinner program and 100 attended the SYSCO employee health fair. **Master Wellness Volunteer Training**—one person and one Extension BLT PM participated in the training. The community volunteer never finished the training modules. One Texas Tech University student expressed interest for the next class. She is now the Catholic Charities Learn to Cook coordinator part-time and is planning to attend the January 2019 class. **Financial Mgt.** - One class of basic budgeting Money Matters were held at Work Force with 2 attending. All reported learning important points about budgeting and managing credit.

**Acknowledgements**-Special thanks to Dr. Ninfa Purcell who created the new Coping to Control curriculum, the CHCL community health workers who plan to work with Extension to implement it, as well as the Community Health Center of Lubbock chw’s who also utilize parts of the DWBW-CWWD curriculum. Also, appreciation is extended to the SYSCO Foods health nurse, Linda Singleton, who is working with this agent to offer one shot programs at SYSCO in 2019 and Catholic Charities for assisting in offering the Maintain No Gain series in Nov. & Dec. 2018 and Jan. 2019 and providing incentive prizes for goals reached, and including 4 free consultations with a dietitian. Appreciation is expressed to Dr. Andy Crocker for managing the MWV program. The Lubbock Co. FCH Advisory Board endorsed these programs.

**Summary**- Chronic disease rates continue to increase and these programs will be continued in 2019. Plans are to work with other employers to offer these programs and A Matter of Balance for senior citizens in 2019. Also a Master Wellness Volunteer program is being marketed to start in January 2019.

**VALUE**


**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.

**VALUE**

**Obesity Prevention and Reduction**



The Texas A&M AgriLife Extension Service engages children and adults in programs that teach them how to eat nutritious foods and engage in regular physical activity to promote health and reduce their risk for obesity. The Texas public benefits through a healthier population, reduced health care costs, and increased productivity.