

RELEVANCE

90% of the country's \$3.8 trillion healthcare expenditure is for people with largely preventable chronic diseases and mental health conditions. Most chronic diseases can be prevented by eating a nutritious diet, being physically active, avoiding tobacco and excessive drinking, and getting regular health screenings. There are 35,775 recipients in County receiving benefits from the Supplemental Nutrition Assistance Program (source: <https://hhs.texas.gov/about-hhs/records-statistics/data-statistics/supplemental-nutritional-assistance-program-snap-statistics>). In addition, the incidence of adult obesity is 35 % compared to the national at 32%. Adults that are physically inactivity is 27% compared to the state of Texas at 25%. 16% of adults report frequent mental distress. Finally, the quality of food environment based on % of population who are low income and do not live close to a grocery store and those without access to a reliable source is 7 (On a scale from 0 to 10 with 0 being the worst value). Research suggests that SNAP recipients and other limited resource audiences consume diets that are not in agreement with current dietary recommendations, potentially increasing their risk for the development of chronic disease. Food insecurity, obesity, and lack of access to healthy foods are other issues that impact this audience and have strong potential to negatively impact health. Research also shows that gardening benefits both physical and mental health. It combines physical activity with social interaction and exposure to nature and sunlight. Sunlight lowers blood pressure as well as increasing vitamin D levels in the summer, and the fruit and vegetables that are produced have a positive impact on the diet.

RESPONSE

THE LUBBOCK COUNTY FCH/BLT PROGRAM AREA COMMITTEE ASSISTED AGENT BOZEMAN IN IDENTIFYING NEED AND POTENTIAL SITES TO REACH SNAP RECIPIENTS WITH NUTRITIONAL GARDENING EDUCATION SERIES. THE OVERALL GOALS OF THESE SERIES ARE TO HELP PARTICIPANTS INCREASE THEIR CONSUMPTION AND ACCESS TO FRUITS AND VEGETABLES, BE MORE PHYSICALLY ACTIVE, IMPROVE FOOD SECURITY STATUS, AND PREVENT RISK FACTORS FOR CHRONIC DISEASE SUCH AS OBESITY, DIABETES, AND CARDIOVASCULAR DISEASE. THE TARGET AUDIENCE WAS THE 35,775 SNAP BENEFIT RECIPIENTS IN LUBBOCK COUNTY, 17,383 OF WHICH ARE UNDER THE AGE OF 18. THE PROGRAM WAS IMPLEMENTED THROUGH CLASSROOM EDUCATION (IN-PERSON AND ZOOM), WEEKLY RADIO SPOTS, SOCIAL MEDIA, MONTHLY NEWSLETTERS, COOKING DEMONSTRATIONS, GARDENING DEMONSTRATIONS AND CONTAINER /COMMUNITY GARDENING PROJECTS.

PROGRAM	LOCATIONS	EDUCATIONAL PRESENTATIONS	COOKING DEMONSTRATIONS	NEWSLETTER	RADIO	SOCIAL MEDIA
Cultivate Cook and Create	3	30	30	6	6	12
Early Childhood Learn, Grow, Eat, Go	2 classrooms	10	4	6	6	6
Ag in Bag- Garden Curriculum	11 classrooms	22	11	6	6	15

VALUE STATEMENT

Creating opportunities, changing lives.

The Texas A&M AgriLife Extension Service Better Living for Texans programs provides community nutrition education to limited resource adults, youth and children. Curricula series offered cover the lifespan and encourage participants to make healthier food choices, plan healthy meals, prepare food safely, increase physical activity, and grow their own vegetables. The benefit of making healthier food choices and adopting a physically active lifestyle play a role in the prevention of many chronic diseases.

1 in 8

9 million

CHILDREN EXPERIENCE HUNGER
SOURCE: FEEDING AMERICA 2021

22%

of 12-19 year olds are obese

SOURCE: NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY 2017-
MARCH 2020 PREPANDEMIC DATA FILES-DEVELOPMENT OF FILES AND
PREVALENCE ESTIMATES FOR SELECTED HEALTH OUTCOMES, TABLE 3



RESPONSE

Creating Opportunities, Changing lives

- **CULTIVATE, COOK, AND CREATE**

THIS IS A 10-WEEK GARDENING AND NUTRITION SERIES. THIS SERIES USES THE LEARN, GROW, EAT, GO CURRICULUM. THIS SERIES IS USED TO MOTIVATE YOUTH THROUGH COOKING, GARDENING, AND NUTRITION TO HAVE A BETTER UNDERSTANDING OF AND APPRECIATION FOR NUTRIENT DENSE FOODS. ALONG WITH OTHER AGENTS, CORY EDWARDS, ASHLYN ALJOE, CHRISTINA REID, AND TWO INTERNS FROM TEXAS TECH, AMBER HAS HAD THE OPPORTUNITY TO THIS PROGRAM REACH 48 YOUTH AT THE SOUTH PLAINS FOOD BANK GRUB FARM SUMMER CAMP. ADDITIONALLY, AGENT BOZEMAN, EDWARDS, AND REID WERE ABLE TO REACH 40 YOUTH PARTICIPANTS BY PROVIDING THE CAMP TO THE LUBBOCK HOMESCHOOL NATURE GROUP.

- **EC- LGEG**

THE EARLY CHILDHOOD LEARN, GROW, EAT & GO! CURRICULUM PROJECT OF THE JUNIOR MASTER GARDENER® PROGRAM COMBINES PLANT AND GARDEN LEARNING, FOOD EXPOSURE, BRAIN & BODY-BOOSTING PHYSICAL ACTIVITIES, AND NOVEL PARENTAL/SCHOOL COMMUNITY ENGAGEMENT. EACH DAY OF THE EARLY CHILDHOOD LEARN, GROW, EAT & GO! CURRICULUM PROVIDES RICH, ENGAGING LESSONS, GROUP ACTIVITIES, AND A HOST OF PROVEN, TEACHER DEVELOPED AROUND SUPPORTING WEEKLY PLANT PART THEMES: •WEEK 1: PLANT NEEDS & PLANT PARTS
•WEEK 2: SEEDS & ROOTS
•WEEK 3: STEMS & LEAVES
•WEEK 4: FLOWERS & FRUIT
TO MAXIMIZE STUDENT LEARNING, A WEEKLY FEATURED SONG, LITERATURE CONNECTIONS, AND GARDEN JOURNAL PROMPTS ARE INCORPORATED INTO EACH DAY OF THE EARLY CHILDHOOD LEARN, GROW, EAT & GO! CURRICULUM. WE PARTNERED WITH CARMONA HARRISON ELEMENTARY AG/STEM PROGRAM. WE HAD 7 CLASSROOMS PARTICIPATE IN SERIES.

- **AG IN A BAG - GARDEN**

"AG IN THE BAG" IS AN ENGAGING CURRICULUM PACKET DESIGNED FOR PREKINDERGARTEN AND KINDERGARTEN STUDENTS TO INTRODUCE THEM TO THE WORLD OF PLANTS AND GARDENING THROUGH INTERACTIVE LESSONS AND HANDS-ON ACTIVITIES. THIS COMPREHENSIVE PACKAGE INCLUDES FOUR THOUGHTFULLY CRAFTED LESSONS: "A SEED HOUSE," WHERE CHILDREN LEARN ABOUT THE DIFFERENT TYPES OF SEEDS AND THEIR UNIQUE CHARACTERISTICS; "BABY SEED NECKLACE," A CREATIVE ACTIVITY THAT ALLOWS KIDS TO MAKE THEIR OWN SEED NECKLACES, REINFORCING THEIR UNDERSTANDING OF SEEDS; "GARDEN IN A GLOVE," AN INVENTIVE PROJECT WHERE STUDENTS PLANT SEEDS IN A GLOVE TO OBSERVE GROWTH; AND "WHAT PLANTS NEED," WHICH TEACHES THE ESSENTIAL ELEMENTS THAT PLANTS REQUIRE TO THRIVE. ADDITIONALLY, THE CURRICULUM FEATURES A CLASSROOM CONTAINER GARDEN, PROVIDING A REAL-LIFE SETTING FOR STUDENTS TO APPLY THEIR LEARNING AND WATCH THEIR PLANTS GROW, FOSTERING A DEEPER CONNECTION TO NATURE AND THE SCIENCE BEHIND GARDENING. AGENT BOZEMAN PROVIDED THIS TO 258 STUDENTS AT IDALOU ELEMENTARY AND 11 CLASSROOMS.

EVALUATION STRATEGY

Pre and Post Surveys were administered through a paper format and entered into a Qualtrics System (Howdy Health) or through a QR-code given to sites and participants.

RESULTS



639 participants

381 Better Living for Texans graduates



97%

of participants increased physical activity



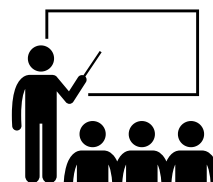
95%

of participants enjoyed gardening



90%

of participants increases fruit and vegetable intake



100%

of teachers plan to continue with programs next year

SUMMARY

Through implementation of the three program series at five different sites, the overall goals of helping participants increase their consumption and access to fruits and vegetables, being more physically active, improving food security status, and preventing risk factors for chronic disease such as obesity, diabetes, and cardiovascular disease were successfully addressed, and the needs determined by the Lubbock County FCH/BLT were met with the target audience of Snap-ed benefit recipients, specially targeting youth.

FUTURE PROGRAMMING

Upcoming Programing 2024-2025:

- Idalou ISD
- New Deal ISD
- Roosevelt ISD
- Lubbock Homeschool Nature Group
- South Plains Foodbank Grub farm
- Carmona Harrison Elementary School
- Slaton ISD



Amber Bozeman

EXTENSION AGENT
URBAN YOUTH DEVELOPMENT
LUBBOCK COUNTY

(806) 775-1740
Amber.bozeman@ag.tamu.edu
916 Main St., Suite 401
Lubbock, Texas

