



# BETTER LIVING FOR TEXANS (BLT)

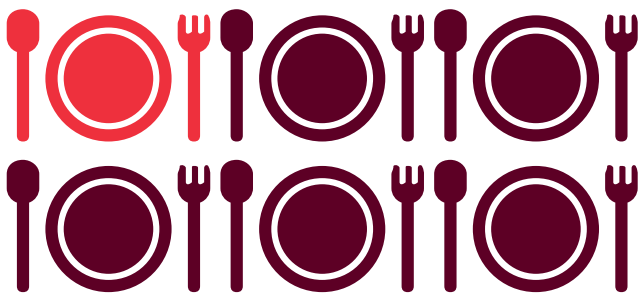
## Supplemental Nutrition Assistance Program Education (SNAP-Ed)

We provide research and evidence-based nutrition, health and wellness knowledge to empower individuals, families, and communities to make positive changes for healthier lives.

*Creating opportunities, changing lives*

### RELEVANCE

**1 in 6 Texans (nearly 5 million)**



#### experience food insecurity

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

Source: Feeding Texas, 2024

**34% of adults & 22% of youth are overweight or obese**

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2023; National Survey of Children's Health, 2022-2023.

**28% of adults self-reported as physically inactive & 20% of youth are not meeting physical activity guidelines**

Source: BRFSS, 2023; Youth Risk Behavior Surveillance System (YRBSS), 2021

**24% of adults consumed vegetables less than one time per day and 41% consumed fruits less than one time per day**

Source: BRFSS, 2021

## DIRECT EDUCATION PARTICIPANTS AND RESULTS

- Participants reported increasing the frequency of vegetable consumption per day (average times per day) **by approximately 40%**
- Participants reported increasing the frequency of fruit consumption per day (average times per day) **by approximately 41%**
- **72% of participants** reported using MyPlate to make food choices after the program
- **85% of participants** reported using nutrition labels to make food choices after the program
- **40% of participants** met guidelines for moderate physical activity after the program
- After completing the garden program, **81% of participants** rated their knowledge of growing fruits and vegetables as Good or Excellent

\*Data were pooled across 14 BLT curricula. Results are based on participants completing and self-reporting data from pre and post surveys.

# 61,875

## ADULTS AND YOUTH REACHED

60% Female  
40% Male



45% Hispanic  
55% Non-Hispanic



37% Adult  
63% Youth



## 1,759,995 SNAP-ED ELIGIBLE CONTACTS

*through indirect education like newsletters, health fairs, marketing events, food distributions, social media, TV and radio segments, and coalition meetings or events with local stakeholders*

***"My picky eaters were trying the different veggies/fruits, and the students could reiterate what we learned about plants." Ms. Smith, Tarrant County***

**1,292 Total Policy, Systems, and Environmental Change Initiatives (PSE) changes adopted and 50,049 reached** through using, adding, and maintaining school and community gardens for nutrition education, and distribution of produce or materials for communities or home gardens.

The Social Marketing campaign, **Celebrate Texas Plates Campaign** was designed to encourage healthier eating patterns through the celebration of the many cultures in Texas with a nutritional calendar and multimedia efforts.



## 314 COMMUNITY PARTNERS AND 183 PARTICIPATING COUNTIES

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