

2022 HEALTHY LUBBOCK COUNTY

In-Depth Summary

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RELEVANCE

Increased physical activity and improved eating habits have been associated with a greater ability to manage the complications of certain chronic diseases and delay the onset of the disease in individuals at risk. As a response, AgriLife has developed healthy lifestyle programs that can address these issues with an evidence-based approach through education. The 2022 Healthy Lubbock County programs focused on topics related to exercise and physical activity, nutrition, health and wellness, and creating nutritious meals.

2022 State of Health in Lubbock County

- **36% of adults are obese**
- **33% of adults are physically inactive**
- **13% of adults are diagnosed with diabetes**
- At least 7 of the top 10 leading causes of death in the U.S. and Texas are chronic diseases.
- Most chronic diseases can be prevented by eating a nutritious diet, being physically active, avoiding tobacco and excessive drinking, and getting regular health screenings.

RESPONSE

The Lubbock County Family and Community Health/Better Living for Texans program area committee met four times during 2022 to help plan, implement, evaluate and interpret Healthy Lubbock County programming. A Healthy Lubbock County task force was formed and met to review last year's programming and make suggestions for improvement to this year's programming. Under the guidance of the committee and task force, the following programs were conducted in Lubbock County from September 1, 2021 through December 31, 2022.

PROGRAM	DESCRIPTION	DATES
Maintain No Gain	A community and worksite wellness program that encourages participants to gain no more than 2 pounds during the holiday season. Cost = \$20	November 19, 2021 - January 3, 2022
Step Up & Scale Down	This 12-week program focuses on setting goals, balanced nutrition and diet, physical activity, and sustainable long-term healthy lifestyles. Cost = \$40	January 10, 2022 - April 4, 2022
Virtual Dinner Tonight Healthy Cooking School	This multi-county, 12-week series hosted on a dedicated Facebook page featured cooking demonstrations, posts and videos to promote family mealtime, teach healthy meal planning and food preparation techniques, and promote Texas agriculture. Cost = FREE	May 30, 2022 - August 21,
Walk Across Texas!	This 8-week fitness and health program challenges participants to adopt a habit of regular exercise. Each team of up to 8 members, all worked together to reach the 832-mile goal to make their way across the state of Texas. Cost = FREE	September 12, 2022 - November 7, 2022

VALUE STATEMENT

Family & Community Health

Texas A&M AgriLife Extension Service engages children and adults in programs that teach them how to eat nutritious foods and engage in regular physical activity to promote health and reduce their risk for obesity. Lubbock County residents benefit through a healthier population, reduced healthcare costs, and increased productivity.

23%

of adults in Lubbock County report being in fair or poor health.

517

cardiovascular deaths per 100,000 adults in Lubbock County, compared to 434 per 100,000 adults in Texas.

TEXAS A&M AGRILIFE EXTENSION

MAINTAIN NO GAIN
ENJOY YOUR HOLIDAYS THE HEALTHY WAY

KICK-OFF DATES

- FRIDAY, NOVEMBER 18, 2022
10:30 A.M. – 1:30 P.M.
- MONDAY, NOVEMBER 21, 2022
12:00 P.M. – 3:00 P.M.

AT THE KICK-OFF, YOU WILL REGISTER AND PAY THE \$20 FEE (CASH OR CHECK ONLY)

LUBBOCK COUNTY EXTENSION OFFICE MEETING ROOM
916 MAIN, SUITE 401 LUBBOCK, TX 79401

CORY EDWARDS CEA-FCH, LUBBOCK COUNTY
cory.edwards@ag.tamu.edu
806-775-1740

MAINTAIN NO GAIN
EAT WELL. MOVE MORE.

RESPONSE

Maintain No Gain

At each weekly come-and-go session, participants weighed, received new educational and inspirational information, healthy recipe samples, and earned up to 3 tickets to be entered into the weekly incentive prize drawing and the grand finale prize drawing for not gaining more than 2 pounds, filling out a fruit & vegetable log, and filling out an exercise log.

- 30 participants
- \$250 in cost recovery

Step Up & Scale Down

This hybrid course offered weekly classes on Mondays that alternated between in-person and virtual. Classes included weigh-ins, recipe demonstrations, 20–30-minute lessons/group discussions, and weekly challenges.

- 8 participants
- \$160 in cost recovery

Virtual Dinner Tonight Healthy Cooking School

Multi-county effort hosted by District 2 Agents:

- Cory Edwards & Ashlyn Aljoe – Lubbock County,
- Julie Smith - Borden County,
- Natalie Snowden – Floyd County,
- Courtney Lowe – Castro/Hale/Lamb County,
- Amber Lambright – Dawson/Martin County

Topics: Menu Planning/Meal Preparation, Making Food Dollars Stretch, Hydration, Fewer than 5 Ingredients, Grilling, Fresh Foods, Pantry Staples, Snacking, Canned Goods, Frozen Foods, Leftovers and Using Leftovers and Slow Cookers/Multi-function Cookers.

- 127 participants

Walk Across Texas!

Team members were inspired through weekly challenges and team updates via a private Facebook group, email, and a Texas map outside of the Extension Office.

- 17 teams
- 105 participants

RESULTS

Each program offered utilized a pre/post survey to measure behavior change.

Maintain No Gain

23 of 30 (77% response rate)

96% did not gain more than 2 pounds over the holidays

64% increased portions of fruits & vegetables consumed

52% drank water more often during the day

52% used calorie information at restaurants more often to decide what to order

Walk Across Texas!

48 of 105 (46% response rate)

19,346.06 Miles logged

\$122,121 Diabetes savings

\$147,442 Cardiovascular savings

\$269,563 Economic impact

Virtual Dinner Tonight Healthy Cooking School

20 of 127 (16% response rate)

What was the most valuable information you learned from participating in this program?

- "The food safety information was eye opening."
- "How to include more fruits and vegetables in my diet."
- "How important it is to prep before cooking."

100% would recommend this program to family or friends

Step Up & Scale Down

7 of 8 (87.5% response rate)

50% increased portions of fruits & vegetables

71% ate fruit more often

42% ate vegetables more often

83% decreased body weight

The economic benefit of the Walk Across Texas! Adult program is a measure that uses WAT! program evaluation results, disease risk rates, health care costs, and productivity parameters. Economic benefits are calculated for program participants who moved from self-reported inactive (pre-WAT!) to active (post-WAT!) By engaging in regular physical activity, this reduces a person's risk of disease each year of their remaining life. The dollar value of the economic benefit of WAT! is calculated in terms of the projected lifetime health care cost savings and worker productivity gains.

SUMMARY

Healthy Lubbock County programs addressed the issues of obesity and lack of physical activity. Programs will be repeated during year 2023 with expanded outreach and new partners and collaborators.



For more information:

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