

Making a Difference

2020 Lubbock County Health and Wellness

Helping People Be Healthier & Safer

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Relevance: The prevalence of Texans diagnosed with Type 2 diabetes is 11.2%, or 2.33 million. Many have pre-diabetes and do not know it. Those with Type 2 diabetes are at higher risk of serious illness and complications related to the COVID-19 virus as well as other chronic diseases. Health-care costs now average \$3.5 Trillion for chronic diseases and mental health. Seven of the top 10 causes of death are preventable. Most chronic diseases could be prevented through FOUR key lifestyle factors: a healthy diet, adequate physical activity, avoiding smoking and excessive drinking, and getting regular health screenings. 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. 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 partly because these individuals have been encouraged to stay home during the COVID-29 pandemic and take extra precautions to stay healthy. 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, poor access to transportation and lack of internet access for virtual learning. 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, 35% of adults are obese and 27% are physically inactive, which are risk factors. Therefore, the Lubbock County Leadership Advisory Board and FCH Advisory Board identified diabetes, childhood obesity and health management as issues warranting program efforts.

Response: Master Wellness Volunteer Training— Due to the need for health-related programs in Lubbock County, this agent promoted the Master Wellness Volunteer training via social media. This is a 40-hour training for volunteers both face to face on online and was offered in Lubbock County. 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 & Wisdom, Power & Control emphasize these skills, the programs were to be offered in Lubbock County via the Community Health Center of Lubbock and Catholic Charities and other sites in 2020. This agent, as a licensed dietitian, was to present the lessons on carb counting, label reading, Diabetes MyPlate, and portion sizes at the CHCL diabetes classes held at CHCL, while community health workers were to present the other lessons and prepare a snack/meal at each lesson. This agent was to present all the Wisdom, Power & Control classes at Catholic Charities or other sites. **Step Up To Scale Down-** Because obesity is at 35% and 27% are physically inactive in Lubbock County, this 12-week series was to be offered at Catholic Charities from February 1

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through April 2020. **Senior Center Monthly Nutrition Programs-** The monthly nutrition programs were presented in January through March 2020 with participants receiving nutrition education on “ Wishing You a Healthy, H-A-P-P-Y-N-E-W-Y-E-A-R!” , “Eat Smart for Heart Health: Reduce Cholesterol & Fat”, and “Eat Smart for Heart Health: Prevent High Blood Pressure”. This agent attended the SPAG AAoA Community Advisory Committee meeting and the Sr. Center Bookkeeper’s and Director’s meeting to train them on the April-June nutrition programs.

Results: Master Wellness Volunteer Training— One volunteer started the MWV training in mid-January but dropped out before completing the online portion and the last class in February. One Texas Tech student has completed the 40 hours of training to become a MWV intern in October and November 2020 and will be giving 40 hours of volunteer service to become a certified MWV in 2021. Several more Texas Tech students and professors have registered for the MWV class to begin in January 2021. Their fees are to be funded through this agent’s FPM residual account and will be managed by CEA-BLT Cory Edwards due to this agent’s planned FMLA surgery. **Diabetes-**Due to the COVID-19 pandemic lock down, this agent did not get to present DWBW-CWWD classes at CHCL or Wisdom, Power, & Control at Catholic Charities or other sites. The evidence from 2019 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, WPC is a proven community-based program to address this concern. However, the District 2 Diabetes Team of FCH and Health agents via social media advertising, offered a three-week online course to 30 participants with 3 pre-recorded videos, 12 educational handouts, 4 diabetes friendly recipes and 1 carbohydrate counting example shared and 15 social media posts shared as well as a retrospective and a 6-month follow-up survey. Forty percent increased confidence in carbohydrate counting, 40% increased confidence in being able to identify carb foods in meals, 60% increased confidence in counting carbs in their own recipes and to manage diabetes when eating out, 20% increased confidence in the ability to eat 5 servings of fruits and vegetables per day, to understand the importance of physical activity, and to participate in at least 30 minutes of physical activity per day. One follow-up survey revealed 100% confidence in these skills. Eleven total diabetes social media posts reached 464. **Step Up to Scale Down-** This series was started at Catholic Charities with 4 participants but cancelled due to the COVID-19 lock down. **Senior Center Monthly Nutrition Programs-** The monthly nutrition programs were presented in January through March 2020 with 390 participants receiving nutrition education on “ Wishing You a Healthy, H-A-P-P-Y-N-E-W-Y-E-A-R!” , “Eat Smart for Heart Health: Reduce Cholesterol & Fat”, and “Eat Smart for Heart Health: Prevent High Blood Pressure”. The SPAG AAoA Community Advisory Committee meeting was held virtually in April as was the Sr. Center Bookkeepers and Directors meeting due to the

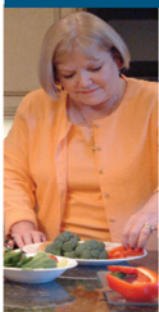
COVID-19 lock down in preparation for re-opening the sr. centers. However, drive-by meal service has continued due to the numbers of COVID-19 cases, and seniors being an at-risk population for COVID-19. Because the centers are not open for congregant meals, the nutrition programs have not been possible since March. Two Texas Tech Dietetic Interns spent 32 hours each with this agent and CEA-BLT Cory Edwards assisting with programs. A total of 342 other health and wellness related social media posts reached 8,932.

Acknowledgements-Special thanks to Dr. Ninfa Purcell who created the Wisdom Power Control curriculum, Anna Sullivan, who is a MWV intern and Catholic Charities for allowing Step to Scale Down presentations to the Learn to Cook clientele and for assisting and providing incentive prizes for goals reached, including 4 free consultations with a dietitian, as well as the CHCL community health workers who work with Extension to implement educational sessions. 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 in Lubbock County, and these programs will be continued, along with others in 2021 when face to face programs are possible with the COVID-19 Pandemic. A Master Wellness Volunteer program is being marketed to start in January 2021.

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.

EXTENDING KNOWLEDGE
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