

BETTER LIVING FOR TEXANS (BLT)

Supplemental Nutrition Assistance Program Education (SNAP-Ed)

TEXAS A&M
AGRILIFE
EXTENSION

FY 2023 Program Brief

Extending Knowledge | Providing Solutions



61,369
ADULTS AND YOUTH

Reached through direct education - topics include nutrition, physical activity, and gardening

Relevance

The Better Living for Texans program and United States Department of Agriculture (USDA) SNAP-Ed provides nutrition education for adults and children who receive or are eligible for SNAP benefits. Since Federal Fiscal Year 1995, BLT has provided evidence-based nutrition education that encourages participants to make healthy food choices, be physically active, stretch their food dollars, grow their own foods, and improve food safety practices. The six BLT program focus areas are:

- Increasing fruit and vegetable consumption
- Adopting healthier eating patterns
- Increasing physical activity
- Increasing access to fruits and vegetable through gardening programs
- Adopting food resource management skills to reduce food insecurity
- Improving food safety practices.

The Situation in Texas... 43% of adults and 20% of youth are either overweight or obese which increases the risk for diabetes, hypertension, and poor overall quality of life. Moreover, health disparities among low-income populations are well documented. Thus, individuals who live in poverty have dietary intakes that do not meet the current Dietary Guidelines for Americans or MyPlate recommendations. An estimated one in eight Texas families experience food insecurities, meaning that the availability of nutritionally adequate and safe food is limited or uncertain.

BLT VISION

Creating opportunities, changing lives

BLT MISSION

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

CORE PROGRAM AREAS



NUTRITION



**PHYSICAL
ACTIVITY**



GARDENING

FY 2023

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Statewide Impacts



Results

A healthy eating routine is good for our bodies and important at every stage of life. The BLT program teaches participants to identify simple and practical solutions for a healthier eating routine. The MyPlate model is a tool used to encourage a healthy plate at mealtimes. **After completing a BLT program series, 69% of participants reported using MyPlate to make food choices.**

50%

FILLED 1/2 OR MORE
OF THEIR PLATES
WITH FRUITS AND
VEGETABLES

85%

USED THE NUTRITION FACTS
LABELS TO BUY FOODS
BETTER FOR THEIR HEALTH



"This [completion] certificate is going to remind me to take care of myself and make choices that help me be better, even when it is hard."

-Participant, in Victoria County

Response

BLT collaborates with the Texas A&M AgriLife Extension Service, Texas Health and Human Services Commission, and USDA's Food and Nutrition Service. In FY 2023, AgriLife Extension was awarded **\$7.8 million** to deliver BLT programs, and these funds covered materials and resources, travel, salaries, and benefits. Extension agents, educators, and volunteers in **160 counties** partnered with over **490 community partners** to provide in-person and virtual BLT programs at no charge to participants. Community partners and programming sites include county Extension offices, schools, churches, libraries, community centers, parks and recreation programs, community agencies and organizations, low-income and transitional housing authorities, food banks, pantries, and food distribution sites.



2,128,739

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

More Results

76% drank water at least one or more times a day

34% increased the number of days doing 30 minutes or more physical activity

82% of participants had fruits or vegetables at meal time (gardening program)

46% planned meals in advance

63% compared the unit prices before buying food

88% washed fruits and vegetables before eating or preparing

**Data is self-reported by participants*

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