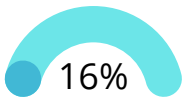


## RELEVANCE

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 national at 32%. Adults that are physically inactivity is 27% compared to the state of Texas at 25%. 16% of adults report frequent mental distress. 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. Research also shows that gardening benefits both physical and mental health. It combines physical activity with social interaction and exposure to nature and sunlight. Sunlight lowers blood pressure as well as increasing vitamin D levels in the summer, and the fruit and vegetables that are produced have a positive impact on the diet.



16%  
 adults report frequent mental distress in Lubbock County

SCENARIOS FOR DISEASE CONTROL AND PREVENTION, NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION, DIVISION OF POPULATION HEALTH, BRFSS PREVALENCE & TRENDS DATA [ONLINE]. 2021. (ACCESSED AUG 21, 2023).  
 URL: <https://www.nccd.cdc.gov/BRFSS/BRFSSPREVALENCE>  
 2. DIRECTS FOR AMERICA'S HEALTH AND ENERGY FOOD PROMOTION FOUNDATION, STATE OF CHILDHOOD OBESITY: HELPING ALL CHILDREN GROW UP HEALTHY. 2023. (ACCESSED AUG 21, 2023). URL: <https://www.stateofchildhoodobesity.org/>  
 3. <https://www.fda.gov/oc/food-products/food-access-research-atlas/documentation/>

- **GARDENING HAS BEEN ASSOCIATED WITH A LOWER PREVALENCE OF DEMENTIA**
- **BEEN SHOWN TO LIGHTEN MOOD AND LOWER LEVELS OF STRESS AND ANXIETY**
- **CONSUMED MORE FIBER-RICH FOODS**
- **SPENT MORE TIME BEING PHYSICALLY ACTIVE**
- **ABOUT 19 MILLION PEOPLE, 6% OF THE POPULATION, LIVED IN A FOOD DESERT**
- **2.1 MILLION HOUSEHOLDS BOTH LIVED IN A FOOD DESERT AND LACKED ACCESS TO A VEHICLE IN 2015.**

## RESPONSE

THE LUBBOCK COUNTY FCH/BLT PROGRAM AREA COMMITTEE ASSISTED AGENT BOZEMAN IN IDENTIFYING NEED AND POTENTIAL SITES TO REACH SNAP RECIPIENTS WITH NUTRITIONAL GARDENING 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, 2,961 OF WHICH ARE OVER THE AGE OF 65. THE PROGRAM WAS IMPLEMENTED THROUGH CLASSROOM EDUCATION (IN-PERSON AND ZOOM), WEEKLY RADIO SPOTS, SOCIAL MEDIA, MONTHLY NEWSLETTERS, COOKING DEMONSTRATIONS, GARDENING DEMONSTRATIONS AND CONTAINER /COMMUNITY GARDENING PROJECTS.



## 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.

1 in 5

57.8 million

ADULTS EXPERIENCE MENTAL ILLNESS  
 SOURCE: NIMH 2018

REGULAR GARDENING MAY HELP TO REDUCE THE RISK OF DEMENTIA BY

50%

SOURCE: OHIO STATE UNIVERSITY 2023



# RESPONSE

## Creating Opportunities, Changing lives

### SERIES IMPLEMENTATION

- GROWING AND NOURISHING HEALTHY COMMUNITIES

THE GROWING AND NOURISHING HEALTHY COMMUNITIES GARDEN COURSE, WHICH IS FUNDED, IN PART, BY THE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP), HELPS INCREASE THE AVAILABILITY OF FRESH PRODUCE THROUGH TEACHING PARTICIPANTS HOW TO GROW FRUITS AND VEGETABLES IN COMMUNITY AND BACKYARD GARDENS. THE GARDENING SERIES INCLUDES TOPICS SUCH AS HOW TO SELECT THE RIGHT GARDEN LOCATION, PLANTING AND WATERING TECHNIQUES, CONTROLLING INSECTS, AND COMPOSTING. BY INCORPORATING COOKING DEMONSTRATIONS USING THE PRODUCE GROWN, PARTICIPANTS LEARN HOW TO PREPARE THE PRODUCE THEY HARVEST. THIS SERIES WAS IMPLEMENTED AT LUBBOCK SENIOR CENTER, HOMESTEAD SENIOR APARTMENTS, MAE SIMMONS SENIOR CENTER, MAGGIE TREJO SENIOR CENTER, AND COPPER RAWLINGS CENTER.



5 LOCATIONS, 115 PARTICIPANTS,  
100 GRADUATES



# 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.

Survey Results from Pre/Post Surveys				
	No. of Matching Responses	Before	After	Point Difference (After vs. Before)
1. Percent of participants that have grown vegetables or fruits for their families.	131	21%	89%	68
2. Percent of participants that rate their current knowledge of growing fruits and vegetables as Good or Excellent.	118	21%	92%	71
3. Percent of participants that Often or Always have fruit and vegetables in their home.	118	19%	90%	71
4. Percent of participants that Often or Always serve vegetables at meals in their home.	118	18%	88%	70
5. Percent of participants that Often or Always serve fruit for dessert in their home.	118	14%	89%	75
6. Percent of participants that Often or Always have fruit available as a snack in their home.	118	12%	91%	79
7. Percent of participants that Often or Always have vegetables available as a snack in their home.	118	13%	85%	72
8. Percent of participants that Often or Always have cut-up vegetables in the refrigerator available in their home.	118	10%	83%	73
9. Percent of participants that Often or Always have fresh fruit on the counter, table, or other easily available location in their home.	118	10%	86%	76

## SUMMARY

Through implementation of the three program series at five 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, specially targeting through senior adult.

*"I love learning more about gardening"*

*"I like to use my produce in my meals."*

## FUTURE PROGRAMMING

### Upcoming Programing 2023-2024:

Continued partnership in 2023 with:

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



For more information:

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