

Texas A&M AgriLife Extension - Family & Community Health and Better Living for Texans

LUBBOCK COUNTY

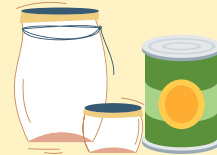
2020

30 **DIABETES**

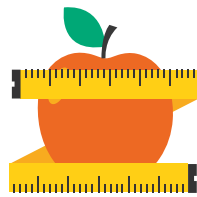
participants registered for a district-wide effort to provide virtual education classes during the COVID-19 epidemic.



FOOD 89
PRESERVATION South Plains residents participated in the online 'Preserving Your Harvest' series. Locally, 10 pressure canners were tested for safety.



PARTICIPANTS 390



older adults received nutrition education during lunch at five **Lubbock County Senior Centers**. Topics addressed included: healthy eating for overall health, heart health, reducing cholesterol & fat, and preventing high blood pressure.

6 **ADULTS**

at 2 elementary schools participated in "A Fresh Start to a Healthier You!" which is a nutrition education program for SNAP-Ed or SNAP-Ed eligible recipients.



GRADUATED 14



out of 24 older adults from the "Be Well, Live Well" series which focuses on the importance of nutrition & physical activity for limited resource adults 50 and older.

69 **FAMILY MEMBERS**

had a friendly competition as we virtually "Walked Across Texas!" during the COVID-19 epidemic. 9 Adult & Youth teams logged a total of 10,604.17 miles walked in 8 weeks.



MILES 7,732



walked by 114 participants in the "Walk N Talk: Rethink Your Drink" series implemented at Lubbock County Senior Centers and the Lubbock Dream Center.

Texas A&M AgriLife Extension Horticulture and Youth Development

LUBBOCK COUNTY
2020

18 INTERNS

registered to participate in the 2020 Lubbock Master Gardener intern training. 2 were certified as of November 2020.



7TH GRADERS **130**



at Dunbar College Prep Academy completed the "Learn, Grow, Eat & GO!" curriculum. Program focus included: gardening, nutrition, and veggie tastings for limited resource youth.

CLOVER KIDS **48**



enrolled in the 4-H program (K-2nd) where they received newsletters and participated in monthly activities, day camp, county competitions, the Achievement Banquet, and the SPF 4-H Barnyard.

82 TEENS

participated in an online viewing of the "When Sean Speaks" drunk driving awareness program.



AT RISK **45**



youth participated in an online viewing of the "Buckle Up" Rollover Seat-Belt Convincer program.

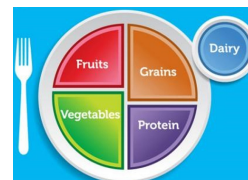


815 STUDENTS

were reached through curriculum enrichment offered to schools including Hatching in the Classroom & Ag in a Bag.



YOUTH **1,127**



participated in special interest programs such as Food & Nutrition and Gardening & Horticulture.