

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.



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, 17,383 OF WHICH ARE UNDER THE AGE OF 18. 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 8

9 million

CHILDREN EXPERIENCE HUNGER
 SOURCE: FEEDING AMERICA 2021

22%

of 12-19 year olds are obese

SOURCE: NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY 2017- MARCH 2020 PREPANDEMIC DATA FILES-DEVELOPMENT OF FILES AND PREVALENCE ESTIMATES FOR SELECTED HEALTH OUTCOMES, TABLE 3



RESPONSE

Creating Opportunities, Changing lives

SERIES IMPLEMENTATION

- LEARN, GROW, EAT, GO

LEARN, GROW, EAT & GO! (LGE) IS THE RESEARCH & EVIDENCE-BASED CURRICULUM PROJECT OF THE JUNIOR MASTER GARDENER® PROGRAM THAT COMBINES ACADEMIC ACHIEVEMENT, GARDENING, NUTRIENT-DENSE FOOD EXPERIENCES, PHYSICAL ACTIVITY, & SCHOOL & FAMILY ENGAGEMENT. CREATED BY TEACHERS, THIS A LINEAR SET OF HANDS-ON, PROVEN LESSONS, WILL HELP STUDENTS WILL BETTER UNDERSTAND PLANTS AND HOW PLANTS PROVIDE FOR PEOPLE'S NEEDS. THE 10- WEEK (2 LESSONS/WEEK) UNIT OF STUDY WILL STEP YOUR CLASS THROUGH THE PROCESS OF ESTABLISHING A THRIVING GARDEN THAT IS EASY TO CREATE AND MAINTAIN. THE EASY-TO-FOLLOW CURRICULUM FEATURES OPPORTUNITIES FOR FRESH VEGETABLE TASTING/ EVALUATION, SIMPLE RECIPE DEMOS, AND PHYSICAL ACTIVITIES THAT RESEARCH SHOWS CAN IMPROVE ON-TASK BEHAVIOR AND ACADEMIC PERFORMANCE. AGENT BOZEMAN HAS STARTED THIS PROGRAM IN PARTNERSHIP WITH NEW DEAL AFTERSCHOOL CENTERS FOR EDUCATION(ACE) , SHALLOWATER AFTERSCHOOL CENTERS FOR EDUCATION(ACE), AND 9 CLASSROOMS AT CARMONA HARRISON ELEMENTARY.



3 LOCATIONS, 12 CLASSROOMS, 277 GRADUATES

- CULTIVATE, COOK, AND CREATE

THIS IS A 10-WEEK GARDENING AND NUTRITION SERIES THAT IN ONGOING THROUGH AUGUST 9TH. THIS SERIES USES THE LEARN, GROW, EAT, GO CURRICULUM. THIS SERIES IS USED TO MOTIVATE YOUTH THROUGH COOKING, GARDENING, AND NUTRITION TO HAVE A BETTER UNDERSTANDING OF AND APPRECIATION FOR NUTRIENT DENSE FOODS. ALONG WITH OTHER AGENTS, CORY EDWARDS, ASHLYN ALJOE, CHRISTINA REID, AND TWO INTERNS FROM TEXAS TECH, AMBER HAS HAD THE OPPORTUNITY TO THIS PROGRAM REACH 44 YOUTH AT THE SOUTH PLAINS FOOD BANK GRUB FARM.



44 GRADUATES

- EC- LGE4

THE EARLY CHILDHOOD LEARN, GROW, EAT & GO! CURRICULUM PROJECT OF THE JUNIOR MASTER GARDENER® PROGRAM COMBINES PLANT AND GARDEN LEARNING, FOOD EXPOSURE, BRAIN & BODY-BOOSTING PHYSICAL ACTIVITIES, AND NOVEL PARENTAL/SCHOOL COMMUNITY ENGAGEMENT. EACH DAY OF THE EARLY CHILDHOOD LEARN, GROW, EAT & GO! CURRICULUM PROVIDES RICH, ENGAGING LESSONS, GROUP ACTIVITIES, AND A HOST OF PROVEN, TEACHER DEVELOPED AROUND SUPPORTING WEEKLY PLANT PART THEMES- -WEEK 1: PLANT NEEDS & PLANT PARTS -WEEK 2: SEEDS & ROOTS -WEEK 3: STEMS & LEAVES -WEEK 4: FLOWERS & FRUIT TO MAXIMIZE STUDENT LEARNING, A WEEKLY FEATURED SONG, LITERATURE CONNECTIONS, AND GARDEN JOURNAL PROMPTS ARE INCORPORATED INTO EACH DAY OF THE EARLY CHILDHOOD LEARN, GROW, EAT & GO! CURRICULUM. WE PARTNERED WITH CARMONA HARRISON ELEMENTARY AG/STEM PROGRAM. WE HAD 7 CLASSROOMS PARTICIPATE IN SERIES.



7 CLASSROOMS, 126 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.
- 91% of participants enjoyed gardening
- 76% reported filling half their plate with fruits and vegetables.



Survey Results from Pre/Post Surveys				
	No. of Matching Responses	Before	After	Point Difference (after-before)
1. Percent of participants who reported liking the following vegetables:				
a. Cauliflower	312	20%	75%	55
b. Lettuce	312	51%	88%	37
c. Carrots	311	55%	91%	36
d. Spinach	310	27%	76%	49
e. White potatoes	307	38%	79%	41
f. Swiss chard	310	11%	65%	54
g. Tomatoes	310	39%	78%	37
h. Broccoli	307	36%	80%	44
i. Bell peppers	309	28%	77%	49
j. Squash	303	24%	72%	48
k. Sugar snap peas	308	17%	64%	47
l. Bok choy	306	7%	64%	57
2. Yesterday activities...				
a. Percent of participants who reported completing hard physical play for 30 minutes or longer after school such as football, basketball, running, jogging, fast bicycling, etc.				
	302	55%	75%	20
b. Average number of hours that participants had of screen time away from school like playing video games, playing on the computer, tablet, smartphone, or watching TV or movies.				
	307	1.7	1.3	-0.4
3. Average number of times per day that participants drank sweetened beverages such as soda (not diet), sweet tea, sports drinks, or fruit flavored drink.				
	309	1.6	1.6	0
4. Average number of times per day that participants drank milk.				
	304	1.5	2	0.5
5. Average number of times per day that participants drank water.				
	291	2.1	2.4	0.3
6. Average number of times per day that participants ate fresh, frozen, canned, or dried vegetables.				
	295	1.4	1.9	0.5
7. Average number of times per day that participants ate fresh, frozen, canned, or dried fruit.				
	286	1.6	2.3	0.7
8. Percent of participants that filled at least half their plate with fruits and vegetables for lunch and dinner.				
	287	31%	76%	45
9. Percent of participants that reported performing the following activities with their family in the last year:				
a. Planted seeds or plants at home in a vegetable garden or container.				
	304	38%	71%	33
b. Washed vegetables before you cook or eat them				
	299	52%	88%	36
c. Picked vegetables from a garden to cook or eat				
	322	30%	78%	48
d. Made any of the Learn, Grow, Eat & GO! Vegetable recipes				
	300	16%	70%	54
e. Gardened with other in a community or school garden				
	308	24%	79%	55
10. Percent of participants who reported enjoying gardening.				
	307	42%	91%	49

Only paired participant pre/post survey responses per question are included in the calculations for the survey responses. If a participant did not respond or left a question blank on either survey, their response will not be included in that question's calculations. Based on the number of paired responses, the survey results may represent a sample of the requested aspects of all participants completing or graduating from that series.

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 youth.



FUTURE PROGRAMMING

Upcoming Programing 2023-2024:

- Idalou ISD
- New Deal ISD
- Roosevelt ISD
- Lubbock Homeschool Nature Group
- South Plains Foodbank Grubfarm
- Carmona Harrison Elementary-Lubbock ISD



For more information:
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