The cornerstone of health and wellness at all ages is prevention, which makes health education, nutrition, and exercise vital to the future livelihood of Texans.

To address this need, the Texas A&M AgriLife Extension Service held:

**28,700**

HEALTH EDUCATION EVENTS IN 2018

achieving more than

**2.3 million**

EDUCATIONAL AND OTHER CONTACTS.

Also in 2018,

**24,800**

TEXAS YOUTH PARTICIPATED IN HEALTH EDUCATION PROGRAMS

**121,300**

PARTICIPATED IN FOOD & NUTRITION PROGRAMS

ECONOMIC IMPACTS

$16 MILLION

impact of diabetes education programs

$199 MILLION

impact of physical activity programs

$5.9 MILLION

impact of nutrition and food resource management programs

$2.9 MILLION

impact of child safety seat programs

$6.9 MILLION

impact of chronic disease risk prevention

TOTAL BENEFITS: $231 MILLION

AgriLife Extension programs reach communities and individuals lacking access to education about obesity, diabetes, and other chronic conditions.

Dr. Parr Rosson, Interim Director
Texas A&M AgriLife Extension Service
(979) 845-7967 | prosson@tamu.edu

This report, based on Extension programming in 2018, provides the most recent annual data available. AgriLifeExtension.tamu.edu/impacts