

RELEVANCE

In Kleberg County, 33% or 10,124 adults are obese, and 7% of the population or 2,148 people have been diagnosed with diabetes. In Kenedy County, 22% or 89 adults are obese, and 11% of the population or 44 people have been diagnosed with diabetes.

Health Factors & Outcomes	Kleberg County Population: 30,680	Kenedy County Population: 404
Poor or Fair Health: adults reporting poor or fair health	27% or 8,283.6 residents	38% or 153.5 residents
Adult Obesity: adults reporting a BMI over 30	33% or 10,124.4 adults	22% or 88.9 adults
Physical Inactivity: adults reporting no leisure time physical activity	25% or 7,670 residents	21% or 84.8 residents
Cardiovascular Deaths: per 10,000 population	59	36.8
Diabetes Prevalence: adults diagnosed	7% or 2,147.6 adults	11% or 44.4 adults

RESPONSE

In response, Texas A&M AgriLife Extension Service has developed healthy lifestyle programs that can address these issues with an evidence-based approach through education, in addition to, its vast resources, education, and hands-on activities that encourage healthy food intake and best practices related to safety, mental health, and general health. In Kleberg & Kenedy Counties, the Healthy South Texas Coalition and Task Force groups have identified and support Dinner Tonight, Cooking Well with Diabetes, and Step Up Scale Down as educational approaches to address overweight, obesity, and manage and prevent chronic disease.

Program Description:

- **Dinner Tonight:** Healthy, family friendly, budget friendly, and easy recipes will be shared online via recorded, live, and/or face to face methods will be provided through website, email blasts, and social media.
- **Cooking Well with Diabetes:** A four-class cooking school series designed to help people with diabetes and anyone who prepares food for them.
- **Step Up Scale Down:** A twelve-week program series based on the USDA Dietary Guidelines. Information presented will help participants choose a healthy eating plan within their calorie requirements to achieve and maintain a healthy weight. This may be implemented face to face, online, or a combination of the two delivery methods.

Target Audience: Although open to all, implementation will be focused on those with or at risk of developing certain chronic diseases.

Collaboration: Multiple collaborative efforts were made that fostered relevant programs and addressed community needs. Collaborating organizations include Methodist Health Ministries Wesley Nurse, El Buen Pastor United Methodist Church, Harrel Elementary school community, and Facebook members.

VALUE STATEMENT

Obesity Prevention & Reduction

Texas A&M AgriLife Extension Service engages children and adults in programs that teach them how to eat nutritious foods and engage in regular physical activity to promote health and reduce their risk for obesity. The Texas public benefits through a healthier population, reduced healthcare costs, and increased productivity.

RESULTS

Program	Location	Date(s)	Participants
Dinner Tonight, A Trip to the Mediterranean	Facebook	Feb 8-12, 21	153
Cooking Well with Diabetes	Facebook	Nov, 20	16
	El Buen Pastor Diabetes Food Pantry	Feb – May, 21	20
	Harrel Elementary	April, 21	25
Step Up Scale Down	Facebook	Jan – Mar, 21	38

Cooking Well with Diabetes Evaluation

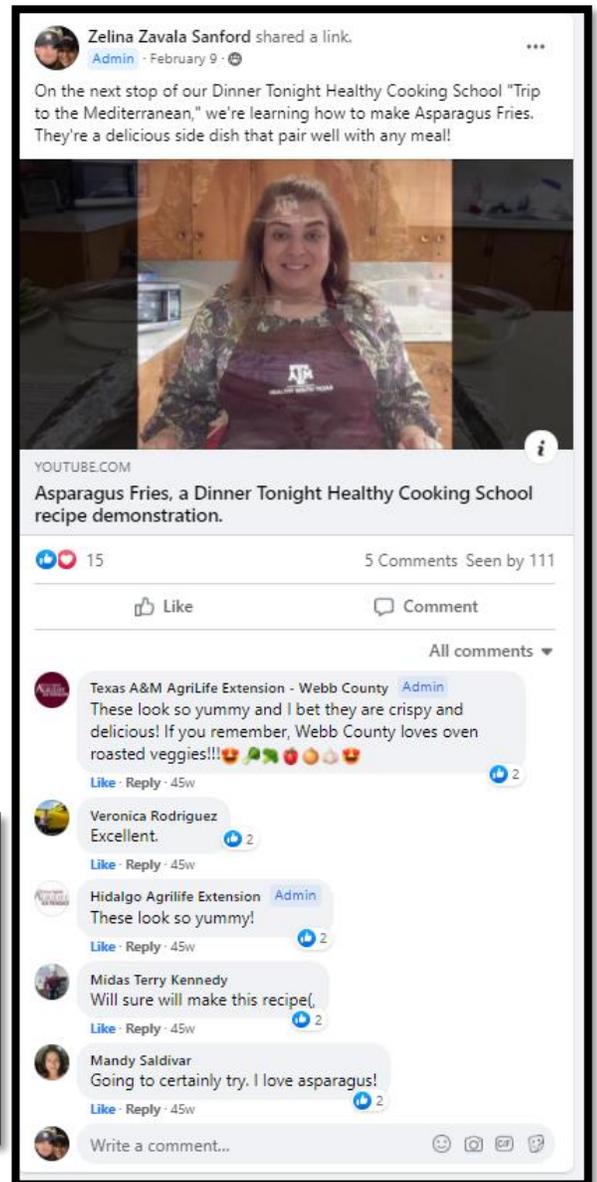
An evaluation instrument (pre and post approach) was used to measure participants' behavior change and adoption of practice of Cooking Well with Diabetes program principles.

- 63% indicated they add extra vegetables to dishes such as casseroles, soups, sandwiches, and salads.
- 60% indicated they add salt to their food at the table less often.
- 60% indicated they change recipes to lower amounts of sugar or fat.

Participant Comments:

What is the most important thing you have learned from participating in this program?

- "I have learned how to eat better for health safety. I love sweets and I love French fries. But I have learned to do differently. I thank you for getting these classes together."
- "Preplan/prepare your meals to be healthier. To use less salt. Lesson was well planned and executed."



Summary:

Program delivery was significantly impacted by COVID-19.

Future Programming:

The 2021-2022 Healthy Kleberg-Kenedy Adult Nutrition and Health plan includes face to face Dinner Tonight, Step Up Scale Down, and Cooking Well with Diabetes.

