

# Better Living for Texans

Creating Opportunities, Changing Lives



TEXAS A&M  
**AGRILIFE**  
EXTENSION

# Texas AgriLife Extension Service...

- ⦿ Extension is an educational agency
- ⦿ Extension has a presence in every Texas County, all 254 of them – served by County Extension Agents!
- ⦿ Extension is part of a nationwide network of Cooperative Extension programs... in Texas
  - Texas A&M AgriLife Extension Service
  - Prairie View A&M University Cooperative Extension Program
- ⦿ Extension focuses its programs in many areas including agriculture and food systems, youth development (4-H), families, environment and natural resources, and nutrition and health

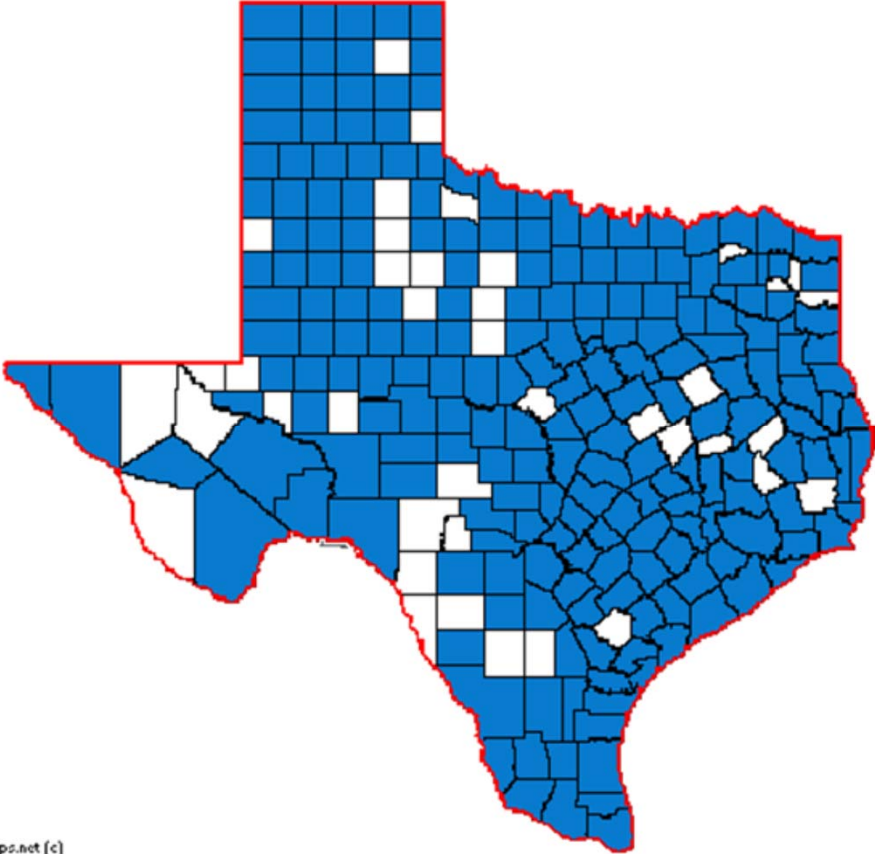
# Texas AgriLife Extension Service...

The Texas A&M AgriLife Extension Service has two nutrition education programs:

- ⦿ Expanded Food and Nutrition Education Program (EFNEP)
  - ⦿ EFNEP has programming efforts in eleven Texas counties
- ⦿ Better Living for Texans Program (BLT) / SNAP-Ed
  - ⦿ BLT has programming efforts in 210 Texas counties



# Better Living for Texans counties served...



Source: diymaps.net (c)



# Better Living for Texans (BLT)

## **Vision**

Creating opportunities, changing lives

## **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



# The number of people served in FY 2017...

- ⦿ More than 735,000 adults and youth educational contacts across the state
  - ⦿ Educational programs and outreach through health fairs, newsletters, etc.
  - ⦿ Participants in a series attended multiple sessions
- ⦿ More than 469,100 individual direct and indirect educational contacts
- ⦿ More than 23,280 youth and adults completed multi-session programs focusing on nutrition, physical activity, and gardening



# BLT works!

The Better Living for Texans program...

- ⦿ Offers opportunities to help others live healthier lives
- ⦿ Builds confidence in our participants to learn practical cooking and gardening skills
- ⦿ Teaches the importance of being physically active
- ⦿ Offers incentives that reinforce what is taught
- ⦿ Creates support that encourages families and friendships



# Partnerships make it work!

The Better Living for Texans provides nutrition education by partnering with...

- ⦿ Feeding Texas – statewide network of food banks and food distribution sites
- ⦿ Community agencies and organizations
- ⦿ Local schools and educational agencies
- ⦿ Local churches, libraries, community centers, and parks and recreation programs
- ⦿ Low-income and transitional housing authorities





# BLT's Focus Areas are...

1. Increase fruit and vegetable intake
2. Increase physical activity
3. Improving access to fruits and vegetables (gardening & farmers markets)
4. Food safety
5. Food resource management



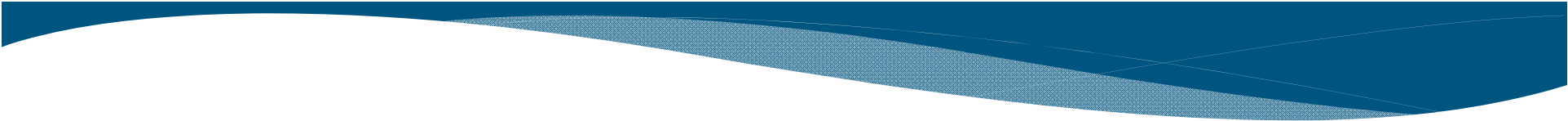
# BLT Curricula: Three Focus Areas with Nutrition Component...

- Nutrition Focus
  - *A Fresh Start to a Healthier You!* (adults)
  - USDA's – *Eat Smart, Live Strong* (senior adults)
- Gardening Focus (with nutrition component)
  - *Learn, Grow, Eat & GO!* (youth – developed for 3<sup>rd</sup> graders)
  - *Growing and Nourishing Healthy Communities* (adults)
- Physical Activity (with nutrition component)
  - *Balancing Food & Play* (youth – developed for 3<sup>rd</sup> graders)
  - *Step Up & Scale Down* (adults)
  - *Walk Across Texas (WAT) / Walk N Talk* (youth and adults)









# The Better Living for Texans program and its partners make a difference in the lives of those we serve.

USDA is an equal opportunity provider and employer.  
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Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

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