

## 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. A Fresh Start to a Healthier You! was taught at Texas Health and Human Services, which hosts the Foster Grandparent Program. A Fresh Start to a Healthier You! 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 Fresh Start to a Healthier You! was taught from March 15th, 2022 through July 14th, 2022. A Fresh Start to a Healthier You! covers safe and healthy meals, balancing food throughout the day, saving money at the grocery store, and healthy celebratory foods. Each lesson was taught in person with paper handouts provided for each participant, copies of 3 recipes and a recipe demonstration and sample for each person. Class was an hour to hour and half which provided time to answer all questions asked by participants.

Partnerships with The Texas Health and Human Services and Foster Grandparent Program of Lubbock County made this program successful.



## VALUE STATEMENT

### Better Living for Texans

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.

# 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



**Foster Grandparent Program**  
 Volunteers Enriching Students

## RESPONSE EXAMPLE

SESSION 1: MARCH 15TH (CREATING SAFE AND HEALTHIER MEALS)

SESSION 2: APRIL 14TH (BALANCING YOUR DAY)

SESSION 3: JUNE 15TH (SAVING MORE AT THE GROCERY STORE)

SESSION 4: JULY 14TH (CELEBRATING SMALL BITES)

## Quotes

"I have changed the way we buy groceries and eat as a family"

"I am more conscious of what is nutritional food."

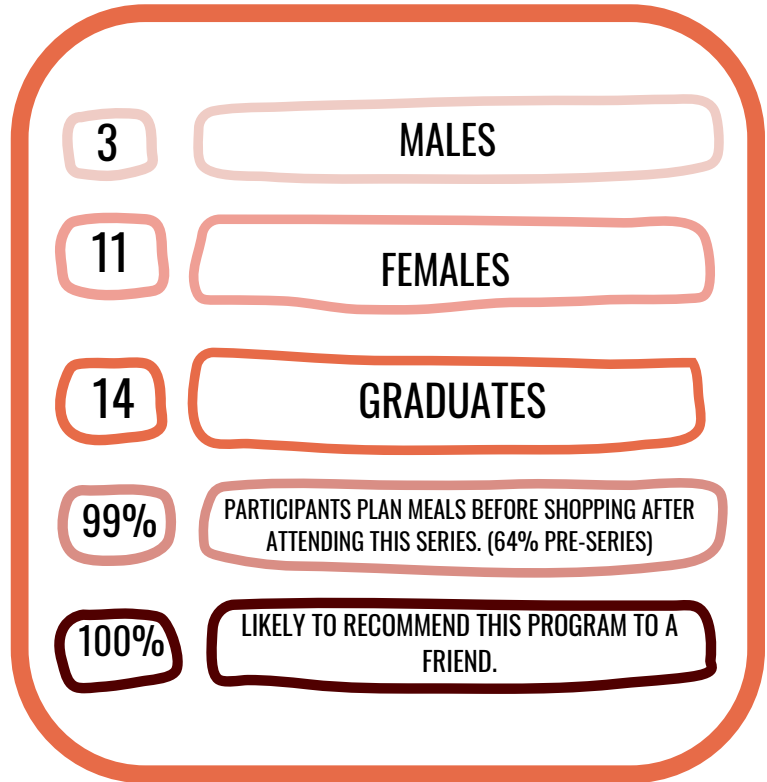
"I am really trying to change my eating habits after attending this class."

"10/10 would attend another BLT class."

## EVALUATION STRATEGY

A Fresh Start to a Healthier You! offers a pre/post survey to evaluate the amount of knowledge gained and intent to adopt best practices. Another evaluation of knowledge is behavior change over 5 months of lessons.

## RESULTS



## SUMMARY

Practical experiences and information was provided to help change the lives and improve health of participants. Participants learned how to provide safe, healthy, and economical meals for their families and themselves.

### Participants will take home:

- Support of friends
- Confidence to cook healthy meals
- Helpful guide with shopping tips
- Incentive items
- Delicious new recipes

## FUTURE PROGRAMMING

Better Living for Texans Agent Amber Bozeman will continue to work the Texas Health and Human Services and Foster Grandparent Program. She plans to teach Healthy Carbs in fall 2022.



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