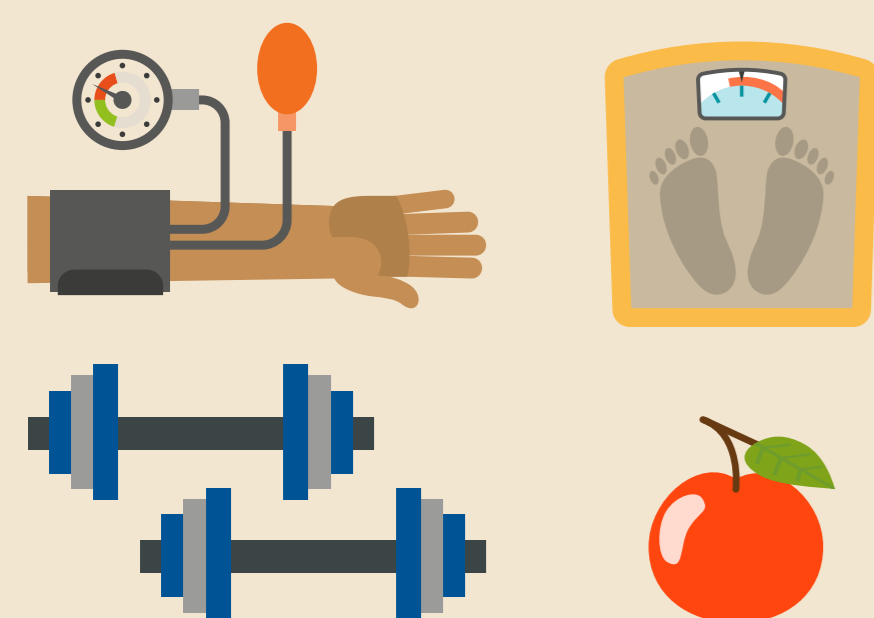




IMPROVING THE HEALTH OF MARION COUNTY'S CITIZENS

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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29.1 million Americans over age 20 have diabetes



7th 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%[†]
(recommended goal is 7.0 or below)

ECONOMIC IMPACT

Participants **saved**
\$117,105 on diabetes self-management education[‡]

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.[§]**

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

[†] Based on follow-up evaluations conducted 9 months after completion of program.

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

[§] Duncan, I., et al. (2009). Assessing the value of diabetes education. The Diabetes Educator, 35, 752- 760.