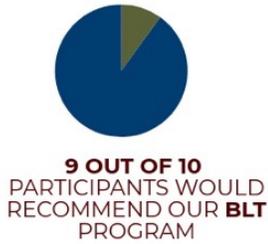


IMPACTING TEXANS IN FY 2018

MORE THAN
773,600
PARTICIPANTS



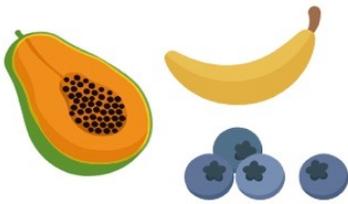
208
NUMBER OF
COUNTIES WITH
**BETTER LIVING
FOR TEXANS**
PROGRAMMING
EFFORTS

73%
OF PARTICIPANTS
REPORT THAT **BLT** IS
THEIR FIRST
EXPERIENCE WITH
TEXAS A&M AgriLife
EXTENSION

A FRESH START TO A HEALTHIER YOU

RESPONSES BASED ON A SAMPLE OF **4,770** PARTICIPANTS THROUGHOUT **69** COUNTIES THAT INTEGRATE THE IMPORTANCE OF HEALTHY NUTRITION WITH AN EMPHASIS ON INCREASING FRUIT & VEGETABLE INTAKE, PHYSICAL ACTIVITY, FOOD SAFETY AND FOOD RESOURCE MANAGEMENT.

PEOPLE WHO REPORTED EATING FRUIT TWICE A DAY



21% INCREASE

PEOPLE WHO REPORTED EATING VEGETABLES THREE TIMES A DAY



29% INCREASE

PEOPLE WHO REPORTED PLANNING THEIR MEALS AHEAD OF TIME



36% INCREASE

PEOPLE WHO USED A SHOPPING LIST



30% INCREASE

PEOPLE WHO COMPARED PRICES WHILE SHOPPING



28% INCREASE

PEOPLE WHO REPORTED BEING PHYSICALLY ACTIVE FOR 30 MIN/5 TIMES PER WEEK



21% INCREASE

IMPACTING TEXANS IN FY 2018

GROWING AND NOURISHING HEALTHY COMMUNITIES

RESPONSES BASED ON A SAMPLE OF **695** ADULT PARTICIPANTS THROUGHOUT **21** COUNTIES WHICH INCLUDES A **SIX WEEK** EDUCATIONAL PIECE WHICH TEACHES **GARDENING BASICS**, INCLUDING THE **CONSTRUCTION AND MAINTENANCE OF A COMMUNITY GARDEN SITE**, AND **INCREASING ACCESS TO FRUITS & VEGETABLES**.

56%

INCREASE

OF PARTICIPANTS WHO KNEW

- WHEN TO **PLANT VEGETABLES**
- HOW TO **WATER THEIR GARDEN**
- HOW TO **MAKE & USE COMPOST**



10,303

NUMBER OF POUNDS OF PRODUCE HARVESTED THROUGH GROWING AND NOURISHING HEALTHY COMMUNITIES INCLUDING:

squash
tomatoes
peppers

eggplant
watermelon
cantaloupe
strawberries

basil
cilantro
carrots

EAT SMART, LIVE STRONG

RESPONSES BASED ON A SAMPLE OF **3,271** SENIOR ADULT PARTICIPANTS THROUGHOUT **38** COUNTIES WHO PARTICIPATED IN A **FOUR SESSION** NUTRITION EDUCATION SERIES TO HELP INDIVIDUALS **OVER 60 YEARS OF AGE** TO **IMPROVE THEIR FRUIT AND VEGETABLE CONSUMPTION AND INCREASE PHYSICAL ACTIVITY**.

26%

OF PARTICIPANTS REPORTED **EATING FRUIT** TWO OR MORE TIMES A DAY FOLLOWING THE COMPLETION OF THE PROGRAM.

11%

OF PARTICIPANTS REPORTED BEING **PHYSICALLY ACTIVE** FOR AT LEAST **30 MINUTES, FIVE TIMES A WEEK** FOLLOWING THE COMPLETION OF THE PROGRAM

25%

OF PARTICIPANTS REPORTED **EATING VEGETABLES** TWO OR MORE TIMES A DAY FOLLOWING THE COMPLETION OF THE PROGRAM.

LEARN, GROW, EAT & GO!

RESPONSES BASED ON A SAMPLE OF **5,416** YOUTH PARTICIPANTS THROUGHOUT **60** COUNTIES WHO PARTICIPATED IN A **TEN SESSION** NUTRITION EDUCATION PROGRAM TO HELP YOUTH **MAKE HEALTHIER FOOD CHOICES, LEARN BASIC GARDENING SKILLS, AND THE IMPORTANCE OF BEING PHYSICALLY ACTIVE**.

17%

INCREASE OF PARTICIPANTS WHO REPORTED DRINKING **WATER** MORE THAN ONCE A DAY

AFTER TASTING, MORE STUDENTS REPORTED LIKING SPINACH, SWISS CHARD, SUGAR SNAP PEAS & BOK CHOY



62%

HAD THE OPPORTUNITY TO TEACH SOMEONE ELSE TO MAKE BETTER FOOD CHOICES



69%

REPORTED INCREASE INTEREST IN ATTENDING SCHOOL