

## Improving Our Health

Texas A&M AgriLife Extension Service helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities.

Through a wide range of programs, AgriLife Extension educators help Texans take control of their own health to prevent and manage chronic diseases and conditions such as diabetes, asthma, and obesity; prevent infectious diseases; improve meal planning and food budgeting; increase physical activity; and improve food safety.

Our programs focus on teaching people about gardening and the farm-to-table connection with agriculture, the importance of clean and plentiful water supplies, and the foundation of healthy parent-child relationships and family mealtimes.

All of these programs work together to build a healthier Texas and reduce the burden of preventable diseases on individuals, families, and society.

AgriLife Extension delivers wide-ranging educational programs that:  
Improving our health

- **Reduce chronic disease risk through nutrition and physical activity**
- **Promote a habit of physical activity**
- **Demonstrate quick and healthy meals**
- **Promote safe food handling practices**
- **Educate child care providers and parents**
- **Promote mental health awareness and wellness resources**
- **Engage volunteers**



## Economic Impact



[tx.ag/HealthImpact](https://tx.ag/HealthImpact)



[tx.ag/DiabetesImpact](https://tx.ag/DiabetesImpact)

# 250

offices serving every county in Texas



# 20.6M

annual direct teaching contacts



# 83,477

volunteers giving 3.19 million hours of service valued at \$101 million



# 407,000

youth reached through participation in 4-H activities



Texas A&M AgriLife Extension is an equal opportunity employer and program provider. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

## Building Healthier Communities

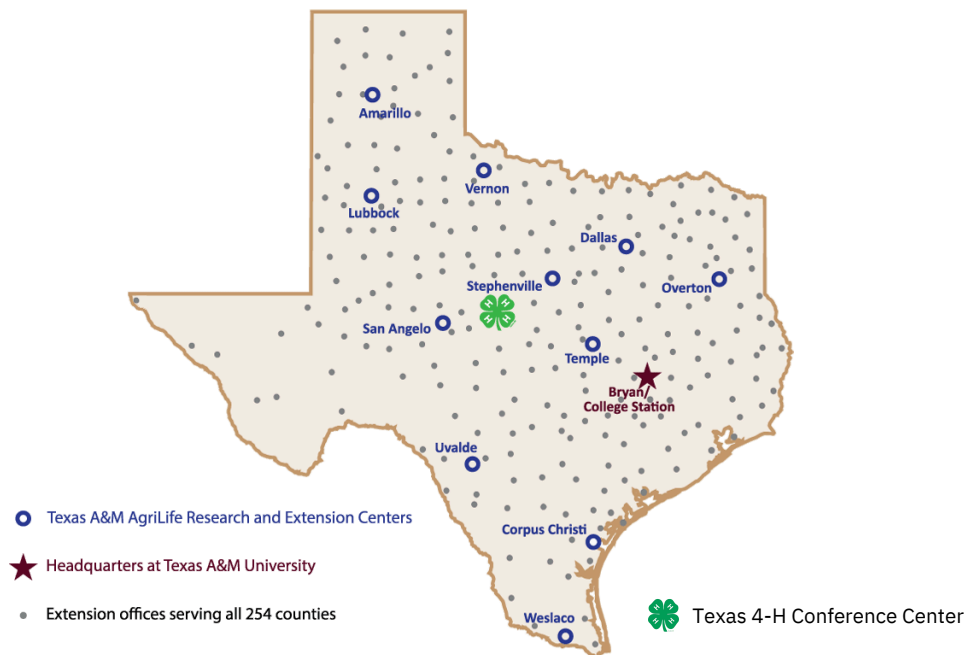
Texas A&M AgriLife Extension Service delivers a variety of educational programs focused on health, wellness, and disease prevention for adults and youth, including programs on topics such as child and adult health, nutrition, child care, passenger and community safety, and building strong families.

Health related programs are developed by subject matter experts and delivered throughout the state by a network of local educators and volunteers.

AgriLife Extension helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities. Our goal is to encourage lifelong health and well-being for every person, every family, and every community.



## Reaching Every County in Texas



## Serving Texans Where They Need Us

The Texas A&M AgriLife Extension Service is a unique education agency that provides programs, tools, and resources on a local and statewide level that teach people how to improve agriculture and food production, advance health practices, protect the environment, strengthen the economy, and enrich youth.

Through a statewide network of professional educators, trained volunteers, and county offices, Extension addresses the diverse range of contemporary and emerging issues that affect local communities, and we provide educational programming that addresses the needs of Texans.

Visit AgriLife Extension's website for more information about specific programs and contact information for your local county AgriLife Extension office.

## Contact

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