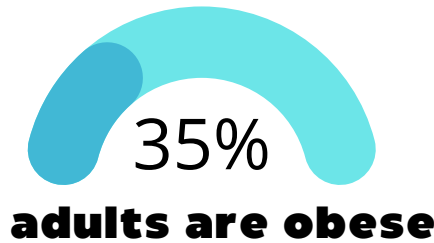
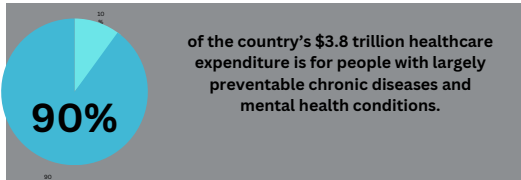


RELEVANCE

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%. 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.



SOURCES FOR DISEASE CONTROL AND PREVENTION, NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION, DIVISION OF POPULATION HEALTH, BRIEF PREVALENCE & TRENDS DATA (DISEASE) 2020. (ACCESSSED AUG. 21, 2022). URL: <https://www.cdc.gov/nchs/data/brb/brb2020.pdf>

STRUST FOR AMERICA'S HEALTH AND ROBERT WOOD JOHNSON FOUNDATION, STATE OF CHILDHOOD OBESITY: HELPING ALL CHILDREN GROW UP HEALTHY. 2022. (ACCESSSED AUG. 21, 2022). URL: <https://stateofchildhoodobesity.org/>

RESPONSE

THE LUBBOCK COUNTY FCH/BLT PROGRAM AREA COMMITTEE ASSISTED AGENT BOZEMAN IN IDENTIFYING NEED AND POTENTIAL SITES TO REACH SNAP RECIPIENTS WITH NUTRITION 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 IMPLEMENTED THROUGH CLASSROOM EDUCATION (IN-PERSON AND ZOOM), WEEKLY RADIO SPOTS, SOCIAL MEDIA, MONTHLY NEWSLETTERS, AND COOKING DEMONSTRATIONS.

Series Implementation:

- **Healthy Carbohydrates** - a 4-session series focusing on healthy types and portions of carbohydrates to help reduce chronic disease risk. This series was implemented at Mae Simmons Senior Center, Copper Rawlings Senior Center, Maggie Trejo Senior Center, Lubbock Senior Center, The Lubbock Dream Center, and Foster Grandparents (Texas Health and Human Services). This program included classroom lesson with PowerPoints, cooking demonstrations, weekly radio shout-outs, social media post via Facebook, and monthly a Newsletter via the Better Living Diaries. The Healthy Carbohydrates series implementation had 176 participants with 150 participants graduating the series.
- **A Fresh Start to a Healthier You!** - a 4-session series that promotes healthy living by teaching about balanced/nutritious meals and snacks, food safety, saving money on food, and daily physical activity. This program was implemented in partnership with Family Parenting and Outreach of Lubbock. The program was implemented through Zoom. Participants received classroom instruction with PowerPoints, live cooking and cooking safety demonstrations. A Fresh Start to a Healthier You! had 15 program participants with 10 graduating the program.
- **Choose Healthy-An** interactive four-session series geared toward middle-school aged students. Sessions motivate students to make healthier choices in regard to food, drink, and physical activity. This program was implemented in partnership with Shallowater Afterschool Centers for Education. The program used classroom lessons, live cooking demonstrations, and interactive videos. The Choose Healthy Series had 80 program graduates.

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 7
4.3 million

TEXANS EXPERIENCE FOOD INSECURITY
SOURCE: FEEDING AMERICA, MAP THE MEAL GAP, 2018

40,138

Recipients of SNAP-ED benefits in
Lubbock County



RESPONSE

Creating Opportunities, Changing lives



Healthy Carbohydrates- 6 locations,
176 participants, 150 graduates



A Fresh Start to a Healthier You!
Modern Zoom format, 15 participants, 10 graduates



CHOOSE HEALTHY- AFTERSCHOOL PROGRAM
80 PARTICIPATES, 80 GRADUATES

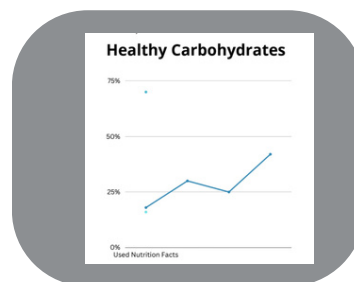
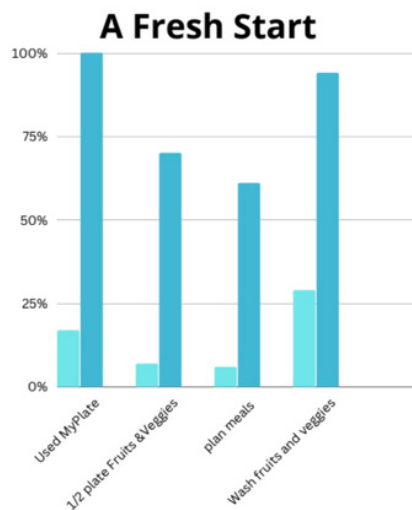


EVALUATION STRATEGY

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.



SUMMARY

Through implementation of the three program series at eight 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.

"I love trying new recipes with my family"

"I try to eat 1/2 my plate in fruits and vegetables."

FUTURE PROGRAMMING

Upcoming Programing 2023-2024:

Live Well, Be Well in partnership with:

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

Color Me Healthy in partnership with:

- New Deal ISD
- Idalou ISD
- Carmona Harrison Elementary
- Roosevelt ISD



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