



Making a Difference

Better Living for Texans, Youth Nutrition Education

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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

In Texas, 33-percent of youth (10 – 17 year olds) are either overweight or obese. Obesity increases the risk for diabetes, hypertension and poor overall quality of life. Moreover, health disparities among low income populations are well documented. Thus, individuals who live in poverty have dietary intakes that do not meet the current Dietary Guidelines for Americans or MyPlate recommendations. An estimated one in six Texas families experience food insecurities, meaning that the availability of nutritional-ly adequate and safe food is limited or uncertain.

The goal of the Better Living for Texans and the USDA's Supplemental Nutrition Assistance Program Education (SNAP-Ed) programs are to provide nutrition education that increases the likelihood of participants to make healthy food choices consistent with the Dietary Guidelines for Americans and Choose MyPlate.

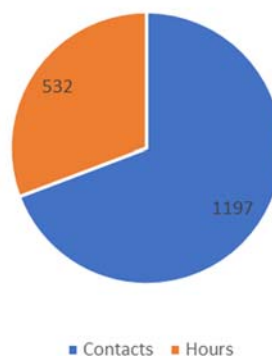
Response

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. Youth graduates from a BLT series are based on the county's BLT level. The goal for Lubbock county which is a Level 3 was 250 youth graduates. Even with several programs canceled due to COVID 19, Lubbock County was able to meet 52% of its goal with 130 graduates.

BLT agent, Cory Edwards, partnered with agencies, schools, and other organizations serving low-income audiences to implement, at no cost to participants, the following series:

- Walk Across Texas! - An eight-week program designed to help people of all ages support one another to establish or increase the habit of regular physical activity. This was implemented online, through parent support, via a private Facebook group and the Howdy Health web site.
- Learn, Grow, Eat & GO! - A nine session program developed to engage youth and their families in a garden, vegetable recipe tastings, classroom activities, physical activities, and take-home family stories. Lessons are based on the Texas Essential Knowledge and Skills (TEKS) through effective learning activities. This was implemented through face to face, use community member support, and volunteer support.

Lubbock County Youth BLT In-depth



LUBBOCK County

RESULTS

The youth BLT in-depth plan had a total of 1197 educational contacts and accounted for 532 hours. LGEG was evaluated for behavior change using electronic pre- and post-surveys. Behavior impacts of youth participants completing BLT programs reported:

Learn, Grow, Eat & GO!

*130 total participants, 114 pre/post surveys

This 10-week series included:

- Bi-weekly lessons (taught by science teachers)
- Weekly vegetable tastings and hands-on recipe demonstrations (taught by BLT Agent)
- Prepping, planting, and harvesting four vegetables (carrots, spinach, leaf lettuce, and swiss chard) in seven raised bed gardens (led by science teachers with guidance from BLT Agent, Horticulture Agent, and Master Gardeners)

The following impacts were found with the 7th grade science students at Dunbar College Prep Academy:

- A significant increase in the number of vegetables tried;
- A significant increase in the number of vegetables liked;
- A 22.2% increase in liking cauliflower;
- A 13.4% increase in liking spinach;
- A 54.8% increase in liking Swiss chard;
- A 31.3% increase in liking Bok Choy;
- A 21.1% increase in physical play after school.

Walk Across Texas! Youth (implemented virtually)

*21 youth participants, 4 youth teams

Youth teams engaged in a friendly competition with adult teams to reach a goal of 830 miles "walking across" Texas in 8 weeks. Agent engaged participants through a private Facebook group where weekly results were posted and educational information about nutrition and physical activity was shared. Weekly challenges were posted in the private Facebook group. Impacts were as follows:

• A total of 5, 555.85 miles were walked in 8 weeks.

• When asked "Did you or your family benefit from participating in Walk Across Texas?" Youth responded:

• A total of 5, 555.85 miles were walked in 8 weeks.

• When asked "Did you or your family benefit from participating in Walk Across Texas?" Youth responded:

"We set goals and spent time together on a lot of walks!"

"It was fun to do a lot of our walks together as a family."

"We spent more time doing exercises together with riding bikes and walking the dogs."

ACKNOWLEDGEMENTS

LGEG was implemented as a collaborative effort between Extension and Dunbar College Prep Academy. The help we received from Horticulture Agent Christina Reid and her Master Gardeners was invaluable.

Walk Across Texas! Team captains are an essential part of the 8 week series. The 4 youth team captains recruited team members, kept up communication with each member, and submitted total team miles each week.

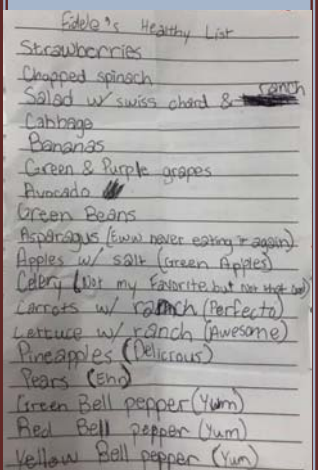
FUTURE PLANS

Agent Edwards looks forward to partnering with schools again to implement the LGEG series which can now be taught virtually.



Learn, Grow, Eat & GO!

Student Challenge—
Journal your experiences with tasting new fruits & veggies at home.



Fidelo—7th grader,
Dunbar College Prep
Academy