

RELEVANCE

Research suggests that Supplemental Nutrition Assistance Program recipients and other limited resource audiences consume diets that are not in agreement with current dietary recommendations, potentially increasing their risk for the development of chronic disease. Food insecurity, obesity, and lack of access to healthy foods are other issues that impact this audience and have strong potential to negatively impact health. The quality of food environment based on % of population who are low income and do not live close to a grocery store and those without access to a reliable source is 7.1 (On a scale from 0 to 10 with 0 being the worst value).



In Lubbock County:

- **34,737** residents receive SNAP benefits;
- **90%** of the country's \$3.8 trillion healthcare expenditure is for people with largely preventable chronic diseases and mental health conditions;
- **31%** of adults are obese;
- **21%** of adults report being in fair or poor health.

Sources: <https://nccd.cdc.gov/DHDSAtlas/Reports.aspx>, [countyhealthrankings.org](https://hhs.texas.gov/about-hhs/records-statistics/data-statistics/supplemental-nutritional-assistance-program-snap-statistics) and <https://hhs.texas.gov/about-hhs/records-statistics/data-statistics/supplemental-nutritional-assistance-program-snap-statistics>

RESPONSE

The Lubbock County FCH/BLT Program Area Committee assisted Agent Edwards in identifying potential sites to reach SNAP recipients with nutrition education series. Seven series were led at five identified sites in Lubbock County. The overall goals of these series are to help participants increase their consumption and access to fruits and vegetables, be more physically active, improve food security status, and prevent risk factors for chronic disease such as obesity, diabetes, and cardiovascular disease.

Series implemented:

- *Get the Facts* - 4-session series that emphasizes sodium, fats, added sugars, and portion size; participants learn how to read the Nutrition Facts Label;
- *Walk N Talk* - 8-week program encourages increased physical activity. Within teams and leagues, participants track their mileage aiming for a team goal of 832 total miles and includes weekly nutrition messages;
- *Be Well, Live Well* - 5-session series promotes healthy aging for adults over age 50;
- *Growing & Nourishing Healthy Communities Garden Course* - a 6-session series that teaches participants how to grow fruits and vegetables, thus improving their access to fresh produce
- *Healthy Carbs* - a 4-session series focusing on healthy types and portions of carbohydrates to help reduce chronic disease risk
- *A Fresh Start to a Healthier You!* - a 4-session series that promotes healthy living by teaching about balanced/nutritious meals and snacks, food safety, saving money on food, and daily physical activity

Adult BLT series were implemented with the following sites in Lubbock County: *Lubbock Dream Center, Foster Grandparents, Habitat for Humanity, Parenting Guidance Center, and Slaton Senior Citizens.*

VALUE STATEMENT

Better Living for Texans

BLT helps families make better choices with their limited resources. To do so, we provide research-based nutrition programs that are cost-free and close to home.

BLT programs will help participants:

- Increase fruit and vegetable consumption
- Make healthy menu choices
- Save money at the grocery store
- Learn about MyPlate
- Increase physical activity in adults and children

According to the CDC:

33%

868

THOUSAND

Americans die of heart disease or stroke every year

214

billion dollars a year in healthcare cost



Response Example

Get the Facts: 12 participants, 7 graduates, 7 matched pre/post surveys

Walk N Talk: 19 participants, 11 graduates, 13 matched pre/post surveys

Be Well, Live Well (virtual/in-person): 14 participants, 13 graduates, 3 matched pre/post surveys

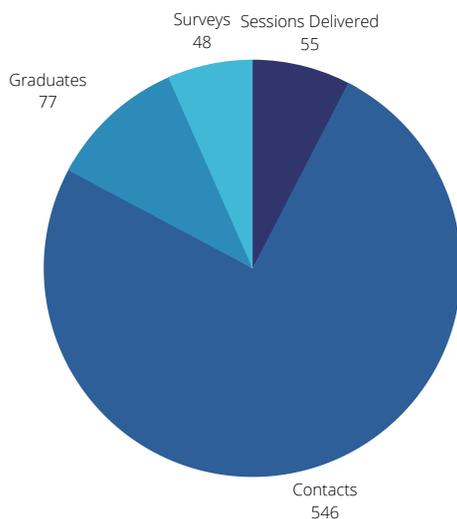
Growing & Nourishing Healthy Communities Garden Course: 14 participants, 12 graduates, 8 matched pre/post surveys

Healthy Carbs: 5 participants, 2 graduates, 2 matched pre/post surveys

A Fresh Start to a Healthier You! (virtual/D2L): 23 participants, 16 graduates, 11 matched pre/post surveys

**graduates: participants who attend 75% or more of a given series*

Summary



"I walk more than before, and I eat more veggies too!"



Evaluation Strategy

Pre and post surveys were administered to participants through a link to the Qualtrics system on the state FCS agents only web site or by paper, and data was entered into the Qualtrics system at the county office. For Walk N Talk all recorded mileage was entered weekly into the Walk Across Texas! website management system by Master Wellness Volunteers or Agent Edwards.

RESULTS

As a result of implementing **seven series at five different sites** during the BLT year (October 2020-September 2021) in Lubbock County that serve a limited resource audience, the following changes in participants' behavior were reported after analyzing the matched pre/post surveys:

Get the Facts: Increased food label reading behaviors in the following areas:

- Look at calorie information
- Select foods low in saturated fat
- Select foods low in salt/sodium

Walk N Talk:

- **1,922.28 miles** logged in 8 weeks
- **18.75% increase** in number of times fruit is eaten each day
- **43.75% increase** in the amount of fruit eaten each day
- **31.25% increase** in number of times vegetables are eaten each day
- **50% increase** in the amount of vegetables eaten each day

Be Well, Live Well (virtual/in-person): Habits changed as a result of what was learned in the program:

- "I exercise more."
- "Keeping foods separated, how long to keep food in fridge and freezer, difference between organic and natural."
- "Stay active."
- "Doing more exercise; eating better."
- "Portion control"
- "Eat healthy"

Healthy Carbs:

- 2 of 2 graduates decreased frequency of eating desserts and sweets.
- 1 of 2 graduates started choosing low-fat milk.
- 1 of 2 graduates decreased frequency of drinking sweetened beverages.

A Fresh Start to a Healthier You! (virtual/D2L):

- 50% increase in number of times fruit is eaten each day
- 60% increase in frequency of comparing prices when shopping
- 50% decrease in how often participants were worried whether food would run out before they got money to buy more

Growing & Nourishing Healthy

Communities Garden Course: Statistical Increase in Perceived Changes in Gardening Knowledge and Availability and Accessibility of Fruits and Vegetables in the Home

- We serve vegetables at meals
- We serve fruit for dessert
- Vegetables are available as a snack

Statistical Increase in Perceived Changes in Targeted Gardening Concepts

- How to pick a site for a garden
- Know when to plant vegetables
- How and why to test your soil
- How to space plants
- Water requirements and drip irrigation
- How to identify insects to determine if chemical control is needed
- Pesticide safety
- How to use mulch
- How to make and use compost

Future Programming

Agent Edwards assumed a different role within Extension in Lubbock County last August 2021 as the Family & Community Health County Extension Agent. With this new role comes less BLT responsibilities, but Agent Edwards will continue to work with the Lubbock Dream Center, Slaton Senior Citizens, and the Parenting Guidance Center with a goal of getting 25 adult BLT graduates.



For more information:

Cory Edwards

CEA-FCH
Lubbock County

Phone: 806-775-1740

Email: cory.edwards@ag.tamu.edu