

### Better Living for Texans program...

- ◆ **Offers opportunities** to help others live healthier lives
- ◆ **Builds confidence** in our participants to learn practical cooking and gardening skills
- ◆ **Teaches nutrition and the importance** of being physically active
- ◆ **Offers educational items** that reinforce what is taught
- ◆ **Creates support** that encourages families and friendships

### 25 YEARS

of helping limited-resource Texans through the SNAP-Ed program, which helps them make healthier choices where they live, learn, eat, shop, play, and work.

Better Living for Texans program has provided SNAP-Ed through Texas A&M AgriLife Extension Service since 1995.

### Focus Areas

Increase fruit and vegetable intake



Food resource management



Food safety



Improving access to fruits and vegetables (gardening)



Increase physical activity



### The Situation in Texas

**34% & 32%**

of adults\* of youth\*\*  
 are **overweight or obese**

\*Source: CDC, Behavioral Risk Factor Surveillance System (BRFSS), 2019

\*\*Source: National Survey of Children's Health, U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB), 2018-2019

**14%**

of households **living below the federal poverty level (FPL)**

Source: CDC, Behavioral Risk Factor Surveillance System (BRFSS), 2019

**76% & 82%**

of adults\* of youth\*\*  
 do not meet **physical activity recommendations**

\*Source: CDC, Behavioral Risk Factor Surveillance System, 2019

\*\*Source: America's Health Rankings Annual Report, United Health Foundation, 2018-2019

**90%**

of adults **do not** consume two or more fruits and three or more vegetables daily

Source: CDC, Behavioral Risk Factor Surveillance System (BRFSS), 2019

**1 in 7 (4.3 million)**

**Texans experience food insecurity**

Source: Feeding America, Map the Meal Gap, 2018

## Participants Reported:

51% adults; 49% youth ♦ 61% female; 39% male (all ages) ♦ 43% Hispanic; 57% Non-Hispanic (all ages)

## Reach and Impacts

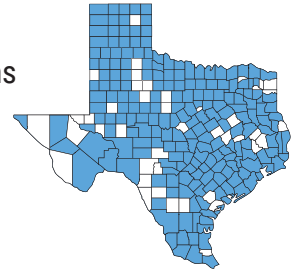
# 1,019 agencies & sites

we partnered with throughout Texas...

- ♦ Community agencies and organizations
- ♦ Feeding Texas – statewide network of food banks and food distribution sites
- ♦ Local schools and educational agencies
- ♦ Local churches, libraries, community centers, parks & recreation programs
- ♦ Low-income and transitional housing authorities

Better Living for Texans programs is offered in more than

# 210 counties



# 262,516 adults & youth

reached with our nutrition, physical activity, and gardening programs (46% were program series)

## Behavior Impact Results

# 68%

ate fruit more times during the day



# 64%

ate vegetables more times during the day

# 86%

made fruits and vegetables available in the home



# 58%

filled half or more of their lunch and dinner plates with vegetables and fruit

# 56%

of youth increased the number of days of the week they were physically active 60 minutes or longer



# 84%

washed fruits and vegetables before eating or preparing

# 50%

of adults increased the number of days of the week they were physically active 30 minutes or longer



# 59%

use the Nutrition Facts labels to buy food products

# 68%

planned meals in advance



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## BETTER LIVING FOR TEXANS

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

USDA is an equal opportunity provider and employer.

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Due to COVID-19, programming was interrupted, thus a significant drop in the number of educational contacts and partnering sites.