

FY 2023 PROGRAM IMPACTS



BETTER LIVING FOR TEXANS...

- 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

BETTER LIVING FOR TEXANS (BLT) TEACHES HEALTHY LIFESTYLE BEHAVIORS

United States Department of Agriculture - Supplemental Nutrition Assistance Program Education (SNAP-Ed)

Creating opportunities, changing lives

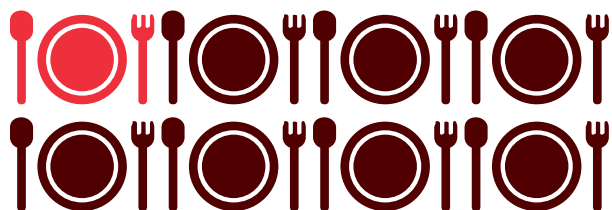


THROUGH COMMUNITY NUTRITION EDUCATION...

- Increase fruit & vegetable intake
- Adopt healthier eating patterns
- Improve access to fruits & vegetables
- Increase physical activity
- Improve food safety practices
- Teach food resource management

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.

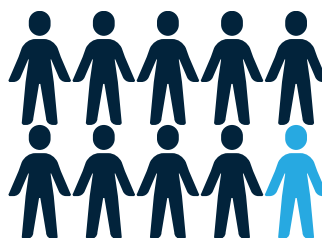
Source: Feeding Texas, 2021

43% of adults & 20% of youth
are overweight or obese

Source: National Health and Nutrition Examination Survey (NHANES), CDC/NCHS (2017-2020)

75% of adults & 83% of youth
do NOT meet the recommended physical activity guidelines

Source: National Health Interview Survey (NHIS), (2020) and Youth Risk Behavior Surveillance System (YRBSS) (2019)



90% OF ADULTS

do NOT consume more than two fruits or three vegetables daily

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



BLT PARTICIPANTS...

62% Youth
38% Adult

46% Hispanic
54% Non-Hispanic

60% Female
40% Male

61,369

ADULTS AND YOUTH

Reached through direct education - topics include nutrition, physical activity, and gardening

159 PARTICIPATING COUNTIES
(254 COUNTIES IN TEXAS)

492 PARTNERSHIPS
WITH COMMUNITY AGENCIES & SCHOOLS

2,128,739 CONTACTS through newsletters, health fairs, marketing events, food distributions, social media, TV and radio segments, and coalition meetings or events with local stakeholders

27,664 REACHED THROUGH IN-DIRECT ACTIVITIES

“AS SOON AS HE GOT HOME FROM SCHOOL HE WOULD SHOW ME THE RECIPES SHARED WITH THE CLASS AND TELL ME ALL ABOUT THE THINGS THAT [THE EXTENSION AGENT] SHOWED AND TAUGHT THE STUDENTS.”

- WOOD COUNTY PARENT

“THIS [COMPLETION] CERTIFICATE IS GOING TO REMIND ME TO TAKE CARE OF MYSELF AND MAKE CHOICES THAT HELP ME BE BETTER, EVEN WHEN IT IS HARD.”

- VICTORIA COUNTY PARTICIPANT

DIRECT EDUCATION RESULTS FOR ADULT AND YOUTH PARTICIPANTS*

- 50% filled 1/2 or more of their plates with vegetables and fruit
- 69% used MyPlate to make food choices
- 85% used the Nutrition Facts labels to buy foods better for their health
- 76% drank water at least one or more times a day
- 34% increased the number of days doing 30 minutes or more physical activity
- 82% of participants had fruits or vegetables at meal time (gardening program)
- 46% planned meals in advance
- 63% compared the unit prices before buying food
- 88% washed fruits and vegetables before eating or preparing

**Data is self-reported by participants*

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PODCAST

better living for texans

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