



IMPACTING TEXANS IN FY 2017



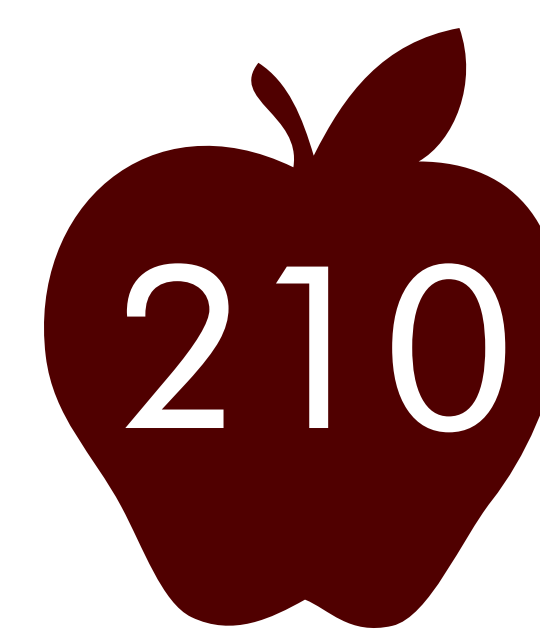
9 out of 10 participants would recommend our BLT program and would attend another BLT program



Over 735,000 adult & youth contacts



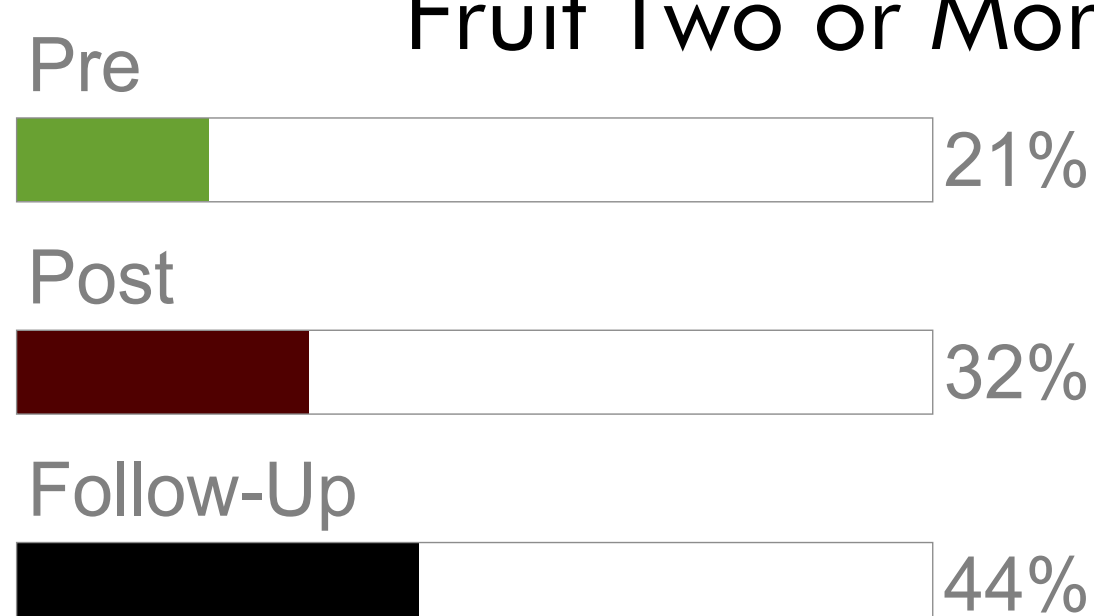
73% of participants report that Better Living for Texans is their first experience with Texas A&M AgriLife Extension



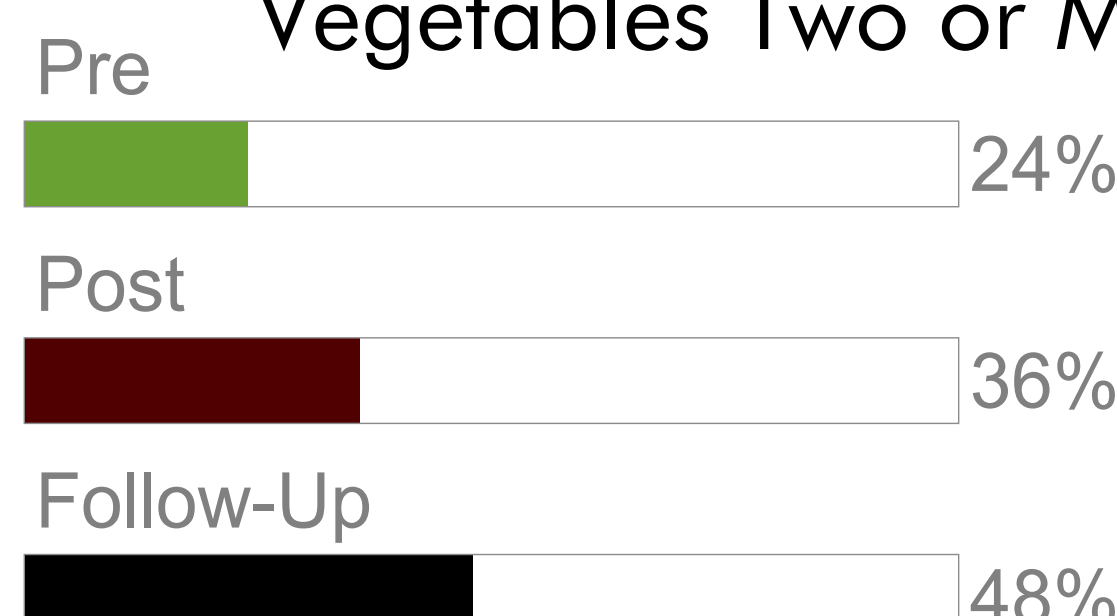
Number of counties with Better Living for Texans programming efforts

A FRESH START TO A HEALTHIER YOU!

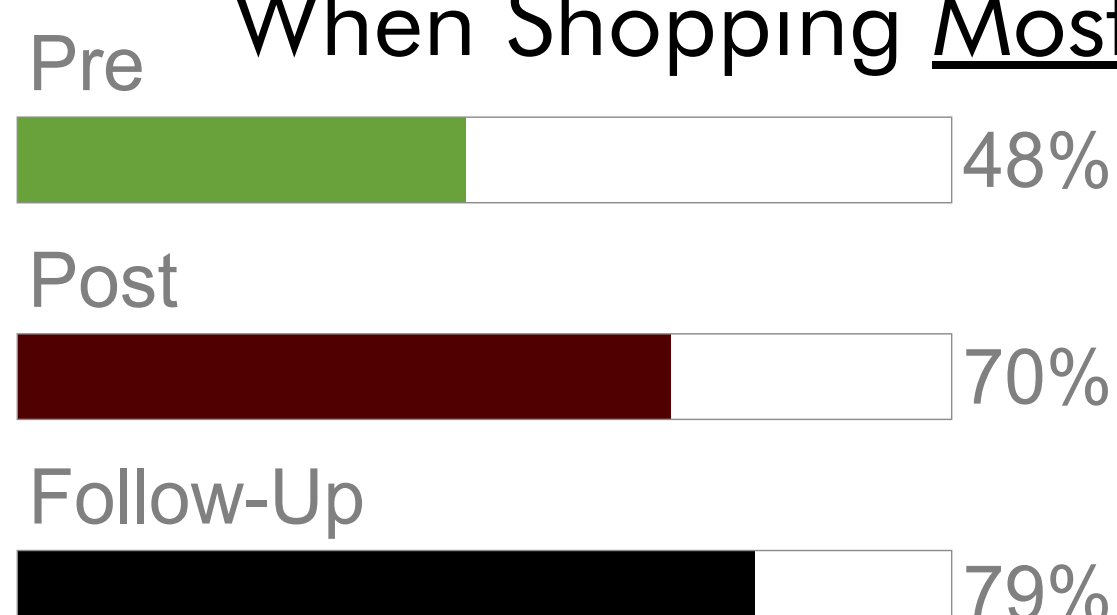
Participants Who Reported Eating Fruit Two or More Times a Day



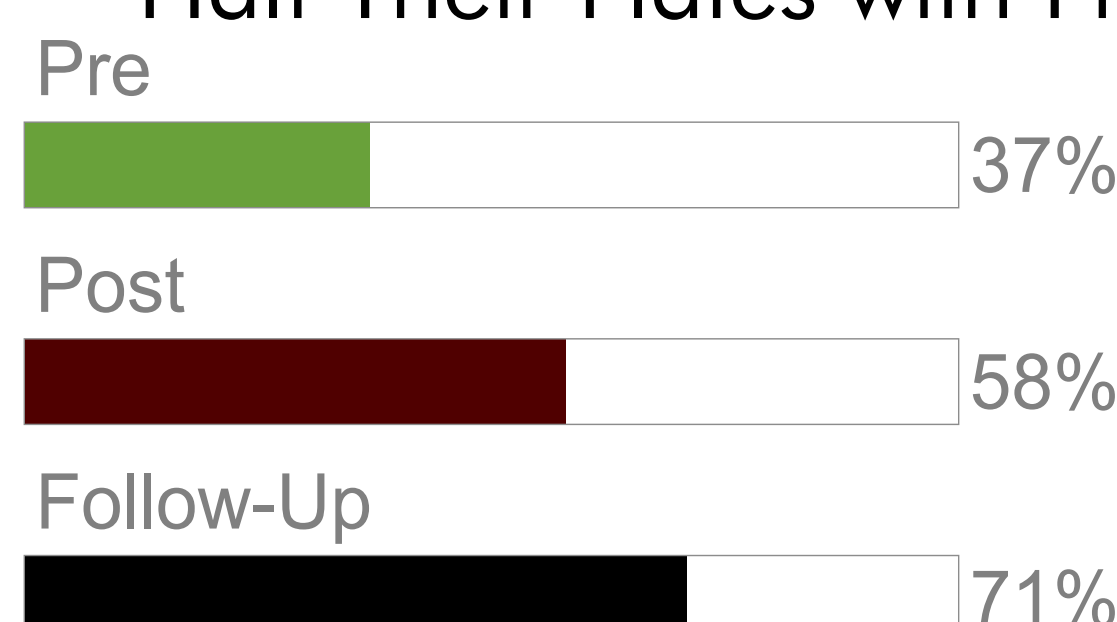
Participants Who Reported Eating Vegetables Two or More Times a Day



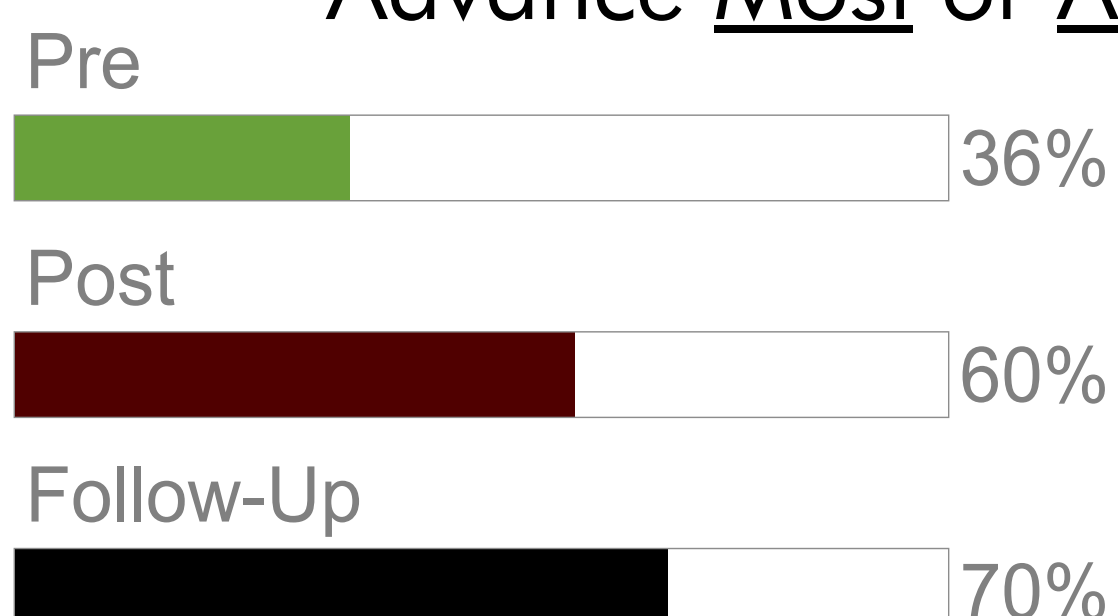
People Who Reported Using a List When Shopping Most or All of the Time



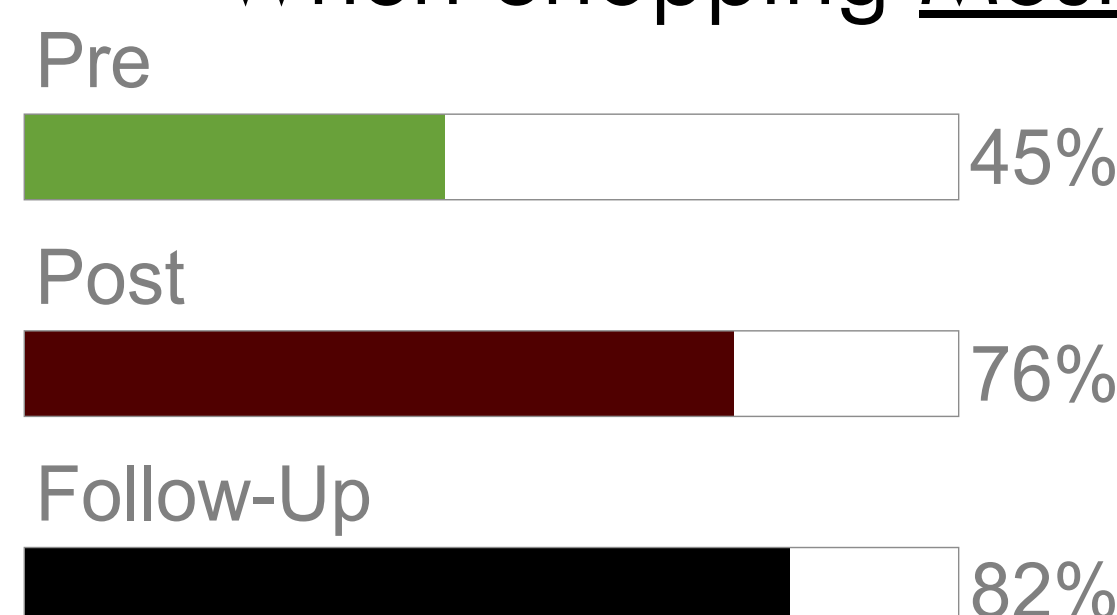
Participants Who Reported Filling Half Their Plates with Fruits and Vegetables



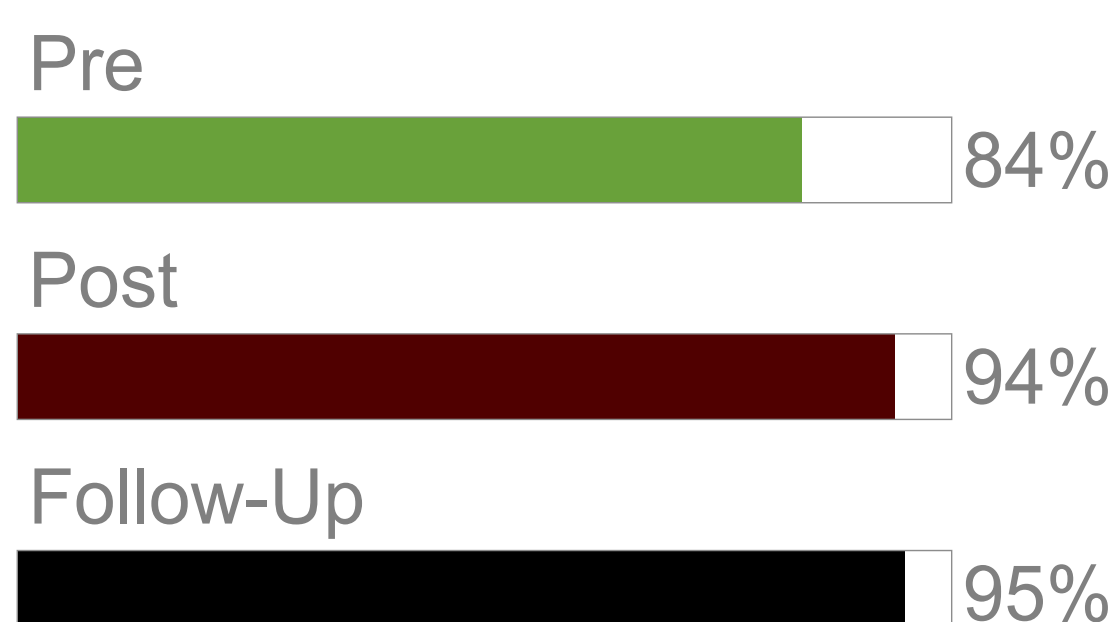
Participants Who Reported Planning Meals in Advance Most or All of the Time



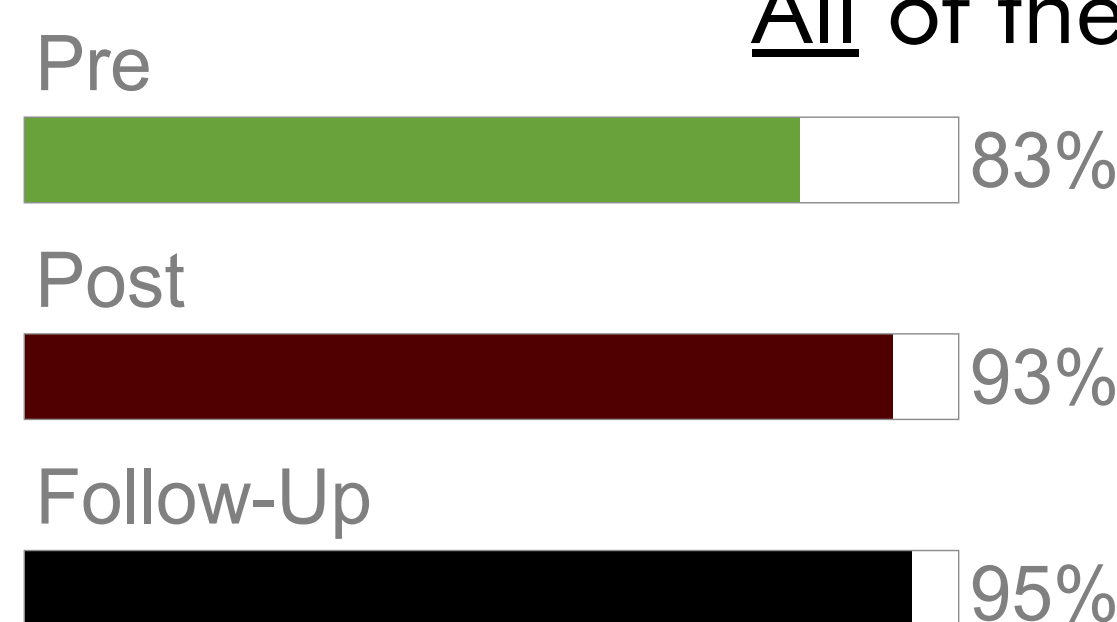
Participants Who Reported Comparing Prices When Shopping Most or All of the Time



Participants Who Reported Washing Hands Before Preparing Meals All of the Time



Participants Who Reported Washing Fruits or Vegetables Before Eating or Preparing Them All of the Time

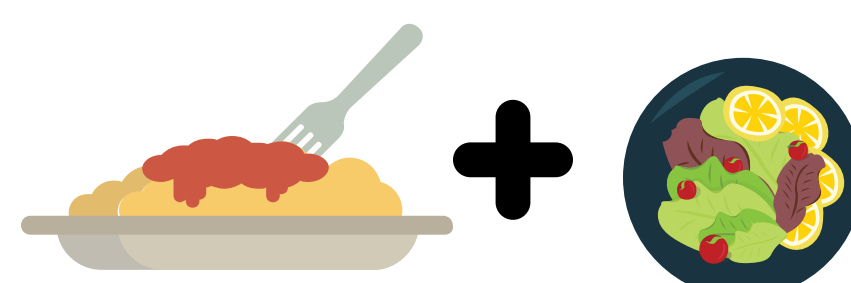
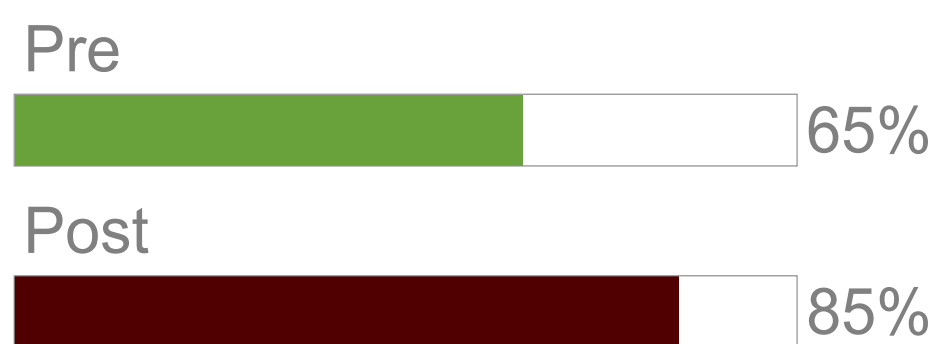


Responses based on a sample of 7,948 participants

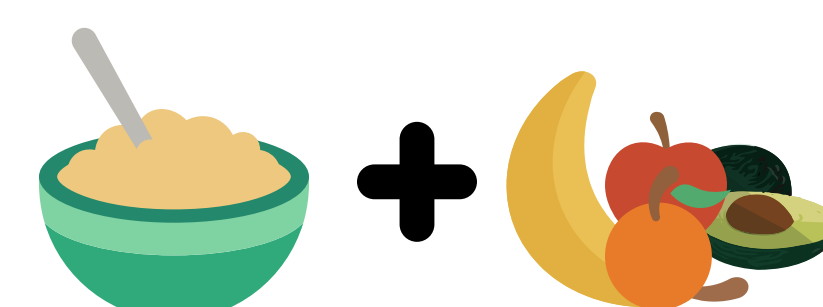
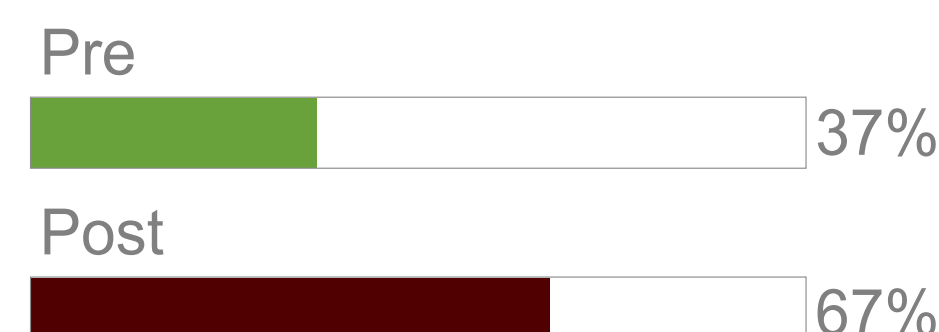
GROWING & NOURISHING HEALTHY COMMUNITIES



Participants who reported serving vegetables at meals often or almost always

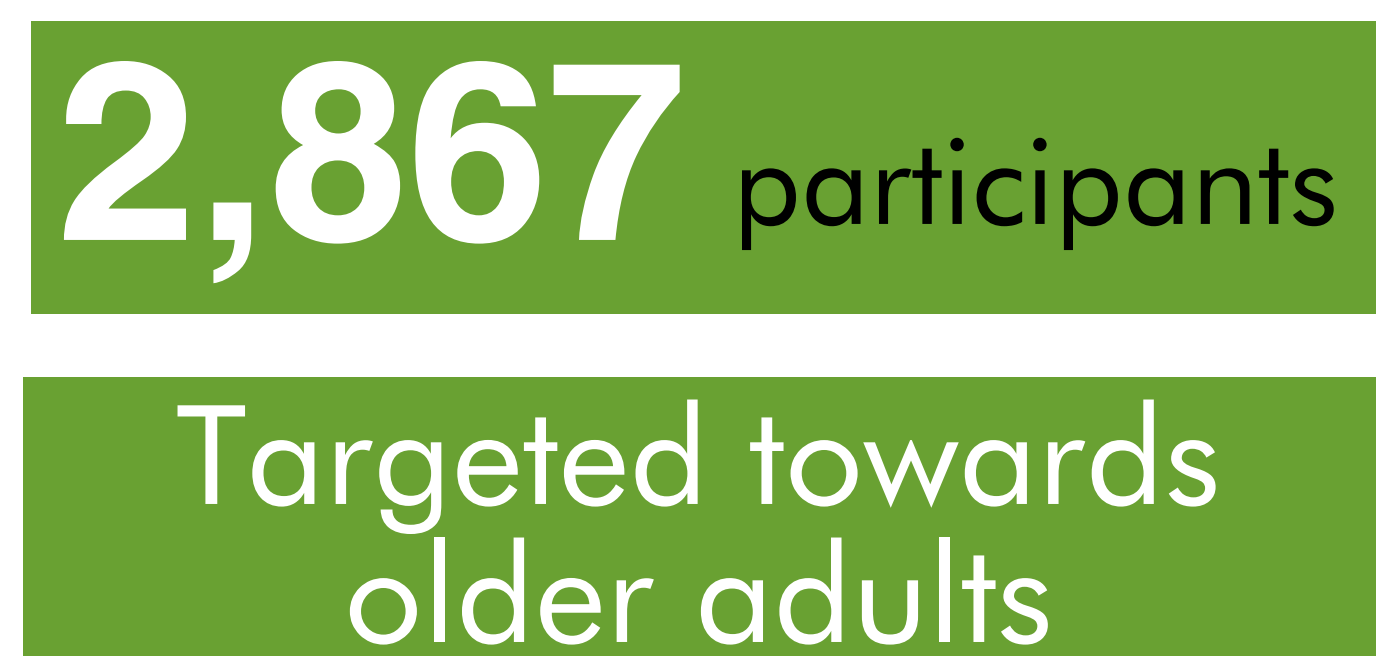


Participants who reported serving fruit at meals often or almost always

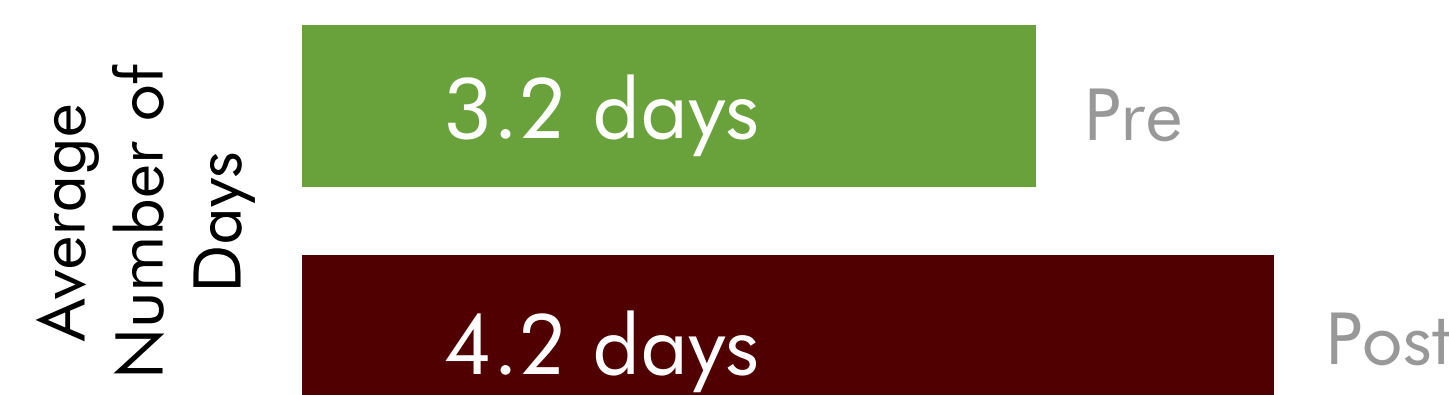


Responses based on a sample of 601 participants

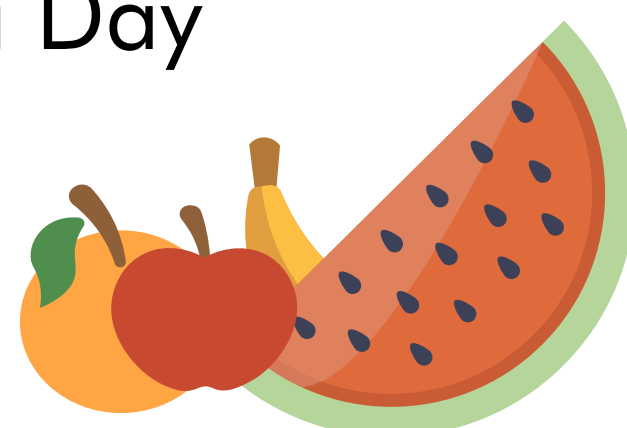
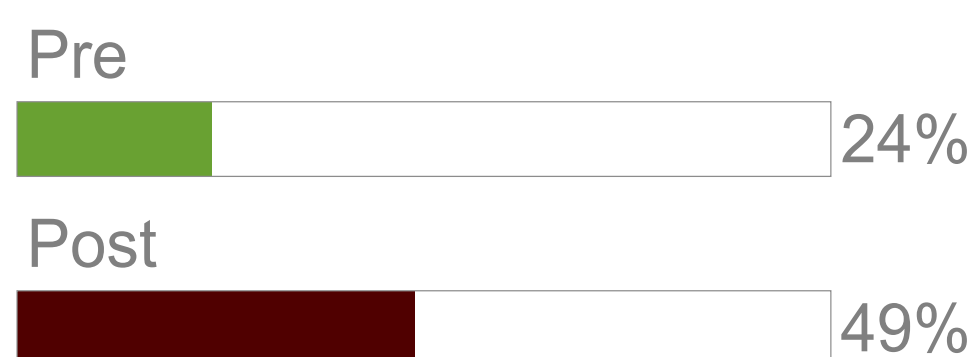
EAT SMART, LIVE STRONG



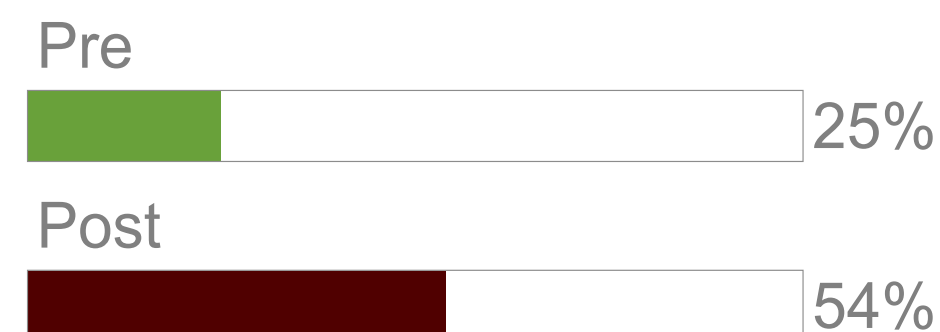
Participants Who Reported Being Physically Active for 30 Minutes or More



Participants Who Reported Eating Fruit At Least Twice a Day



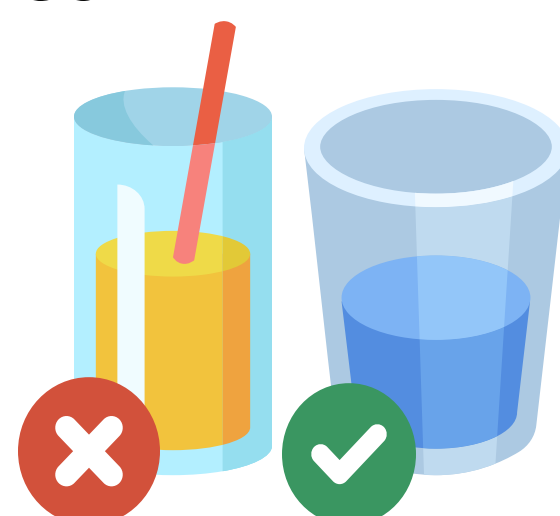
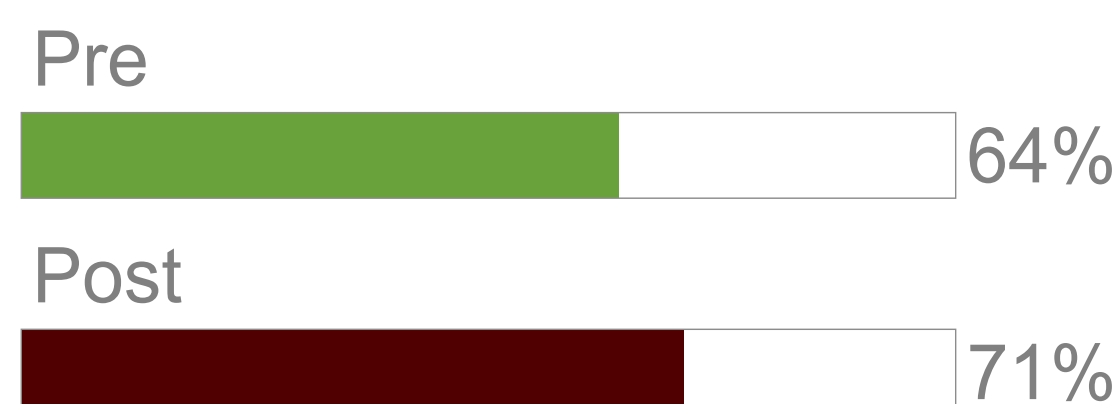
People Who Reported Eating Vegetables At Least Twice a Day



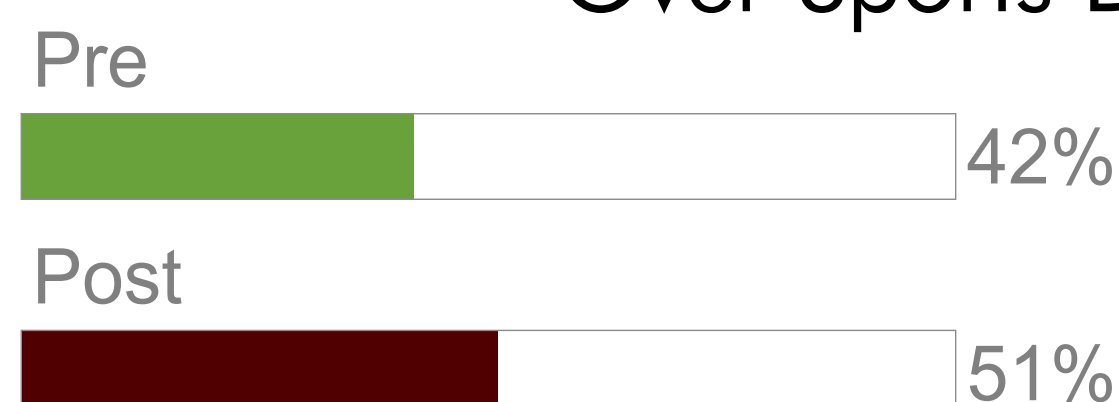
Responses based on a sample of 2,656 participants

LEARN, GROW, EAT & GO!

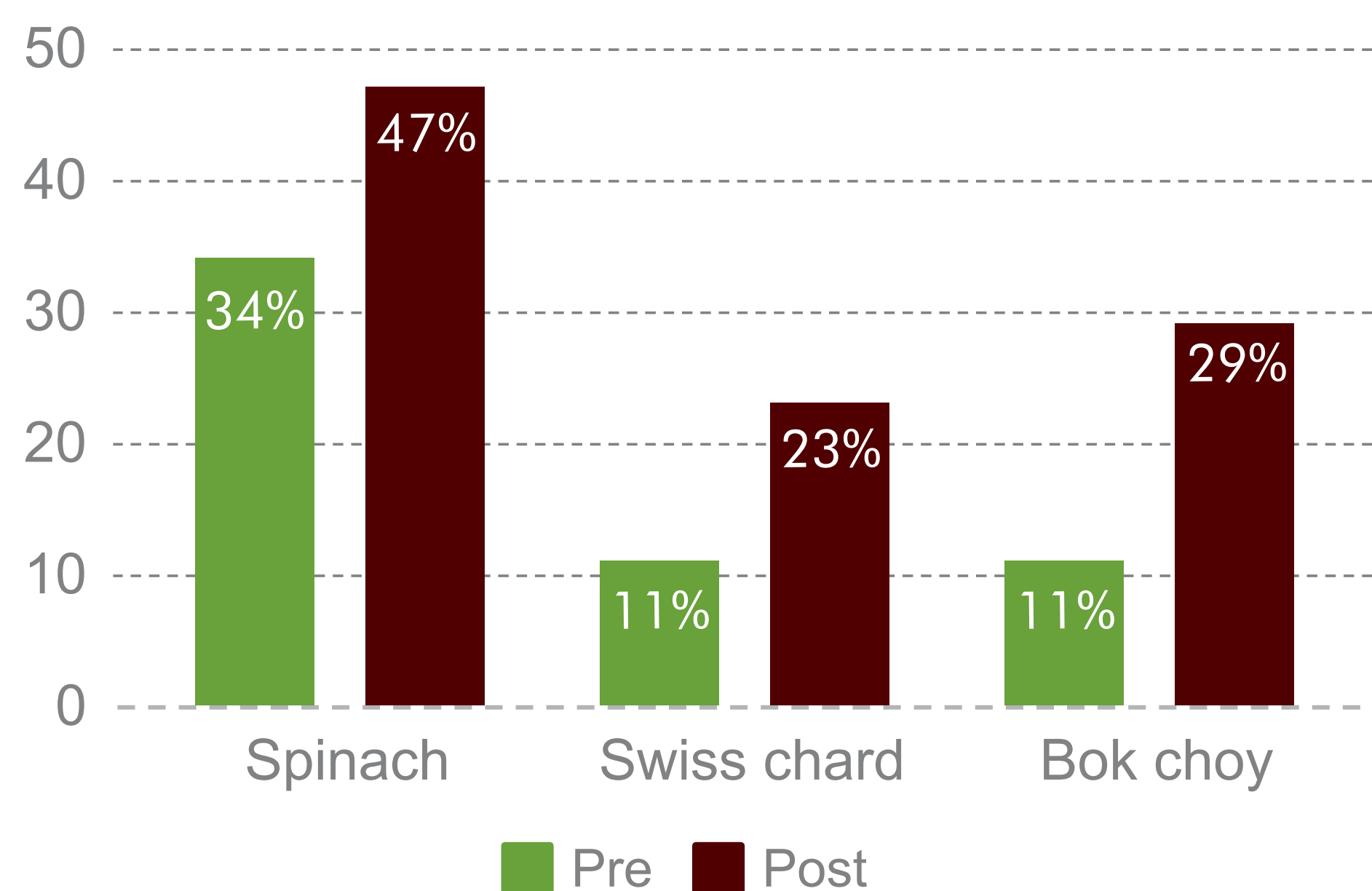
Youth Participants Who Reported Choosing Water Over Fruit Juice



Youth Participants Who Reported Choosing Water Over Sports Drinks



Youth Participants Reported Liking Dark Green, Leafy Vegetables Before and After Tasting Recipes That Featured the Vegetables



Responses based on a sample of 4,630 participants