

RELEVANCE

There are 40,138 recipients in Lubbock County receiving benefits from the Supplemental Nutrition Assistance Program. (source: <https://hhs.texas.gov/about-hhs/records-statistics/data-statistics/supplemental-nutritional-assistance-program-snap-statistics>). The percentage of children living in poverty is 18%. 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.

- **households living below the federal poverty level (FPL)** 18%
- **youth do not meet physical activity recommendations** 82%
- **youth are overweight or obese** 32%

• Source: America's Health Rankings Annual Report, United Health Foundation, 2018-2019
 • Source: National Survey of Children's Health, U.S. Department of Health and Human Services, Health Resource

RESPONSE



Implementation with low-income audiences were provided through these program series, at no cost to participants:

- **Choose Healthy**

An interactive four-session series geared toward middle-school aged students. Sessions motivate students to make healthier choices in regard to food, drink, and physical activity. This program was a partnership with Buckner's Family Hope Center, Shallowater and Slaton Afterschool Centers for Education (ACE).

- **Walk and Talk**

This is an 8 week program that focuses on increasing physical activity, increasing fruit and vegetable intake, and teaching participants how to "Rethink Your Drink." This program was in partnership with Shallowater Afterschool Center for Education(ACE).

- **Learn, Grow, Eat and GO! with CCC at the South Plains Foodbank Grub Farm**

- A 10-session series developed for 3rd graders. Through gardening and other fun activities students learn how to make healthy lifestyle choices like how to increase fruit and vegetable intake and daily physical activity. Pre- and post survey data revealed: Increases in student preference for all the vegetables featured in the program. 9.5% increase in students' hard physical activity Aligns with 3rd grade TEKS standards. This program was in partnership with Lubbock County FCH Agent Cory Edwards and Horticultural Agent Christina Reid.

VALUE STATEMENT

Creating Opportunities, Changing Lives

Better Living for Texans helps families make better choices with their limited resources. To do so, we provide research-based nutrition programs that are cost-free and close to home.

BLT helps participants:

- increase fruit and vegetable consumption
- Make healthy menu choices
- Save money at the grocery store
- Learn about MyPlate
- increase physical activity in adults and children

1 IN 7
4.3
MILLION

TEXANS EXPERIENCE FOOD INSECURITY
SOURCE: FEEDING AMERICA, MAP THE MEAL GAP, 2018

18%

of children are living in poverty in
Lubbock County

Source:
<https://nccd.cdc.gov/DHDSAtlas/Reports.aspx> and countyhealthrankings.org

40,138

SNAP benefit recipients in
Lubbock County



RESPONSE EXAMPLE

Creating Opportunities, Changing Lives



68

Walk and Talk
75 participants, 68 graduates and 520 contacts



123

Choose Healthy
203 participants, 123 graduates, and 611 contacts



38

Learn, Grow, Eat, Go
38 participants, 38 graduates, and 525 contacts

"Bok Choy is my favorite"

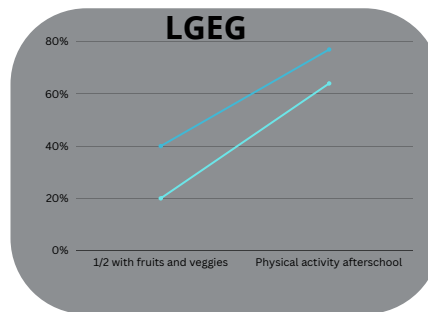
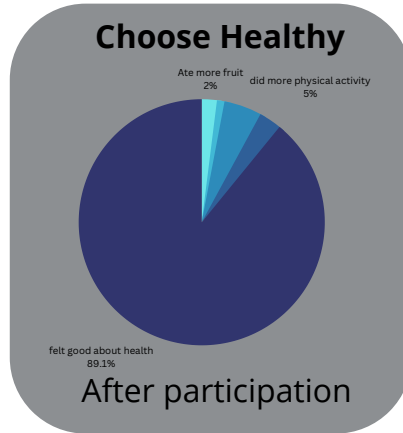


EVALUATION STRATEGY

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 with all curriculum.

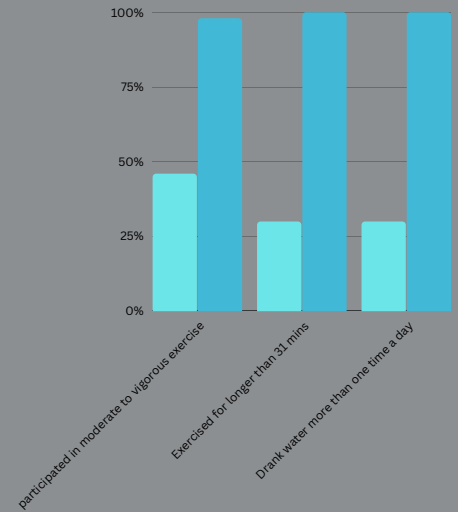


"I told my family about MyPlate!"



"I liked the trivia-jeopardy game the most; some things I thought were healthy were actually the opposite."

Walk and Talk: Rethink Your Drink



FUTURE PROGRAMMING

With the help of the FCH/BLT committee, I plan to continue Better Living for Texans programming with established partnerships, Shallowater Afterschool Centers for Education (ACE), Slaton Afterschool Centers for Education, Buckner's Family Hope Center, and South Plains Foodbank GrubFarm. Additionally, I look forward to three new Learn, Grow, Eat, Go series beginning after the new year.



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