

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 2023 Healthy Lubbock County programs focused on topics related to exercise and physical activity, nutrition, health and wellness, and creating nutritious meals.

2023 State of Health in Lubbock County

- **35% of adults are obese**
- **27% of adults are physically inactive**
- **12% 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 2022/2023 to help plan, implement, evaluate and interpret Healthy Lubbock County programming. A Healthy Lubbock County task force was formed and met in August 2022 to review 2021/2022 programming and make suggestions for improvement. Under the guidance of the committee and task force, the following programs were conducted in Lubbock County from September 1, 2022 through August 31, 2023.

PROGRAM	DESCRIPTION	DATES
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
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 18, 2022 - January 3, 2023
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 11, 2023 - March 29, 2023
Enjoy Your Harvest	This multi-county, summer series hosted on a dedicated Facebook page featured educational posts all about fresh produce with tips for selecting, tricks for preparing, and a great recipes to try. Cost = FREE	Summer 2023

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.



18%

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



940

years of potential life lost before age 75 per 10,000 population.



Achieve and maintain a healthy weight.

January 11 2023



<https://forms.gle/sbzaomrGxWLGtz37>

Step Up Scale Down is designed to help you live a healthy lifestyle and manage a healthy weight. Over the course of 12 weeks, you will learn about ways to form healthy habits, improve your nutrition and increase physical activity, all in an effort to reduce your risk of chronic disease and enjoy living a healthy lifestyle.

For questions, please contact Cory Edwards, cory.edwards@ag.tamu.edu, 806-775-1740

RESPONSE

Walk Across Texas!

Participants joined our private Facebook group, Walk Across Texas! Lubbock County, to stay up-do-date on the latest information, tips, and weekly team results. Weekly results and information were also sent by email and posted on a Texas map bulletin board at the Lubbock County Extension Office

- 17 teams
- 105 participants

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.

- 20 participants
- \$200 in cost recovery

Step Up & Scale Down

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

- 4 participants
- \$40 in cost recovery

Enjoy Your Harvest

Multi-county effort hosted by 13 South Plains agents via Facebook. Each participating agent created educational materials to share. Posts were made on the Family & Community Health, Lubbock County Facebook page.

RESULTS

Three of the four programs offered utilized a pre/post survey to measure behavior change.

Maintain No Gain

13 of 20 (65% response rate)

75.0% decreased in weight over the holidays.

84.6% started or continued exercising.

69.2% ate fruit more often.

66.7% Decreased the number of days their mental health was not good.

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

Enjoy Your Harvest

Family & Community Health, Lubbock County Facebook Page

696 Followers
14.10% Men
85.90% Woman

11 posts over 3 months: Green Chile, Strawberry, Beets, Potato, Cherry, Yellow Summer Squash, Zucchini, Apricots, Green Beans, Sweet Corn, & Asparagus

1551 PEOPLE REACHED THROUGH FACEBOOK POSTS

Step Up & Scale Down

2 of 4 (50% response rate)

100% started exercising.

100% stopped drinking regular sodas.

100% decreased the number of days their mental health was not good.

100% used calorie information at restaurants more often to order.

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.

ENJOY YOUR HARVEST

Sweet Corn

HOW TO SELECT THEM...

- Look for fresh green husks and ears that are filled to the tip.
 - Do not select husks that are dried, yellowed, or straw-colored.
- Look for kernels that are tender, full, and firm enough to break under the slightest pressure.
 - Do not choose ears with kernels that have begun to shrivel or "dent."
- Shiny, dark brown silk is a sign of well-filled kernels; Silk ends should be free from decay or worm injury.

TRICKS FOR PREPARING THEM...

Refrigerate immediately & eat as soon as possible; leave corn in the husk to store. If husked, place in plastic bag before storing. Cut off cob & blanch before freezing. Corn-on-the-Cob can be boiled, grilled, oven-roasted or microwaved. Don't forget corn can be used in dips, salsas, and salads!

NUTRITION FACTS:

One medium ear of sweet yellow corn -

- has 77 calories, 1 g fat, 19 g carbs, 2 g protein, 2 g fiber
- is a good source of Vitamin C, thiamin and folate

Swipe for recipes >>>>>

SUMMARY

Healthy Lubbock County programs addressed the issues of obesity and lack of physical activity. Programs will be repeated in the 2023/2024 year with expanded outreach and new partners and collaborators.



For more information:
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