

**FY 2023 PROGRAM IMPACTS**



*Creating opportunities, changing lives*

**BETTER LIVING FOR TEXANS...**

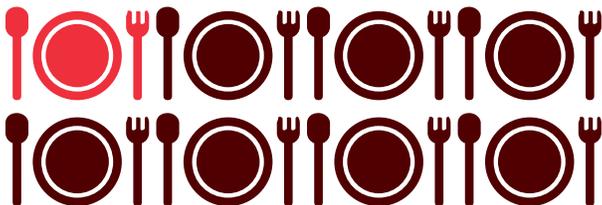
- Offers opportunities to help others live healthier lives
- Builds confidence in our participants to learn practical cooking and gardening skills
- Teaches nutrition and the importance of being physically active
- Offers educational items that reinforce what is taught
- Creates support that encourages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

**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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TEXAS A&M  
**AGRI LIFE**  
EXTENSION