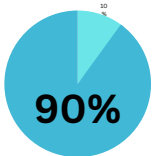
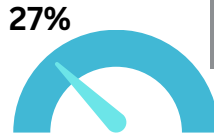


RELEVANCE

90% of the country's \$3.8 trillion healthcare expenditure is for people with largely preventable chronic diseases and mental health conditions. Most chronic diseases can be prevented by eating a nutritious diet, being physically active, avoiding tobacco and excessive drinking, and getting regular health screenings. There are 35,775 recipients in 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>). In addition, the incidence of adult obesity is 35 % compared to the state of Texas at 36%. Adults that are physically inactivity is 27% compared to the state of Texas at 25%. Finally, 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 (On a scale from 0 to 10 with 0 being the worst value). 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.



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Lubbock County adults are inactive

TEXAS ADULT DATA:

- 36.1% OF TEXAS ADULTS ARE OBESE AND 33.7% OF TEXAS ADULTS ARE OVERWEIGHT¹.
- 25.1% OF TEXAS ADULTS REPORT BEING PHYSICALLY INACTIVE I.E., DID NOT ENGAGE IN PHYSICAL ACTIVITY OR EXERCISE DURING THE PREVIOUS 30 DAYS OTHER THAN FOR THEIR REGULAR JOB¹.
- 18.1% OF TEXAS ADULTS REPORT BEING IN FAIR OR POOR HEALTH¹.
- OBESITY-RELATED HEALTH ISSUES: DIABETES- 12.8% AND HYPERTENSION- 32.2%¹.

YOUTH DATA:

- 15.9% OF TEXAS CHILDREN PARTICIPATING IN WIC ARE OBESE.
- 20.7% OF TEXAS CHILDREN AGES 10 – 17 ARE OBESE
- 16.9% OF TEXAS HIGH SCHOOL STUDENTS ARE OBESE.
- DATA OBTAINED FROM THE YOUTH RISK BEHAVIOR SURVEILLANCE SYSTEM (YRBSS) FOUND THAT TEXAS HIGH SCHOOL STUDENTS REPORTED LOW PHYSICAL EDUCATION PARTICIPATION (64.9%) AND ONLY 22.9% REPORTED BEING PHYSICALLY ACTIVE AT LEAST 60 MINUTES².

CENTERS FOR DISEASE CONTROL AND PREVENTION, NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION, DIVISION OF POPULATION HEALTH, BRFS PREVALENCE & TRENDS DATA (ONLINE). 2021. (ACCESSED AUG 31, 2023). URL: <https://www.cdc.gov/brfss/080SP04VALIND/>

TRUST FOR AMERICA'S HEALTH AND ROBERT WOOD JOHNSON FOUNDATION, STATE OF CHILDHOOD OBESITY: HELPING ALL CHILDREN GROW UP HEALTHY. 2022. (ACCESSED AUG 31, 2023). URL: <https://statechildobesity.org>

RESPONSE

THE LUBBOCK COUNTY FCH/BLT PROGRAM AREA COMMITTEE ASSISTED AGENT BOZEMAN IN IDENTIFYING NEED AND POTENTIAL SITES TO REACH SNAP RECIPIENTS WITH PHYSICAL ACTIVITY 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. THE TARGET AUDIENCE WAS THE 35,775 SNAP BENEFIT RECIPIENTS IN LUBBOCK COUNTY. PROGRAM WAS DELIVERED THROUGH EDUCATIONAL CLASSROOM SESSIONS (IN PERSON AND ZOOM), COOKING DEMONSTRATIONS, RADIO PROGRAMS, SOCIAL MEDIA POSTS, AND MONTHLY NEWSLETTERS.

Series Implementation:

- **Walk and Talk- Rethink Your Drink (adult)-** 8 week program that encourages physical activity. Within teams and leagues, participants track their mileage aiming for a team goal of 832 total miles and includes weekly nutrition messages. This program was in partnership with Lubbock Senior Center and The Lubbock Dream Center.
- **Walk and Talk- Rethink Your Drink (youth)-** This is an 8 week program that focus is 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).

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

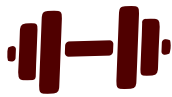
3795

Billion dollars
spent for total
national health
expenditures



RESPONSE-WALK AND TALK

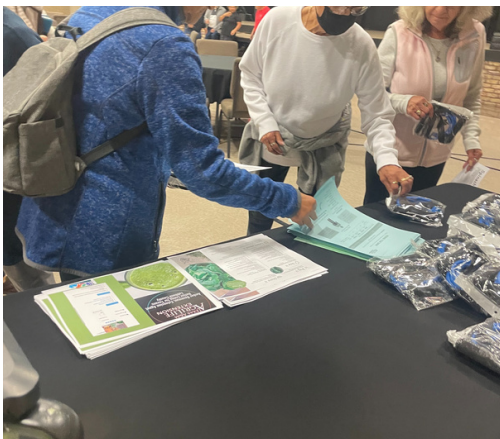
- Session 1: The Importance of Hydration to Our Health
- Session 2: Water: The Forgotten Nutrient
- Session 3: Flavored Waters
- Session 4: Added Sugars in Our Drinks
- Session 5: Sports Drinks
- Session 6: (Adult): Alcohol Session 6: (Youth): Energy Drinks: More Than Just Water
- Session 7: Hidden Sources of Hydration in Our Food
- Session 8: Wrap-up



75 youth participants, 75 graduates, and 520 contacts



126 adult participants, 120 graduates, and 567 contacts



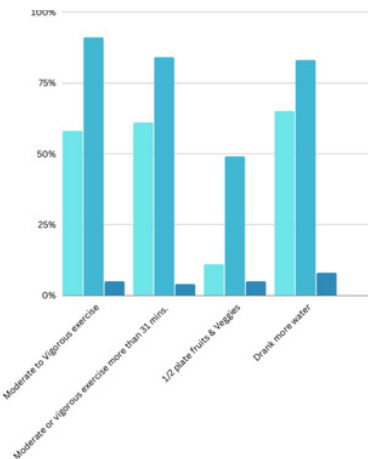
EVALUATION STRATEGY

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.

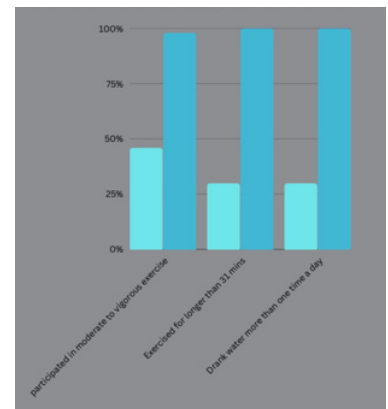
RESULTS

All participants showed an increase in fruit and vegetable consumption. Additionally, participants showed growth in time spent doing vigorous exercise and drank more water.

Walk and Talk- adult



Walk and Talk- youth



SUMMARY

Through implementation of the Walk and Talk series in three different sites, the overall goals of helping participants increase their consumption and access to fruits and vegetables, being more physically active, improving food security status, and preventing risk factors for chronic disease such as obesity, diabetes, and cardiovascular disease were successfully addressed, and the needs determined by the Lubbock County FCH/BLT were met with the target audience of Snap-ed benefit recipients, youth through senior adult.

"Walk and Talk has helped me to establish a walking routine with friends to better my life"

FUTURE PROGRAMMING

Upcoming Programing 2023-2024:

Walk Across Texas -youth in partnership with:

- New Deal ISD afterschool

Walk Across Texas - adult in partnership with:

- The Lubbock Dream Center
- Lubbock Senior Center
- Maggie Trejo Center
- Homestead Senior Apartments,
- Mae Simmons Senior Center
- Copper Rawlings Senior Center



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