

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

OUR PROGRAMS AIM TO:

INCREASE
FRUIT &
VEGETABLE
INTAKE

IMPROVE
ACCESS TO
FRUITS &
VEGETABLES

INCREASE
PHYSICAL
ACTIVITY

ENCOURAGE
BEST FOOD
SAFETY
PRACTICES

TEACH FOOD
RESOURCE
MANAGEMENT

OUR FOCUS: NUTRITION, PHYSICAL ACTIVITY, AND GARDENING

THE SITUATION IN TEXAS...

1 in 8 Texans (NEARLY 4 MILLION)

EXPERIENCE FOOD INSECURITY

What is food insecurity? A lack of access to enough food for an active and healthy life for all household members.

Source: Feeding Texas, 2021

14% of households

HAVE INCOMES THAT ARE AT OR BELOW THE FEDERAL POVERTY LEVEL (FPL)

Source: United States Census Bureau, 2021

36% of adults

& 33% of youth

ARE OVERWEIGHT OR OBESE

Source: CDC, Behavioral Risk Factor Surveillance System (BRFSS), 2020

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

26% of adults

& 59% of youth

DO NOT MEET THE RECOMMENDED PHYSICAL ACTIVITY GUIDELINES

Source: CDC, Behavioral Risk Factor Surveillance System (BRFSS), 2020

Source: CDC, Youth Risk Behavioral Risk Surveillance (YRBS), 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

PARTICIPANTS REACHED:

34% Adults; 66% Youth

60% Female; 40% Male (all ages)

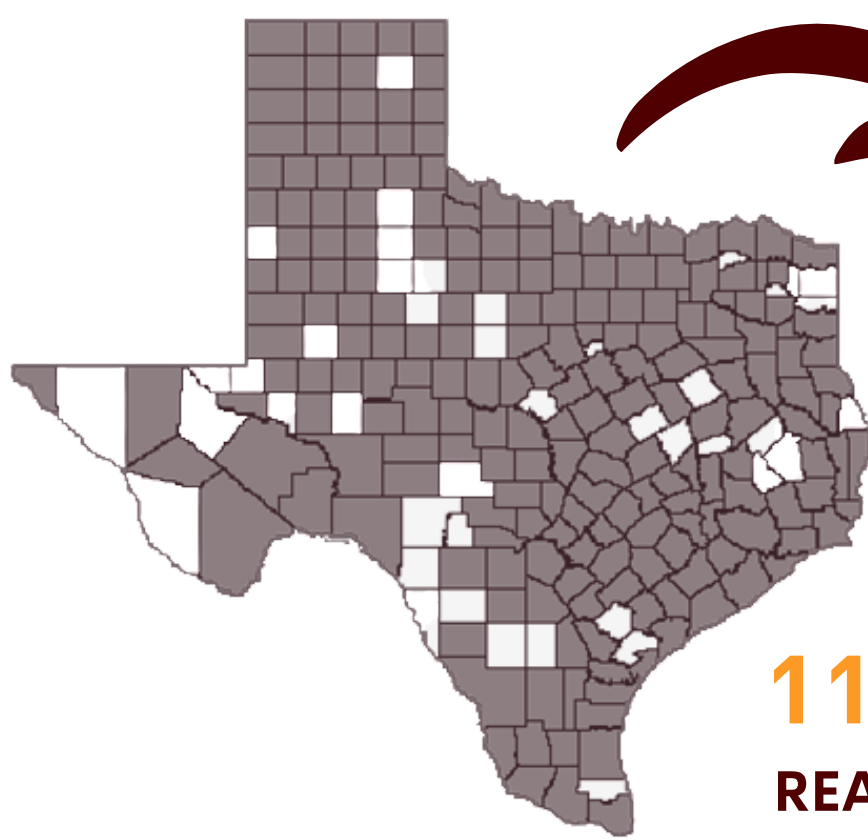
34% Hispanic; 66% Non-Hispanic (all ages)

REACH AND IMPACT

780+ 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 ARE OFFERED IN MORE THAN

210 COUNTIES

112,360 ADULTS & YOUTH
REACHED WITH OUR NUTRITION, PHYSICAL ACTIVITY, AND GARDENING PROGRAMS
(22% WERE PROGRAM SERIES)

BEHAVIOR IMPACT RESULTS

67%

ate fruit more times during the day

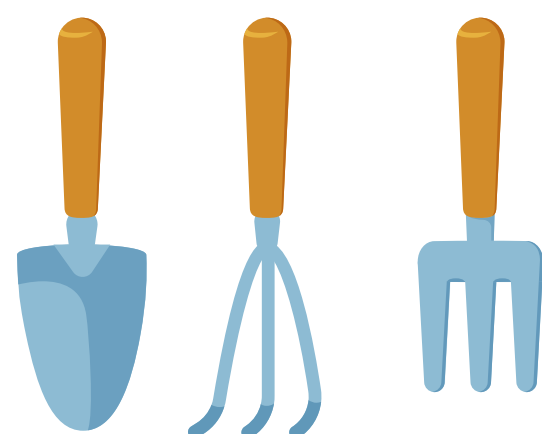


90%

made fruits and vegetables available in the home

59%

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



58%

planned meals in advance



54%

used the Nutrition Facts labels to buy food products



66%

ate vegetables more times during the day

53%

increased the number of days of the week participants were physically active



88%

washed fruits and vegetables before eating or preparing

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



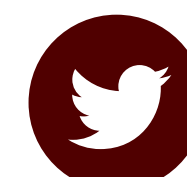
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BETTER LIVING FOR TEXANS

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