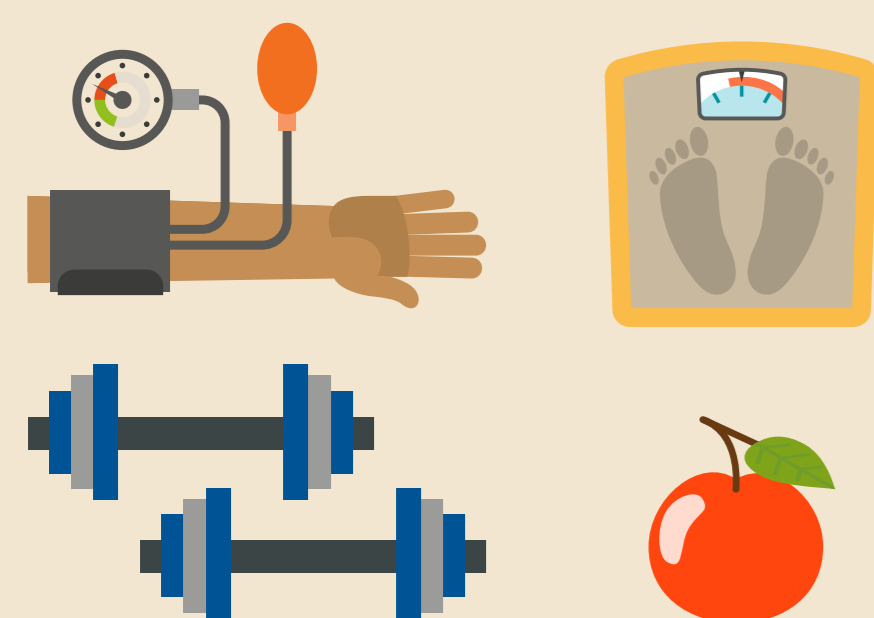




**Take Charge of Your Diabetes (TCYD) is a diabetes self-management education program targeted to adults with type 2 diabetes, developed by UF/IFAS faculty and conducted by county Extension faculty in collaboration with local health professionals.**  
<http://diabetes.ufl.edu/education/uf-ifas/>



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# IMPROVING THE HEALTH OF MARION COUNTY'S CITIZENS

## 29.1 million Americans over age 20 have diabetes



**7<sup>th</sup>** leading cause of death in U.S.

**\$245 billion** estimated annual cost of diabetes

**Can lead to**

- blindness
- kidney disease
- heart disease
- lower limb amputations

## Take Charge of Your Diabetes (2011-2014 impacts)



115 participants in Marion County on average increased frequency of their diabetes management behaviors, with significant improvement in 8 of 9 categories:

- Take diabetes medication **↑ 5%**
- Check blood glucose daily **↑ 18%**
- Dry between toes **↑ 19%**
- Exercise 30 minutes **↑ 48%**
- Check feet **↑ 50%**
- Adjust calorie intake **↑ 65%**
- Check blood glucose after meals **↑ 75%**
- Space out carbohydrates **↑ 108%**
- Use a food system **↑ 243%**



Reduced A1C levels  
**7.2% to 6.7%<sup>†</sup>**  
(recommended goal is 7.0 or below)

### ECONOMIC IMPACT

Participants **saved**  
**\$117,105** on diabetes self-management education<sup>‡</sup>

Saved **5.7%** (private insurance) to **14.0%** (Medicare) on health care costs relative to those not taking classes—a total of more than **\$128,774.<sup>§</sup>**

**Nurses and volunteers** conducted free health assessments valued at **\$5,694.**

<sup>†</sup> Based on follow-up evaluations conducted 9 months after completion of program.

<sup>‡</sup> Based on the cost of TCYD (\$45) relative to other hospital-based program in Marion County (\$1,100).

<sup>§</sup> Duncan, I., et al. (2009). Assessing the value of diabetes education. The Diabetes Educator, 35, 752- 760.