



## IMPACT REPORT 2024

### WHO ARE WE

Smart Eating, Active Living (SEAL) is a nutrition education program for adults and children that are eligible or recipients of Supplemental Nutrition Assistance Program (SNAP). The goal of SEAL is to improve the likelihood that SNAP eligible Texans with lower incomes will make healthy food and lifestyle choices that prevent obesity.

### RESPONSE

PVAMU Extension employs nutrition educators across 18 counties in Texas with high obesity rates to provide free education classes. Bell, Bexar, Cameron, Cass, Dallas, Falls, Ft. Bend, Grimes, Harris, Hidalgo, Maverick, McLennan, Nueces, Potter, Travis, Waller, Washington, and Wharton are the counties that are covered.

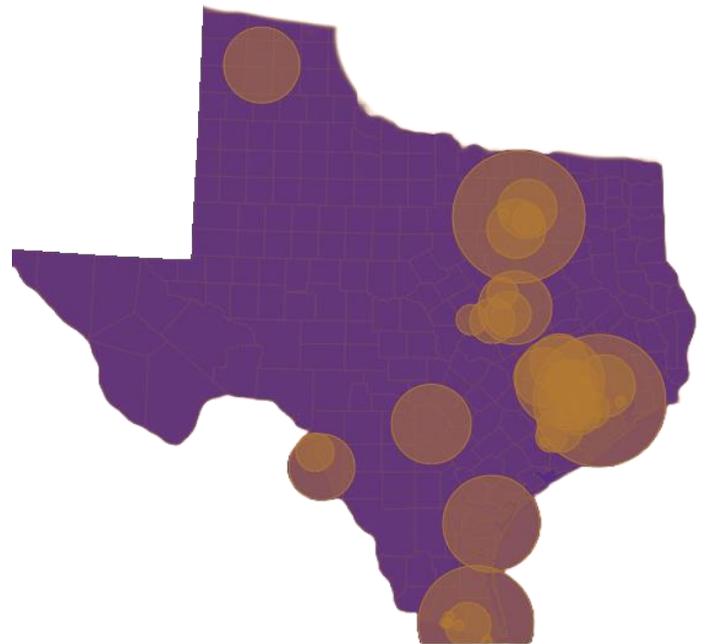
### RESULTS

Prior to attending SEAL program students aged 8-17 only 50% read food labels and after attending 84% now read labels.

-Prior to attending SEAL programs students aged 8-17 28% of students used Myplate to make food choices and after 61% planned to use Myplate.

-As a result of SEAL programs, 85% of adult participants planned to read food labels.

-As a result of SEAL programs, 87% of adult participants consumed more than one kind of fruit.



## MORE RESULTS

- 1,302 Sessions were conducted
- 548 volunteers who provided 2,385 hours of support
- 3081 hours of workshops conducted throughout Texas
- 6,931 participants were reached



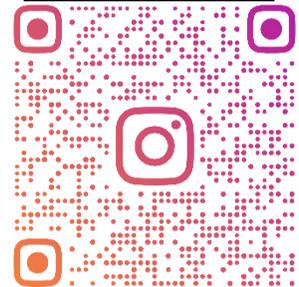
## QUOTES FROM PARTICIPANTS:

*"I'm already doing better with my eating! My daughter is so proud of me because she thinks that I will live longer if I take care of myself. I want to see my grandchildren grow up."*

*"Your classes have helped me feel happier. Even though I can't move like I used to, I can still do good things for my body."*

*"I try to use my plate as a daily guide for my meals."*

## FOLLOW US



**PVAMU\_SEAL**

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