

HELPING PEOPLE IN TEXAS EAT BETTER AND SAFER

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Relevance

The Lubbock County Leadership Advisory Board identified financial management, childhood obesity and health management as issues warranting program efforts. In addition, the Lubbock County Family and Consumer Sciences Advisory Board narrowed the topics to health care needs; child nutrition/overweight/nutrition education & food security & safety; diabetes; and affordable quality child care. In Lubbock County, an estimated 10% have incomes that are 185% of poverty or below; 87,313 receive food stamp benefits. Research has shown that individuals who live in poverty have dietary intakes that are not congruent with current recommendations (i.e. Dietary Guidelines or MyPyramid). This audience, like many, may not recognize their risk for food borne illness. Stretching resources so food is available throughout the month is also a challenge.

While the Lubbock unemployment rate in 2006 was reported to be from 3.3% to 4.0%, the Lubbock County Data for Economic (In)Security and Support in The State of Texas Children 2007: Lubbock County, shows that 17.8% (43,246) of the total population in Lubbock County live in poverty and that 24.5% (15,429) of children live in poverty. There were 1,506 (2.4%) children receiving TANF and 895 (14.5%) receiving Social Security. In 2005, children receiving Food Stamps numbered 15,776 (25.6%), while 7226 (37.5%) were enrolled in the Women, Infants, & Children (WIC) program. In 2007, 24,050 (59%) children were receiving free or reduced-price lunches.

Additionally, the US Congress has passed the Healthy Hunger-Free Kids Act, which is awaiting the President's endorsement. This will increase the reimbursement rate for school meals; improve the nutritional quality of the food and set standards for "a la carte" lunch lines, vending machines, and school stores; increase the number of eligible children by using Medicaid data for certification; eliminate paper applications and using census data to determine school wide income eligibility; allows the Child and Adult Care Food Program (CACFP) providers to be reimbursed for providing a meal to at-risk children after school; requiring schools to make information more available to parents about the nutritional quality of school meals and results of any audits; improving the quality of foods and commodities supplied to schools from USDA; and improving WIC by making it easier for children to get recertified as eligible and requiring greater use of EBT technology (debit cards) and expanding support for breastfeeding.

Response

Better Living for Texans-The BLT Supplemental Nutrition Assistance Program (SNAP-Ed) is offered through the Texas AgriLife Extension Service and funded via the Texas Health and Human Services Commission (HHSC), and the Food and Nutrition Services (FNS) of USDA. The program is offered in every county that is served by a County Extension Agent-Family and Consumer Sciences (CEA-FCS), including Lubbock County.

A component of the Supplemental Nutrition Assistance Program (SNAP), BLT provides educational programs to food stamp recipients, applicants, and other approved audiences to help improve their ability to plan and prepare nutritious meals, stretch food dollars, and prepare and store food safely. In addition, BLT incorporates its programs with the Walk Across Texas program to promote physical activity. In Lubbock, clientele have the opportunity to participate in

the Healthy Fit Lubbock Walk Across Texas coordinated by Texas Tech University Health Sciences Center.

BLT is delivered through a variety of teaching methods that reflect audience needs. Teaching methods include lesson series, single education events, one to one consultations, demonstrations, and tours. With the presence of BLT in almost every county in the state, Extension is poised to reach all areas of Texas, both rural and urban, and increase the likelihood of meeting the nutrition education needs of under-served Texans.

In Lubbock County, the FCS Advisory Board, Lubbock County Partner's for Parenting Coalition, Building Strong Families Conference Board, and Leadership Advisory Board acknowledge the state requirement for BLT programming and confirmed nutrition education and food security and safety as a need in Lubbock County in addition to other issues validating Lubbock County's participation in the Better Living for Texans at the Gold Level with a full-time Extension Assistant and utilizing Texas Tech Dietetic Interns and other interns from Texas Tech and Work Source.

During 2010, more than 59 Lubbock County adults participated in the BLT *Eat Better to Live Better* or the *Back to Basics* pilot series. This program focuses on meal planning, stretching food dollars, and adopting selected behaviors that can reduce the risk of food borne illness. The Evaluation of the Lubbock County BLT program was conducted via the use of pre and post surveys. This allowed for the collection of data that reflected current behaviors and behaviors that participants intended to adopt. This report represents 27 adults who participated in the programs and completed the pre and post surveys. Twelve of the participants completed the 30-day follow-up phone survey. A total of 46,911 contacts were made in programs at Buckner's A Family Place/My Father's House Christian Women's Job Corps, Lubbock ISD and South Plains Community Action Head Start parenting programs and food service staff, Goodwill, senior citizens centers, The Stork's Nest program for pregnant women, Lubbock ISD and its alternative schools health fairs, the Community Health Center of Lubbock, Hope Community of Shalom homeless programs, Salvation Army, Texas Migrant Council, Dept. of Assistive & Rehabilitative Services, Junior League of Lubbock, Dream Center, Methodist Children's Home, Summer Youth Food Service programs, South Plains Area Agency on Aging, United Way, The Burkhardt Center for Autism, and others. Collaborations in addition to the previous program locations include Texas Tech University Dietetic Interns, United Supermarkets, Building Strong Families Conference and its participating agencies, TX Dept. of Health and Human Services, Region 17 Educations Service Center, TX Dept. of Ag. CACFP.

Senior Citizens Centers and Other Group Programs-are provided by Texas AgriLife Extension Service in Lubbock County to satisfy the USDA and South Plains Association of Governments Area Agency on Aging requirement of a monthly nutrition program for each senior center. Older persons are at a higher risk for developing diabetes, heart disease, and other chronic illnesses as well as food borne illness. One nutrition/food safety topic per month was taught at 4 BLT and 2 Non-BLT sr. centers and the Parkinson's Support Group. The SPAG Sr. Center Bookkeepers and Directors also received the sr. center participant programs (3 per quarter) so that the centers in counties without agents would have an approved nutrition program to present.

Food Safety, Sanitation, Food Preservation/Canner Testing-A testing "clinic" was held on one day due to numerous calls requesting testing services. A tester was borrowed from a neighboring county for the day. Persons who had requested the service were contacted and the event was advertised. Food safety is a part of most of the presentations.

Results

Better Living For Texans- During 2010, more than 59 Lubbock County adults participated in the BLT *Eat Better to Live Better* or the *Back to Basics* pilot series. This program focuses on meal planning, stretching food dollars, and adopting selected behaviors that can reduce the risk of food borne illness. The Evaluation of the Lubbock County BLT program was conducted via the use of pre and post surveys. This allowed for the collection of data that reflected current behaviors and behaviors that participants intended to adopt. This report represents 27 adults who participated in the programs and completed the pre and post surveys. Twelve of the participants completed the 30-day follow-up phone survey. A total of 46,911 contacts were made in programs at Buckner's A Family Place/My Father's House Christian Women's Job Corps, Lubbock ISD and South Plains Community Action Head Start parenting programs and food service staff, Goodwill, senior citizens centers, The Stork's Nest program for pregnant women, Lubbock ISD and its alternative schools health fairs, the Community Health Center of Lubbock, Hope Community of Shalom homeless programs, Salvation Army, Texas Migrant Council, Dept. of Assistive & Rehabilitative Services, Junior League of Lubbock, Dream Center, Methodist Children's Home, Summer Youth Food Service programs, South Plains Area Agency on Aging, United Way, The Burkhardt Center for Autism, and others. Collaborations in addition to the previous program locations include Texas Tech University Dietetic Interns, United Supermarkets, Building Strong Families Conference and its participating agencies, TX Dept. of Health and Human Services, Region 17 Education Service Center, TX Dept. of Ag. CACFP. Results of the 59 evaluations included 100% female participants, 52% of whom were Hispanic. Fifty-two% were on WIC and 78% received food stamps. After the programs, over half reported intent to shop with lists and compare prices. Seventy percent to eighty-two percent reported using sanitation recommendations. After the programs, the results showed a slight increase in those who intended to adopt the practices. Eighty-nine percent of the respondents had never been to Texas AgriLife Extension Service programs suggesting that BLT in Lubbock County is reaching new audiences.

Senior Citizen Centers and Other Group Nutrition Programs-Four BLT and 2 non-BLT Senior Citizen Centers received a monthly nutrition program. Topics for 2010 included: *Soup's On, Salt & Sodium: 10 Tips to Cutting Back; 10 Tips For Following a Vegetarian Diet; Tornado Food Safety; Healthful Meals for One or Two; Be a Healthy Role Model for Children: 10 Tips for Setting a Good Example; Pot Luck Meals: Your Journey to Safe Eating and Summer Food Handling Safety; Barbeque & Picnic Food Safety; Ground Meat and Poultry Food Safety; Take Out Foods: Handle With Care; Don't Let Food Borne Illness Spoil Holiday Parties; and SEASONings Greetings: Flavored Vinegars and Oils Gift Food Safety.* There were approximately 852 Non-BLT senior center participants; 1640 BLT qualified senior center participants, and 720 receiving home delivered meals from the Slaton Senior Center for a total of 3212 senior citizens receiving these monthly nutrition programs or handouts. One participant openly disagreed with the food safety recommendations presented. However at the November presentation, she addressed the group and told how she now recognized the importance of the recommendations because she had succumbed to food poisoning and as a result had a hospital stay. Because Senior Center directors and Bookkeepers come to Lubbock for SPAG Area Agency on Aging quarterly trainings from the surrounding counties of which several have no FCS Agent, a program highlighting the Lubbock County senior center lessons for the quarter is presented. These center directors, as a result, have 3 nutrition programs to present to their clientele fulfilling the program requirements of USDA and SPAG. This agent is also a member of the SPAG Area Agency on Aging Advisory Council. One program on maintaining good nutrition with chronic illness was presented to 40 at the Parkinson's Support Group, which led to a second program on Avoiding Being a Victim of Fraud.

Food Safety, Sanitation, Food Preservation/Canner Testing- A testing "clinic" was held on one day due to numerous calls requesting testing services. A tester was borrowed from a neighboring county for the day. Persons who had requested the service were contacted and the event was advertised.

One Food Protection Management test was proctored for an individual that did not want to take the two day class due to cost and time away from work even though it was required for his job. Without taking the class, the test is extremely difficult to pass. The individual failed and was referred to the closest class so that he could pass on his second attempt. Two classes have been set for 2011 to be team taught by Lubbock CEA-FCS, Kay Davis and Hale CEA-FCS, Deana Sageser and are coordinated around the classes planned by agents in the other clusters of the South Plains District 2.

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