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About Us

The Texas A&M Health Science Center is a premier assembly of colleges devoted to transforming health through innovative research and education in biomedical sciences, dentistry, medicine, nursing, pharmacy and public health at campuses across the state.

In September 1997, the Texas A&M System Board of Regents approved organization of the health-related entities throughout the A&M System into one university - Texas A&M Health Science Center (TAMHSC), which officially began operation on September 1, 1999. Original academic units in the consolidation included College of Medicine, Baylor College of Dentistry, Institute of Biosciences and Technology, the then-proposed School of Rural Public Health and School of Graduate Studies. Located on the Texas A&M University-Kingsville campus, the Irma Lerma Rangel College of Pharmacy joined TAMHSC in 2006, and the College of Nursing opened in 2008. On July 15, 2013, TAMHSC transitioned to become a unit of Texas A&M University.

The Coastal Bend Health Education Center (CBHEC), located in Corpus Christi, Texas, is a community outreach center for TAMHSC and serves as a key resource for the Coastal Bend. Established in 1999 through Senate Bill 590, CBHEC is dedicated to improving the quality of health care by advancing the knowledge and skills of health care professionals, students and the community. The center provides community-based education opportunities for health professionals, supports programs designed to foster recruitment into health-related professions among underrepresented populations, and sponsors community outreach efforts throughout its 20-county service area.

The center maximizes state and local funds by collaborating with private organizations and sharing community resources, and has established partnerships with colleges, universities, hospital systems, community-based organizations, and local and state agencies.

Mission
CBHEC is committed to improving the quality of health care by advancing the knowledge and skills of health care professionals, students and the community through partnerships in education, research, and technology.

Vision
The vision of CBHEC is to optimize the health of the residents of the Coastal Bend by being a premier health education center.
The Coastal Bend service area spans 20 counties.
CBHEC Organizational Structure

Special Assistant to the CEO/EVP
Texas A&M Health Science Center
Scott R. Lillibridge, MD

Director
Starr Flores

Assistant Director
(Vacant)

COMMUNITY OUTREACH
- Medical Director
  Juan F. Castro, MD
- Health Education Coordinator
  Delia Martinez
- Certified Diabetes Educator
  Maggie Scherer, RN
- Program Coordinator
  Sandra Garcia

COMMUNITY OUTREACH (1115 Waiver)
- Program Assistant
  Maria Garcia
- Health Education Coordinator
  Maggie Scherer, RN
- Lead Office Assistant
  Connie Mira
- Lead Office Assistant
  Diane Cervantes
- Community Health Worker
  Diana Alvare
- Community Health Worker
  Lucinda Carroll
- Community Health Worker
  Damas Urbina
- Community Health Worker
  (Vacant)

MEDICATION ASSISTANCE
- Registered Nurse
  H. Basuro
- Community Health Worker
  Elvada Trevino
- Community Health Worker
  Loretta Zamora
- Community Health Worker
  (Vacant)

CONTINUING PROFESSIONAL EDUCATION
- Health Education Coordinator
  Cheryl Bullen
- Program Coordinator
  Sandra Garcia
- Program Coordinator
  Courtney Gallion
- Outreach Worker
  Naida Rios
- Outreach Worker
  Eslanda Trevino
- Outreach Worker
  Loretta Zamora
- Outreach Worker
  (Vacant)

ADMINISTRATION
- Medical Director
  Juan F. Castro, MD
- Health Education Coordinator
  Delia Martinez
- Certified Diabetes Educator
  Maggie Scherer, RN
- Program Coordinator
  Sandra Garcia
- OUTREACH (1115 Waiver)
  Program Assistant
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- Outreach Worker
  Naida Rios
- Outreach Worker
  Eslanda Trevino
- Outreach Worker
  Loretta Zamora
- Outreach Worker
  (Vacant)
- CONTINUING PHARMACY EDUCATION
  Program Coordinator
  (Vacant)
- HEALTH CAREERS
  Program Assistant
  Rebecca Smith
- HUMAN RESOURCES
  Administrative Coordinator
  Betty Whittaker
- COMMUNICATION
  Communications Director
  Lindsey Hendrix
- BUSINESS
  Business Coordinator
  Sylvia Garcia

- Special Assistant to the CEO/EVP
  Texas A&M Health Science Center
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- Director
  Starr Flores
- Assistant Director
  (Vacant)

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- COMMUNICATION
  Communications Director
  Lindsey Hendrix
- BUSINESS
  Business Coordinator
  Sylvia Garcia
Greetings,

Fiscal year 2014 has been a great year for the Coastal Bend Health Education Center (CBHEC). This is evidenced by the tremendous growth we have experienced in our programs. The addition of Victoria County to our existing 19 county service area allows us the opportunity to provide much needed services to an underserved area. Some of CBHEC’s success stories include significant cost savings on prescription drug costs for Coastal Bend residents; the awarding of more than 10,000 continuing education credits to physicians, pharmacists, nurses, and other health care professionals; providing diabetes education to almost 5,000 individuals; and introducing over 800 middle and high school students to a variety of health career choices. In addition, CBHEC experienced record attendance at its 10th Annual Diabetes Conference.

This year also saw the receipt of the 1115 Medicaid Waiver funding from the Nueces County-Corpus Christi Public Health District. This new project, which utilizes a comprehensive diabetes care team, provides diabetes education to uninsured high-risk diabetes patients in the community. As a result of our partnership with the Amistad Federally Qualified Health Center, the diabetes care team has the ability to reach a much higher number of uninsured diabetes patients. In the short amount of time the diabetes care team has been seeing patients at Amistad, we have witnessed significant improvement in patients’ health due to the team’s concerted effort to connect them to other resources in the community.

CBHEC’s vision for 2015 includes the expansion of its programs to additional counties within our service area. To accomplish this vision, CBHEC plans to utilize the latest technology and forge new partnerships to serve a larger population. CBHEC’s program success has been, and always will be, the direct result of the compassionate qualified staff and the development of strategic partnerships and collaborations with educational, governmental and community organizations.

As we look forward into 2015, CBHEC is excited to embrace the challenges and opportunities that will present themselves in accomplishing our mission and vision while empowering those we serve to achieve their best possible health.

Sincerely,

Starr Flores
## 2014 Highlights

<table>
<thead>
<tr>
<th>Program</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>Medication Assistance Program</strong></td>
<td>$2.3 million</td>
</tr>
<tr>
<td>amount clients saved on prescription medications</td>
<td>$2.3 million</td>
</tr>
<tr>
<td><strong>Continuing Education Program</strong></td>
<td>10,366</td>
</tr>
<tr>
<td>number of CE credits awarded</td>
<td>10,366</td>
</tr>
<tr>
<td><strong>Health Careers Program</strong></td>
<td>852</td>
</tr>
<tr>
<td>number of students reached</td>
<td>852</td>
</tr>
<tr>
<td><strong>Diabetes Education Program</strong></td>
<td>4,824</td>
</tr>
<tr>
<td>number of program participants</td>
<td>4,824</td>
</tr>
</tbody>
</table>

From left: Brett P. Giroir, M.D., Executive Vice President and CEO of TAMHSC; Starr Flores, Director of CBHEC; Sandra Garcia, CBHEC Medication Assistance Program Coordinator; Delia Martinez, CBHEC Diabetes Education Program Coordinator; Lindsey Hendrix, CBHEC Communications Director.
Medication Assistance Program

The Medication Assistance Program is committed to providing resources to the uninsured and under-insured residents of the 20-county service area of the Coastal Bend region in Texas in order to improve their overall health.

Sandra Garcia’s phone rings in her office for the second time in ten minutes. On the other end is yet another person who cannot afford next month’s supply of insulin, a lifesaving injectable for people living with diabetes. Rising prescription drug costs have spurred alarm in Garcia’s clientele, but she confidently assures she will do all she can to help.

As program coordinator of the Medication Assistance program, Garcia has assisted hundreds of uninsured and under-insured South Texans with obtaining their prescription medications – including insulin – at a low or no cost, despite rising prices caused by a number of recent changes in the pharmaceutical industry.

“We have seen more and more patients coming to us needing assistance with insulin,” she said. “Most of them don’t have insurance, but even some insurance does not cover insulin, and we can help those individuals, too.”

People who are considered under-insured have health benefits that do not adequately cover all of their medical expenses. For these people, some prescriptions may be covered while others are not, or they might have high out-of-pocket expenses. Unfortunately, many people don’t discover they are under-insured until an emergency occurs or they are faced with a serious illness, like diabetes, that requires prescriptions that are not covered by their insurance.

$2.3 million
The medication assistance program saved 775 people $2,341,732 in prescription drug costs.

The cost for insulin without insurance coverage is anywhere from $200 to $500 per month and higher, depending on the amount an individual needs to keep his or her diabetes under control. This can be devastating for those whose income lies below the $15,000 poverty level, but, according to the American Diabetes Association, poverty and type 2 diabetes are tightly linked.

More than 17 percent of Texas residents live below the poverty level (compared to 15 percent nationwide). In Kleberg County, Texas, this number is more than 25 percent, and in Brooks County, Texas, nearly 40 percent of the population lives in poverty. But thanks to the medication assistance program, 333 people in both these counties saved more than $970,000 on their prescription medications in

![Image of insulin bottle and pills]
2014. In total, 775 people across the program’s 20-county service area in the Texas Coastal Bend region saved more than $2 million in prescription costs in 2014.

The program’s staff is able to lower their clients’ prescription costs by assisting them with filling out lengthy and often complex applications that offer a limited supply of free or low-cost medications through pharmaceutical companies’ patient assistance programs. They also connect clients with a number of other resources available through retail pharmacies and indigent programs. The resources and expertise of CBHEC’s medication assistance program staff allow them to track down the lowest possible cost for medications that treat not only diabetes, but also cardiovascular disease, respiratory conditions, mental health, chronic pain, and nearly every other disease state.

“Some of our clients have up to fifteen different medications and have to alternate them on a monthly basis because they can’t afford to pay for all of them at once, but we are able to find some of their medications for as low as $4,” said Eslanda Trevino, an outreach worker with CBHEC’s medication assistance program in Falfurrias, Texas.

And for those who need insulin? Garcia says they can help people get it at absolutely no cost to them.

The medication assistance program has offices in Corpus Christi, Falfurrias, Kingsville, Victoria, and now in Cuero, Texas to assist low-income residents in and around these areas.

### Summary

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
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<tbody>
<tr>
<td>Total clients served</td>
<td>775</td>
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<tr>
<td>Total applications processed</td>
<td>3,482</td>
</tr>
<tr>
<td>Total cost savings</td>
<td>$2,341,732</td>
</tr>
</tbody>
</table>

### 2014 Client Demographics

#### Gender

- Female: 61%
- Male: 39%

#### Race

- Hispanic: 84%
- White: 12%
- African American: <1%
- Asian: <1%
- Other: <1%

#### Age Range (Years)

- 66+: 12%
- 56-65: 36%
- 46-55: 30%
- 36-45: 13%
- 26-35: 5%
- 10-25: 3%
## Service Area Breakdown

<table>
<thead>
<tr>
<th>Location</th>
<th>Clients Served</th>
<th>Applications Processed</th>
<th>Cost Savings ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brooks County</td>
<td>290</td>
<td>1,162</td>
<td>883,989</td>
</tr>
<tr>
<td>Kleberg County</td>
<td>43</td>
<td>201</td>
<td>87,838</td>
</tr>
<tr>
<td>Nueces County</td>
<td>402</td>
<td>2,008</td>
<td>1,265,890</td>
</tr>
<tr>
<td>Victoria County</td>
<td>40</td>
<td>111</td>
<td>104,015</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>772</strong></td>
<td><strong>3482</strong></td>
<td><strong>2,341,732</strong></td>
</tr>
</tbody>
</table>

## Service Area

- Nueces County: 52%
- Brooks County: 37%
- Kleberg County: 5%
- Victoria County: 8%

## Medications Received

- Diabetes: 30%
- Cardiovascular: 33%
- Pain Management: 4%
- Mental Health: 5%
- Gastrointestinal: 6%
- Respiratory: 8%
- Other: 12%
Continuing Education Program

The mission of the Continuing Education Program is to plan, develop and present continuing education activities based on identified needs, in the most appropriate format, for physicians, pharmacists, and other health care professionals, and through these education activities, enhance knowledge, skills, practice performance and attitudes of health care professionals, thus leading to better patient outcomes.

In today’s rapidly evolving health care environment, it has become increasingly critical for practicing health care professionals to stay up-to-date with cutting-edge knowledge and skills. Through the Continuing Education program, CBHEC ensures regional and statewide medical professionals are given the opportunity to acquire the knowledge and skills necessary to provide the highest standard of care to their patients.

CBHEC is accredited by the Texas Medical Association to provide continuing medical education for physicians and by the Accreditation Council for Pharmacy Education to provide continuing pharmacy education for pharmacists and pharmacy technicians. In addition, the Continuing Education Program partners with Texas A&M University-Corpus Christi College of Nursing and Health Sciences, an approved provider of continuing nursing education by the Texas Nurses Association, to offer continuing education opportunities for nurses and nurse practitioners.

The 10th Annual Diabetes Conference, held in July at the American Bank Center, saw its highest number of participants since the event’s inception in 2004. Nearly 300 physicians, pharmacists, nurses and other health care professionals from across Texas traveled to Corpus Christi to attend the conference. The next-highest attended Diabetes Conference was in 2008 and had just under 250 attendees.

Online courses, conferences and lecture series offered by CBHEC have added up to over 10,300 continuing education credits awarded this year to health care professionals in the Coastal Bend and beyond.

Continuing Education Programs

<table>
<thead>
<tr>
<th>Major conferences</th>
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<tr>
<td>Recurring lectureship series</td>
<td>8</td>
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<tr>
<td>RCHI peer reviews*</td>
<td>170</td>
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<tr>
<td>Distance &amp; online education series</td>
<td>3</td>
</tr>
</tbody>
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* RCHI Peer Reviews are conducted in conjunction with the TAMHSC Rural and Community Health Institute.
2013-2014 Conferences in Review

Fall Pharmacy Technician Summit, September 21, 2013
Half-day event covering critical topics for pharmacy technicians, including law, patient safety and risk management.

3rd Annual Gulf Coast Pharmacy Symposium, February 21-22, 2014
Two-day conference featuring renowned international, national and regional speakers offering perspectives from different parts of the world. Topics included ethics, law, treatment of snake bite, depression, cardiovascular disease, growth factors, gastrointestinal pharmacology, nutrition and immunization, among others.

Stroke and Afib Forum, April 5, 2014
Half-day comprehensive update on the latest advances in stroke and atrial fibrillation treatments. Included discussion about new risk factors, therapies and current evidence based practice in the prevention of cardiovascular morbidity associated with atrial fibrillation/stroke.

10th Annual Diabetes Conference, July 25-26, 2014
Two-day seminar covering a broad range of diabetes-related topics, including diabetes, hypertension, lipids, cardiovascular disease, chronic kidney disease and obesity.
Learning outcomes

3rd Annual Pharmacy Symposium

The CE department tracks learning outcomes by having participants take part in pre- and post-tests facilitated by an audience response system. These charts illustrate the change in knowledge that occurred as a result of attending the conferences.
Health Careers Program

The recruitment and educational preparation of middle and high school students is necessary in creating the workforce needed to provide future services. The Health Careers Program provides opportunities to explore career choices through school clubs, annual conferences and summer camps, shadowing, mentoring and hands-on demonstrations.

A group of middle schoolers sing “Happy Birthday” over a sink at Martin Middle School in Corpus Christi, Texas. There’s no cake and no gifts. In fact, no one in the room is celebrating a birthday today. They’re just killing germs.

Teaching proper hand washing is just one of the ways staff from CBHEC introduces kids and teenagers to the world of health science. During this visit to Martin Middle School’s Health Care Careers Club meeting, they’re teaching about bacteria and viruses, explaining the transmission and reproduction of each agent. Students then get to practice proper hand-washing by using a special product that, under a black light, shows how many “germs” are left on hands after an ineffective wash. The rule of thumb for proper hand-washing is to lather up with soap and warm water and scrub for 20 seconds, which is about how long it takes to sing the “Happy Birthday” song.

CBHEC has introduced a variety of health-related career paths to teens across South Texas. Its Health Careers Program reached more than 850 students from elementary to high school this year, teaching them about careers such as medical technology and clinical laboratory science, pharmacy, phlebotomy (collecting blood samples), and respiratory therapy through a program that includes a mobile medical library, annual conference and two-day summer camp.

This program aims to spark area youth’s interests in health careers, especially career paths that are in high demand in South Texas and across the state. By educating young people about these career paths and getting them interested early, the program positions them to achieve their career goals and also helps to address a growing problem in the South Texas area. An overwhelming number of counties spanning the region have been identified as Health Professional Shortage Areas by the U.S. Department of Health and Human Services, meaning that more health professionals are needed in the region, from primary care doctors to dentists, pharmacists and medical technicians.

“Our goal is that many of these students will choose to pursue health care careers and return to the region to practice their profession and help meet the needs of the Coastal Bend,” said Cheryl Bullen, CBHEC health education coordinator.

One popular and successful aspect of the program is the annual Health Careers Discovery Camp.
The Health Careers Program reached 852 students during the 2014 fiscal year.

Health Careers Discovery Camp was held at Post Acute Medical Specialty Hospital this year. Students came from high schools in Corpus Christi, Alice, Bishop and Rockport.

Camp. This year, campers got to experience what it’s like to work in a hospital. Twenty-five students from high schools throughout the Coastal Bend spent two days interacting with medical professionals at Post Acute Medical Specialty Hospital in Corpus Christi. They used simulation equipment to practice basic medical procedures including drawing blood, taking vitals and performing CPR. The second day was spent observing hospital clinicians with their patients in pharmacy, radiology, physical and occupational therapy, respiratory therapy and nursing.

CBHEC provides support year-round for students involved with the program by establishing Health Care Careers and Future Nurses clubs in local middle and high schools. Faculty sponsors help students select the most important classes for acceptance into advanced health education programs. The center equips the clubs with supplemental resources, including a hands-on, mobile medical library that features a broad array of training equipment, such as an auscultation simulator to hear different heart and lung sounds and microscopes with an assortment of slides that allow students to identify cells from different parts of the body. The library also includes synthetic human arms to teach phlebotomy, the science of drawing blood.

“These kids didn’t know what a phlebotomist was when they joined the club,” said Nelda Cummings, a registered nurse who also serves as the school nurse and club sponsor at Martin Middle School. “Being exposed to these careers can really shape their future. They’ve learned about radiologists and what a respiratory therapist is. They get a head start on their future with this program, and it’s been great.”

Following one visit to Martin Middle School, a student told Cummings she plans to become a phlebotomist. It very well may happen, as Cummings has seen before. A former member from the club’s first year, who learned about pharmacy through a CBHEC health careers event, is now enrolled at the TAMHSC Irma Lerma Rangel College of Pharmacy in Kingsville.

“At this age, their minds are like sponges,” she said. “Programs like this have so much influence on what path they take.”
**Program Outreach**

<table>
<thead>
<tr>
<th>Event</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Future Health Professionals Conference</td>
<td>252</td>
</tr>
<tr>
<td>Annual Health Careers Discovery Camp</td>
<td>24</td>
</tr>
<tr>
<td>Career Fairs &amp; Community Outreach Events</td>
<td>411</td>
</tr>
<tr>
<td>Mobile Medical Library visits to schools</td>
<td>165</td>
</tr>
</tbody>
</table>

**Taking steps to pursue a health career**

Students completed entrance and exit surveys at Health Careers Discovery Camp. This graph illustrates an upward shift in how strongly students agreed with the statement, “I am already taking steps to pursue a health career,” after participating in the camp.

**Learning outcomes**

Students completed entrance and exit surveys at Health Careers Discovery Camp. This graph illustrates the change in confidence for each skill taught during the duration of camp. These figures represent the percent of respondents who answered “I can do this,” “I can do this with ease” and “I can do this and teach others.”
Out of the 11 schools in attendance from six counties in South Texas, five of these counties are identified as rural areas (Aransas, Duval, Jim Wells, Matagorda and San Patricio). About 30 percent of students in attendance were from a rural county.

Demographics

Race

- Hispanic 74.8%
- White 14.3%
- Asian 5.9%
- Multiracial 6.7%
- Other 1%

Gender

- Female 75.4%
- Male 25.6%

The majority of students who attended the 12th Annual Future Health Professionals Conference most closely identified with the Hispanic race; the majority also reported their gender as female.
The Diabetes Education Program improves the health of the community by providing health education on issues specific to the Coastal Bend area.

Texas is expected to have nearly eight million residents suffering from diabetes by the year 2040, according to a 2010 report released by the Texas Health Institute, State Demographer’s Office and Methodist Healthcare Ministries of South Texas. In South Texas, nearly one in four (20 percent) adults has been diagnosed with diabetes, according to the Texas Department of State Health Services, and many more have it and don’t know it. In the Texas Coastal Bend, more than 31 percent of adults are overweight and 42.3 percent are obese. That means nearly three-quarters of the population in the Coastal Bend is at increased risk for developing type 2 diabetes.

In response to this epidemic, the Diabetes Education program provides resources on how to prevent and control diabetes for residents and health professionals of the Coastal Bend. Diabetes self-management education (DSME) is a critical part of care for those with diabetes and, according to the American Diabetes Association (ADA), is necessary to improve patient outcomes. CBHEC’s Diabetes Education program, which is accredited by the ADA, provides diabetes self-management classes and support to prevent onset of type 2 diabetes and to keep it under control once diagnosed. Classes are offered in English and Spanish in locations throughout the Coastal Bend.

Over the course of four, two-hour classes or a single eight-hour class, certified diabetes educators, registered nurses and a nutritionist teach basic information about diabetes, healthy eating and the importance of physical activity. Participants also receive blood glucose monitors and are taught how to properly test their blood sugar.

Lab work is taken and assessed at the outset of the classes, which includes patients’ height, weight, body mass index, blood pressure, body fat percentage and Hemoglobin A1c. Health professionals use the A1c test to assess a person’s average blood glucose (blood sugar) levels over the past two to three months. It does this by measuring the percent of hemoglobin (the protein in our red blood cells that carry oxygen) that has glucose attached to it. For people without diabetes, the normal range for the A1C test is between 4 and 5.6 percent. To control diabetes, the ADA suggests a target level below 7 percent in those who have already been diagnosed.

“Follow-ups continue the education patients received in our class,” said David Leal, health educator and nutritionist with the program. “We can answer questions that patients are likely to have after trying to apply the strategies they learned in class.”

To lower A1C levels, Leal recommends patients take their medications as directed and keep their appointments with their health care professionals use the A1c test to assess a person’s average blood glucose (blood sugar) levels over the past two to three months. It does this by measuring the percent of hemoglobin (the protein in our red blood cells that carry oxygen) that has glucose attached to it. For people without diabetes, the normal range for the A1C test is between 4 and 5.6 percent. To control diabetes, the ADA suggests a target level below 7 percent in those who have already been diagnosed.

4,824 Classes, demonstrations, and community outreach efforts of the Diabetes Education Program reached 4,824 people across the Coastal Bend in 2014.
providers and diabetes education program.

“We empower participants of our program to make change – change that is appropriate in each of their lives and individual situations,” he said.

In addition to DSME, CBHEC’s program offers a variety of diabetes training programs in schools and workplaces throughout South Texas, and specialized training is provided to health care professionals and school faculty to ensure improved quality of care for diabetes patients. House Bill 984 training (Diabetes Management of Children in Schools) was provided to school personnel serving in Brooks, Nueces, Duval, San Patricio, Jim Wells, Live Oak, Aransas and Bee counties. This year, the Diabetes Education program reached a total of 4,824 people through DSME, community education, support services and professional training.

Because of its impact in the Coastal Bend, the program has plans to expand to a 26-county area of South Texas as part of the Texas A&M Healthy South Texas 2025 Initiative. These extended services will help Texas A&M achieve its goal of reducing preventable diseases, like diabetes, by 25 percent by the year 2025.

<table>
<thead>
<tr>
<th>Program Activities</th>
<th>Count</th>
</tr>
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<tbody>
<tr>
<td>Diabetes management classes</td>
<td>175</td>
</tr>
<tr>
<td>Nutrition education sessions</td>
<td>41</td>
</tr>
<tr>
<td>Community outreach events</td>
<td>12</td>
</tr>
<tr>
<td>Professional training</td>
<td>81</td>
</tr>
<tr>
<td>House Bill 984 training (Diabetes Management of Children in Schools)</td>
<td>4</td>
</tr>
<tr>
<td>Support group meetings</td>
<td>13</td>
</tr>
<tr>
<td>Follow-up visits</td>
<td>1,673</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1,999</strong></td>
</tr>
</tbody>
</table>

Counties reached through House Bill 984 Training

House Bill 984 training (Diabetes Management of Children in Schools) was provided to school personnel serving in the following counties: Aransas, Bee, Brooks, Duval, Jim Wells, Live Oak, Nueces and San Patricio.
**Change in A1c levels**

A1c levels were tested at patients’ initial visit and again at their follow-up visit. These charts reflect the percentage of patients whose A1c levels decreased, increased or remained unchanged at their follow-up visit.

**Program Participants**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes management classes</td>
<td>1,137</td>
</tr>
<tr>
<td>Nutrition education sessions</td>
<td>208</td>
</tr>
<tr>
<td>Community outreach events</td>
<td>884</td>
</tr>
<tr>
<td>Professional training</td>
<td>227</td>
</tr>
<tr>
<td>House Bill 984 training (Diabetes Management of Children in Schools)</td>
<td>77</td>
</tr>
<tr>
<td>Support group meetings</td>
<td>635</td>
</tr>
<tr>
<td>Follow-up visits</td>
<td>1,673</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>4,841</strong></td>
</tr>
</tbody>
</table>
Patients with Hemoglobin A1c levels >10% at their initial visit had a mean decrease of 2.5 points at their follow-up. Each percentage point reduction in mean A1c levels is associated with a 25% reduction in the risk of diabetes-related death.*

Demographics (DSME Participants)

Race

<table>
<thead>
<tr>
<th>Race</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>12%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>84%</td>
</tr>
<tr>
<td>African American</td>
<td>2%</td>
</tr>
<tr>
<td>Asian</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Other</td>
<td>&lt;1%</td>
</tr>
</tbody>
</table>

Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>54%</td>
</tr>
<tr>
<td>Male</td>
<td>46%</td>
</tr>
</tbody>
</table>

A1c Champions

<table>
<thead>
<tr>
<th>A1c Champions</th>
<th>Initial A1c</th>
<th>Follow-Up</th>
<th>Net Decrease</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caucasian male, 57 years old</td>
<td>13.2%</td>
<td>4.9%</td>
<td>8.3 points</td>
</tr>
<tr>
<td>Hispanic male, 39 years old</td>
<td>14.7%</td>
<td>6.6%</td>
<td>8.1 points</td>
</tr>
<tr>
<td>Hispanic male, 63 years old</td>
<td>13.5%</td>
<td>6.1%</td>
<td>7.4 points</td>
</tr>
<tr>
<td>Hispanic male, 75 years old</td>
<td>14.0%</td>
<td>7.0%</td>
<td>7 points</td>
</tr>
<tr>
<td>Hispanic male, 52 years old</td>
<td>14.0%</td>
<td>7.1%</td>
<td>6.9 points</td>
</tr>
<tr>
<td>Caucasian male, 63 years old</td>
<td>13.9%</td>
<td>7.0%</td>
<td>6.9 points</td>
</tr>
</tbody>
</table>

* United Kingdom Prospective Diabetes Study (UKPDS)
Community Partners

American Diabetes Association
Amistad Community Health Center
Behavioral Health Center of Nueces County
Brooks County
Catholic Charities of Corpus Christi
CHRISTUS Spohn Health System
Coastal Bend Diabetes Community Coalition
Community Action Committee of Victoria
Cornerstone Church
Corpus Christi Independent School District
Corpus Christi Medical Center
Corpus Christi-Nueces County Public Health District
Cuero Community Hospital
Deaf & Hard of Hearing Center
Del Mar College
Denton County MHMR Center
DeTar Hospital
Diocese of Corpus Christi
Driscoll Children’s Hospital
Education Service Center, Region 2
First Christian Church Kingsville
H-E-B
Health Information Network of South Texas
King Ranch Corporation
LabCorp Corpus Christi
Methodist Healthcare Ministries of South Texas, Inc.
Nueces County Colonias Coalition
Nueces County Commissioners
Nueces County Community Action Agency
Post Acute Medical Specialty Hospital of Corpus Christi
South Coastal Area Health Education Center
TAMHSC College of Medicine
TAMHSC Irma Lerma Rangel College of Pharmacy
TAMHSC School of Public Health
Texas A&M University–Kingsville
Texas A&M University–Corpus Christi
Texas AgriLife Extension Agency
Texas State Aquarium
Transportation Coordination Network of the Coastal Bend
WIC Program
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Noelia Rodriguez
Jacki Siller
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Isabel Odeh
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Steven Gates, D.O.
Earl Matthew, M.D.
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Charles Douglas, PhD, MBA
John D. Evans, PharmD, MBA
Ron Garza, RPh
Mary B. Hill, RPh
Mike Horsemans, PharmD
Alice Mendoza, RPh
Alexis Omari, PharmD
Ricardo Perez, DPM, PharmD
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Corpus Christi, TX 78405
361.857.2945
diabetes@cbhec.tamhsc.edu

Medication Assistance Program
Office locations in Corpus Christi, Cuero, Falfurrias, Kingsville, Victoria
Call toll free to schedule an appointment:
1.866.524.1408
medication@cbhec.tamhsc.edu

Community Outreach Program
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1533 S. Brownlee Blvd.
Corpus Christi, TX 78404
361.886.3094
/coastalbendhealth  @tamhscbhec  /coastalbhealth  http://eepurl.com/Kzwhj