

Making a Difference

2018-2019 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% 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. In Lubbock County, 32% of adults are obese and 27% are physically inactive. Therefore, the Lubbock County Leadership Advisory Board and FCH Advisory Board identified diabetes, childhood obesity and health management as issues warranting program efforts.

Response: **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. **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. **Do Well, Be Well with Diabetes; Wisdom, Power, and Control; and Sí, Yo Se Puedo Controlar Mi Diabetes** are research-based diabetes self-management education programs targeting adults with type 2 diabetes developed by Extension health professionals as 5-7 session series covering self-care and nutrition topics. Empowerment is an overarching theme of these programs and aims to equip participants with knowledge and lifestyle skills to better control their diabetes. 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 and Catholic Charities. 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. This agent, as a licensed dietitian, presented all of the Wisdom, Power & Control classes at Catholic Charities. **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 articles. Catholic Charities is offering \$10 gift cards for door prizes and final prizes for those that reach one to three goals. **Cooking Well for Healthy Blood Pressure** is a 3 lesson series aimed at helping clientele cook healthier with herbs & spices, reduce fat & sugar, increase fruit & vegetable consumption, learn to read food labels to identify hidden sodium, how to plan meals & shop healthier for fruits & vegetables, meats, whole grains, & low fat dairy in the fresh, canned & frozen sections, identifying cooking techniques, eating out tips, cautions about supplements and medications, & living with high blood pressure. A **Food Safety Series** including Understanding Dates on Food Labels, Common Pantry Pests: The Impact of Household Insects on Food, A Healthy Harvest: Safe Handling of Fresh F&V; Going Green with Organic Foods, Keeping Food & Water Safe after a Disaster, Disaster Preparation: Food & Water Supplies to Have on Hand, Cooking Foods Outdoors: Grilling Safety, Slow Cooker Safety, Food Preservation, and Baking Basics was also presented at Catholic Charities. **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.

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Results: Diabetes-This agent spoke at 4 CHCL DWBW-CWWD classes with 37 people attending. No surveys were possible with CHCL due to the limited lessons taught by this agent. **Wisdom, Power, & Control** was delivered at Catholic Charities to 9 individuals, of which 5 with diabetes completed the pre- and post-test evaluations. 80% were female, the average age was 65, 60% were African American, 40% were Hispanic. 80% reported having a high school diploma and 20% had less than a high school education. All reported having health insurance and 60% had attended diabetes classes before. 8.2 out of 10 reported diabetes knowledge; 3.7 reported increased confidence to engage in diabetes self-care; and perceived health status improved. Comments included "It has helped me a lot. I understand how to count my carbs now", and "It has helped me understand about this disease better." Overall, the evidence shows that WPC promotes positive outcomes in diabetes self-care, diabetes-related self-confidence and perceived health status. Given the high rates of diabetes in Texas, SPC is a proven community-based program to address this concern. **Maintain No Gain** at Catholic Charities had 9 clients and public & employee participants attending 6 of 7 Maintain No Gain sessions. The celebration class was held on January 10, 2019 and the post-test was given at this time. 56.1% were over age 50; 100% were female; 42.9% Hispanic; 42.9% White; and 14.3% were African American. Improved health was reported by 28.6% after the series; 28.6% had continued exercising and 14.3% started exercising 4 times a week for an average of 46.25 minutes; 42.9% indicated their F&V portions increased; 85.7% ate fruit and 57.1% ate vegetables more often per day even though 28.6% consumed more regular sodas and sweetened drinks; 57.1% ate breakfast 4 times/week; 71.4% reported a decrease in the number of days of poor physical health & 42.9% had less poor mental health days and less days that poor health prevented usual activities; 85.7% reported using the restaurant calorie information more; 42.9% prepared more meals in advance; 71.4% drank more water and the total group weight loss was 13.5 pounds. **Cooking Well for Healthy Blood Pressure**-Of the 5 over 59 years of age attending the 3-lesson series, 25% were male, 75% female, 30% had high blood pressure or cooked for someone who did; 100% purchased the household food, 50% reported good health. After classes, 25% reported improved health, 75% participated in exercise with an increase of 25% averaging 4.33 times/week for over 30 minutes, 75% increased portions of F&V, 50% increased the number of times/day they ate fruit and 75% increased how often they ate vegetables, 50% drank less sweetened beverages, 50% increased use of herbs & spices to replace salt, & changed recipes to lower sugar & fat, 25% used less salt at the table, 50% read labels more, 75% ate more low fat dairy, 50% cooked more at home, 25% followed the DASH diet plan; 50% checked blood pressure & shopped for low sodium options more often. **Food Safety**-34 attended the 1-shot food safety lesson series listed above. This agent remains on the Food Access for Seniors Texas Hunger Initiative Team. Links to the Dinner Tonight YouTube videos have been posted on the Fit Lubbock website as well as other nutrition information and events. **Master Wellness Volunteer Training**—One Wayland Baptist nursing student and two Texas Tech dietetics students participated in the MWV training. One is now the Catholic Charities Learn to Cook coordinator part-time. One dropped out due to school and work schedules and two are completing the 40 service hours required.

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Summary- Chronic disease rates continue to increase and these programs will be continued in 2020. A Master Wellness Volunteer program is being marketed to start in January 2020.

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.