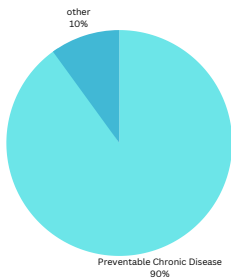


## RELEVANCE

Research suggests that Supplemental Nutrition Assistance Program 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. The quality of food environment based on % of population who are low income and do not live close to a grocery store and those without access to a reliable source is 7.1 (On a scale from 0 to 10 with 0 being the worst value).

Vulnerabilities to obesity include low health literacy; long commutes; unhealthy food choices; and living in neighborhoods undergoing constant change (Cities Changing Diabetes). Other factors include convenient access to fast food restaurants, food insecure communities and parents that lack basic knowledge and skills to prepare healthy meals for their family.



- In Lubbock County**
- 40,138 residents receive SNAP benefits;
  - 90% of the country's \$3.8 trillion healthcare expenditure is for people with largely preventable chronic diseases
  - 36% of adults are obese;
  - 23% of adults report being in fair or poor health.
  - 33% of adults are physically inactive
  - Diabetes prevalence is 13%

Sources: <https://nccd.cdc.gov/DHDSAtlas/Reports.aspx>, [countyhealthrankings.org](http://countyhealthrankings.org) and <https://hhs.texas.gov/about-hhs/records-statistics/data-statistics/supplementalnutritional-assistance-program-snap-statistics>

## RESPONSE

The Lubbock County FCH/BLT Program Area Committee assisted Agent Bozeman in identifying need and potential sites to reach SNAP recipients with nutrition education series. The overall goals of these series are 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.

### Series implemented:

- *Walk N Talk* - 8-week program encourages increased physical activity. Within teams and leagues, participants track their mileage aiming for a team goal of 832 total miles and includes weekly nutrition messages
- *Healthy Carbohydrates* - a 4-session series focusing on healthy types and portions of carbohydrates to help reduce chronic disease risk
- *A Fresh Start to a Healthier You!* - a 4-session series that promotes healthy living by teaching about balanced/nutritious meals and snacks, food safety, saving money on food, and daily physical activity.

### Adult BLT series were implemented with the following sites in Lubbock County:

Lubbock Dream Center, Foster Grandparents-\*with Asst. Agent Aljoe, Lubbock Senior Center, Mae Simmons Senior Center, Maggie Trejo Community Supercenter, Copper Rawlings Senior Center, and Family Guidance and Outreach of Lubbock.

## VALUE STATEMENT

**Creating opportunities, changing lives**

The Texas A&M AgriLife Extension Service Better Living for Texans programs provides community nutrition education to limited resource adults, youth and children. Curricula series offered cover the lifespan and encourage participants to make healthier food choices, plan healthy meals, prepare food safely, increase physical activity, and grow their own vegetables. The benefit of making healthier food choices and adopting a physically active lifestyle play a role in the prevention of many chronic diseases.

**According to CDC:**

**40%**  
 OF DEATHS FROM 5  
 LEADING CAUSES ARE  
 PREVENTABLE

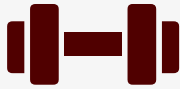
**3,795**

**Billion dollars**  
 spent for total  
 national health  
 expenditures



# RESPONSE EXAMPLES

Creating Opportunities, Changing Lives



98

**Walk And Talk**  
3 series, 98 graduates, 103 participants and 714 contacts



27

**A Fresh Start**  
3 series, 45 participants, 27 graduates, and 149 contacts



144

**Healthy Carbs**  
6 series, 181 participants, 144 graduates, and 597 contacts

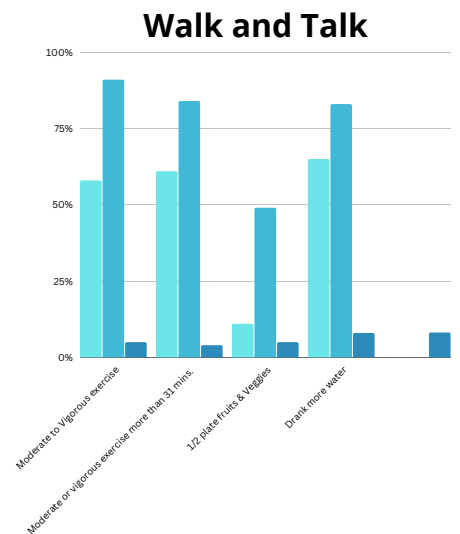
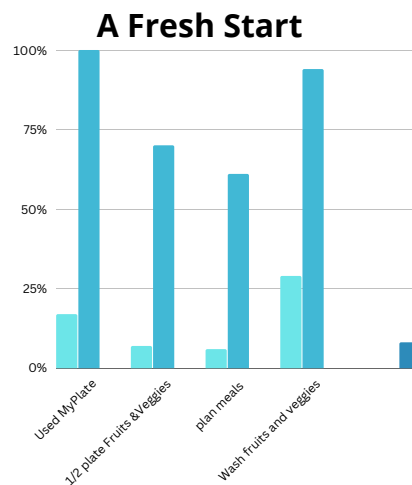


## EVALUATION STRATEGY

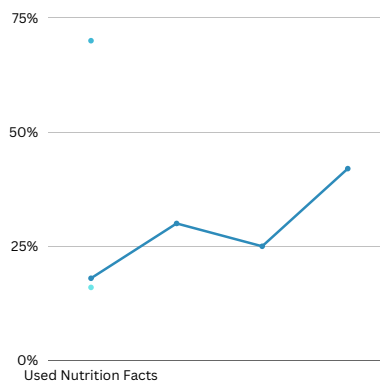
Pre and Post Surveys were administered through a paper format and entered into a Qualtrics System (Howdy Health) or through a QR-code given to sites and participants.

## RESULTS

Participants showed increased fruit and vegetable intake and increased physical activity with all curriculum.



### Healthy Carbohydrates



## PARTICIPANT TESTIMONIALS

*"I love to try all the recipes at home and share the information with my family."*

*"Thank you for helping me learn how to plan my meals!"*

*"Walking makes my day start off great!"*

## SUMMARY AND FUTURE PROGRAMMING

With the help of the FCH/BLT committee, I plan to continue Better Living for Texans programming with established partnerships, Lubbock Dream Center, Foster Grandparents-\*with Asst. Agent Aljoe, Lubbock Senior Center, Mae Simmons Senior Center, Maggie Trejo Community Supercenter, Copper Rawlings Senior Center, and Family Guidance and Outreach of Lubbock. Additionally, I plan to expand with new partnerships, as well as expand into Better Living for Texans programs that include a gardening component.



For more information:  
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