



Making a Difference

Better Living for Texans, Adult Nutrition Education

For more information
contact your local County
Extension Office

Cory Edwards

Extension Agent-

Better Living for Texans

Cory.edwards@ag.tamu.edu

☎: 806.775.1740

☎: 806.775.1758

Website:

<http://lubbock.agrilife.org>

Facebook:

@agriflifenutritioneducation

Lubbock

Mission Statement

*Improving the lives of people,
businesses, and communities
across Texas and beyond
through high-quality,
relevant education.*

Educational programs of the
Texas A&M AgriLife Extension Service
are open to all people without regard
to race, color, religion, sex,
national origin, age, disability,
genetic information or veteran status.

The Texas A&M University System,
U. S. Department of Agriculture,
and the County Commissioners
Courts of Texas Cooperating.

Relevance

There are 39,669 recipients in Lubbock County receiving benefits from the Supplemental Nutrition Assistance Program. Research suggests that SNAP recipients and other limited resource audiences consume diets that are not in agreement with current dietary recommendations, potentially increasing their risk for the development of chronic disease. Food insecurity, obesity, and lack of access to healthy foods are other issues that impact this audience and have strong potential to negatively impact health.

According to the Centers for Disease Control, it's reported that 21% of adults in Lubbock county are in poor or fair health compared to 18% in Texas. Furthermore, 27% of adults reported no leisure-time physical activity compared to 24% in Texas.

Response

The overall goal was to help participants increase their consumption and access to fruits and vegetables, be more physically active, improve food security status, and prevent risk factors for chronic disease such as obesity, diabetes, and cardiovascular disease. Implementation with low-income audiences was provided through these adult program series: A Fresh Start to a Healthier You! (all adults), Be Well, Live Well (healthy aging curriculum for 50+ years/senior adults), Walk Across Texas! (all adults), and Walk N Talk (all adults).

A Fresh Start to a Healthier You! Is a three or four session series designed to help adult participants learn the importance of healthy nutrition with an emphasis on increasing fruit and vegetable intake, physical activity, food safety, and food resource management. In November/December of 2019, this series was implemented face to face with 6 participants at two sites: Rush Elementary and Jackson Elementary.

To help older adults aspire to the ideal of successful aging is the goal of the 5-session **Be Well, Live Well** series. Successful aging has been defined as: reduced risk for disease, high cognitive and physical capacity, and active engagement with life. Eighteen adults, age 50 and older, participated in this series at the Lubbock Dream Center in August/September 2020.

Walk Across Texas! is an eight-week community program delivered through a web-based platform to help people of various ages and abilities establish the habit of regular physical activity. "Walk Across Texas! challenges teams to track and log mileage to virtually walk across the state of Texas (832 miles)," said Michael Lopez, the study's co-author and program specialist. Through a team-based approach, participants are engaged in friendly competition to promote engagement during the program. During the COVID shut-down last spring, Walk Across Texas provided a great way for Lubbock county residents to get outside and get some sunshine while bettering their healthy by being physically active. Twenty-seven adults and 3 adult teams participated in Walk Across Texas in Lubbock county over the summer.

Another program similar to Walk Across Texas was implemented during 2019-2020. **Walk N Talk** is set up like WAT! but includes nutrition messages. Rethink Your Drink! focuses on staying hydrated and reducing sugar sweetened beverage intake. Walk N Talk—Rethink Your Drink was conducted at the 4 senior centers in Lubbock, the Slaton Senior Center, the Lubbock Dream Center and Catholic Charities of Lubbock with a total of 114 participants.

LUBBOCK County

RESULTS

The adult BLT in-depth plan reached a total of 824 adults and accounted for 669 hours. Each program was evaluated for behavior change using paper and electronic pre- and post-surveys. Behavior impacts of participants completing BLT programs reported:

A Fresh Start to a Healthier You!

*6 participants, 5 with pre/post data

- When asked to describe one thing they are doing differently, participants responded:
 - “Making a grocery list & starting to plan my meals”
 - “Better prep of my food before cooking”
 - “Reading labels”
 - “Washing the vegetables”
 - “Using the recipe books at suppertime”
- Half or more of their lunch and dinner plates were filled with vegetables and fruit increased for **60%** of the participants.

Be Well, Live Well

*24 participants, 14 with pre/post data

- Frequency of throwing out food that is nearing the “use by” or “sell by” date increased from 7.1% before the program to **38.4%** at the completion of the program;
- Participants reported a **21.4%** decrease in worry over whether or not food would run out;
- Overall, **14.3%** of participants, in general, improved his or her diet.

Walk Across Texas (implemented virtually)

*48 participants, 21 with pre/post data

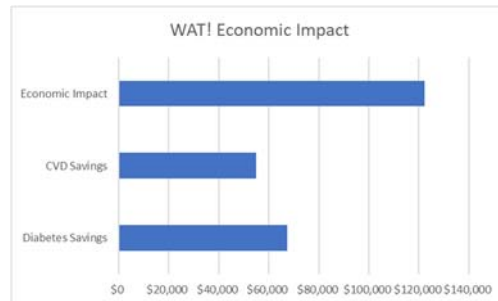
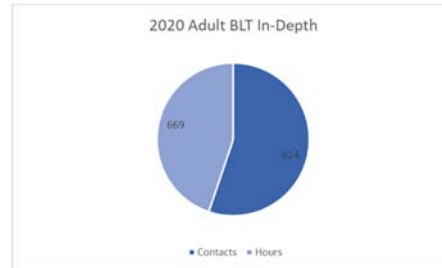
Economic impact:

- Diabetes Savings **\$67,404**
- CVD Savings **\$54,875**
- Economic Impact **\$122,280**
- A total of **5048.32 miles** walked in 8 weeks

Walk N Talk: Rethink Your Drink

*114 participants, 66 with pre/post data

- **21.2%** of participants saw an improvement in his/her overall health.
- Overall, **31.6 %** of participants increased the days/minutes of physical activity each week.
- More than **28%** increased their intake of water.
- **7,732.38 miles** walked in 8 weeks.



ACKNOWLEDGEMENTS

These programs would not have been possible without the support of our community partners and collaborators: Catholic Charities of Lubbock, Lubbock Dream Center, Jackson Elementary, Rush Elementary, Slaton Senior Center, 19th St. Senior Center, Copper Rawlings Senior Center, Maggie Trejo Senior Center, Mae Simmons Community Center, and The Parenting Cottage.

FUTURE PLANS

All series will be offered again in 2021. The BLT program is always looking for new community partners and opportunities to reach the limited resource audience.

Walk Across Texas!

“It held us accountable and inspired us to make a plan to do some sort of physical activity.”

“My legs are stronger and I can stand longer.”

“We were more active because of our goals.”

“It gave me motivation to exercise as well as drew attention to how little I did exercise.”

“My kids enjoyed riding their bikes alongside me nearly every day!”

“I loved this program & it kept me accountable on my personal fitness goals!!”



TEXAS A&M
AGRILIFE
EXTENSION