

## BETTER LIVING FOR TEXANS/SNAP-ED MASTER WELLNESS VOLUNTEER TRAINING

TEXAS A&M AGRILIFE EXTENSION SERVICE



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## BETTER LIVING FOR TEXANS PROGRAM...

Session Topics...

- Background and overview of the Better Living for Texans (BLT) program
- Focus of BLT – programs and audience
- Evaluation of BLT program series
- Program resources

## THE SITUATION IN TEXAS...



33% of adults are obese



33% of youth are either overweight or obese



Less than 1/2 of Texans meet physical activity recommendations



Most Texans are not eating enough fruits and vegetables



16% of households have incomes that are at or below 100% of the federal poverty level (FPL)



1 in 6 Texas families experience food insecurity

## TEXAS A&M AGRILIFE EXTENSION SERVICE...

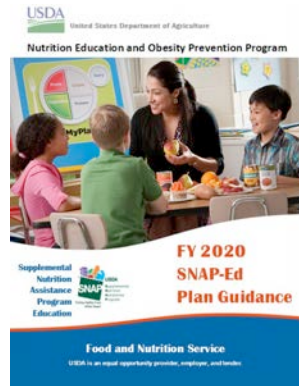
The Texas A&M Agrilife Extension Service supports two nutrition education programs:

- Expanded Food and Nutrition Education Program (EFNEP): <https://efnep.tamu.edu/>
  - EFNEP has programming efforts in eleven Texas counties (Counties: Bexar, Cameron, Dallas, El Paso, Harris, Hidalgo, Kleberg, Nueces, Tarrant, Travis, and Willacy)
- Better Living for Texans Program (BLT)/SNAP-Ed
  - BLT has programming efforts in more than 210 Texas counties



## MORE ABOUT SNAP-ED/BLT...

- SNAP-Ed Funders
  - USDA's Food and Nutrition Services (FNS)
  - Texas Health and Human Services Commission (HHSC)
- SNAP: Nutrition Education and Obesity Prevention Grant Program
- Supplemental Nutrition Assistance Program Education (SNAP-Ed) Plan Guidance: Nutrition Education and Obesity Prevention Program
- Federal Fiscal Year 2020  
October 1, 2019 – September 30, 2020

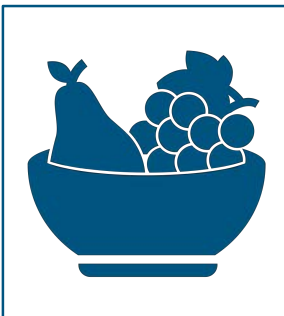


## BETTER LIVING FOR TEXANS PROGRAM...

### Reimbursable Grant (Contract)

- Texas HHSC reimburses 100% for all costs with a 10% match hour requirement on the part of Texas A&M AgriLife Extension Services
- The Time and Effort of participating County Extension Agents, County Support Staff, and Volunteers is used to help meet the match hour requirement

## FNS SNAP-ED MISSION...



*To improve the likelihood that **persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles** consistent with the current Dietary Guidelines of America and the USDA food guidance.*

SNAP-Ed services provides a combination of **educational strategies**, accompanied by supporting **policy, systems, and environmental interventions**, demonstrated to facilitate **adoption of food and physical activity choices and other nutrition-related behaviors** conducive to the **health and well-being** of participants...



## TEXAS HHSC SNAP-ED VISION FOR TEXAS...

**Educate, connect, and support individuals** as they attempt to live healthier lives on a budget through **direct education, targeted social marketing** efforts, **environmental strategies** to encourage healthy food selection, and **use of technology** to reach people and communities.



### BLT Vision

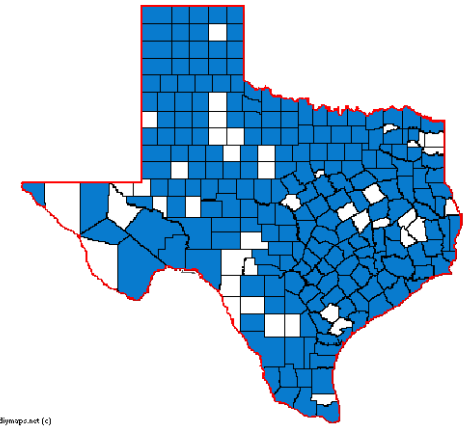
Creating opportunities, changing lives

### BLT 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



## BETTER LIVING FOR TEXANS COUNTIES SERVED...



Source: dymaps.net (c)

## DETERMINING COUNTY BLT LEVELS...

- County BLT levels are based on the number of SNAP recipients reported by Texas HHSC and can be found at Supplemental Nutritional Assistance Program (SNAP) Statistics (<https://hhs.texas.gov/about-hhs/records-statistics/data-statistics/supplemental-nutritional-assistance-program-snap-statistics>)
- BLT programming expectations and program funds are based on the county's BLT Level



## PEOPLE SERVED IN FY 2019...

- More than 734,500 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 423,100 individual direct and indirect educational contacts
- More than 22,900 youth and adults completed multi-session program series focusing on nutrition, physical activity, and gardening



## FY 2019 BLT PROGRAM SERIES IMPACTS...



### Participants Reported (All)

- 50.8% Adults; 49.2% Youth
- 61.1% Female; 38.9% Male (All ages)
- 39.0% Hispanic; 61.0% Non-Hispanic (All ages)
- 58.4% High school diploma or less education

### Behavior Impact Results (Participant Surveys)

- Half or more of their lunch and dinner plates filled with vegetables and fruit (pre=27.0%; post=50.3%)
- Plan meals in advance (pre=39.8%; post=57.2%)
- Wash fruits and vegetables before eating or preparing (pre=88.8%; post=94.0%)
- Average number of days per week physically active at least 30 minutes or longer (pre=4.1 days; post=4.8 days)

## 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 educational items that reinforce what is taught (educational reinforcement items)
- Creates support that encourages families and friendships

## FY 2020 PROGRAM FOCUS AREAS FOR BLT...



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

Focus areas are based on the SNAP-Ed guidelines outlined for that fiscal year (October 1 – September 30).

## PROGRAM STRATEGY...



### SNAP-Ed Guidance - Target Audiences

- SNAP participants, low-income individuals eligible to receive SNAP benefits or other means tested federal assistance programs
- Individuals residing in communities with a significant low-income population
- SNAP-Ed eligible women and children remain the primary audience



## IMPLEMENTING BLT...

### Program Delivery Methods

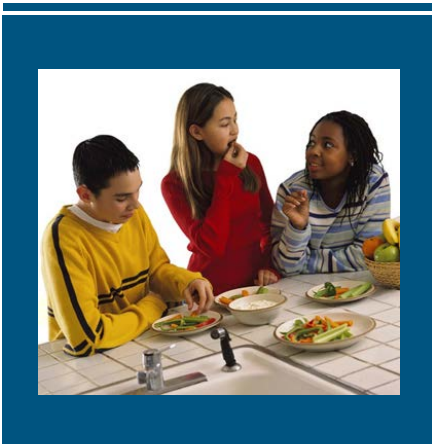
- Agents and BLT educators implement programs with adults and youth
- Co-workers implement programs with adults and youth
- Volunteers participate as educators or facilitators – coordinate with your BLT or County Agent to identify county needs

### Identifying Audience/Participates in the County

- Coordinate with your BLT or County Agent

## BLT WORKS WITH A VARIETY OF LIMITED-RESOURCE AUDIENCES AND SITES...

- Low-income individuals receiving or eligible to receive benefits under SNAP and other means-tested programs, such as individuals receiving Temporary Assistance for Needy Families (TANF) or Supplemental Security Income (SSI) benefits
- Individuals living in communities where at least 50% of the residents/population live at 185% of the federal poverty level or below (<http://www.squaremeals.org/Publications/IncomeEligibilityGuidelines.aspx>)
- Community agencies and organizations



## BLT WORKS WITH A VARIETY OF LIMITED-RESOURCE AUDIENCES AND SITES...(CONTINUED)

- Schools
  - Schools where > 50% of students receive free/reduced meals (call school office for percentages or <http://www.publicschoolreview.com>)
  - Title I schools



## EXAMPLES OF PARTNERSHIP WITH COMMUNITY AGENCIES...

- Local educational agencies
  - Local churches, libraries, community centers (youth, adults, senior) and parks and recreation programs
  - Feeding Texas – statewide network of food banks and food pantries/distribution sites
  - Soup kitchen
  - Texas Work Force
  - Christian Women's Job Corps and or Men's Job Corps
  - Migrant Workers
  - Grocery stores with high SNAP benefit usage
  - Health and Human Services Commission offices
  - English as a Second Language Classes
  - Public housing authorities
- If you are unsure if the audience/site meets the program requirements, coordinate with your BLT or County Agent – one of the following forms may need to be completed...
- Site Certification Form
  - Justification Form

## INELIGIBLE BLT AUDIENCES...

- Individuals with incomes greater than 185% of the poverty level
- Individuals who are incarcerated or in an institution
  - Jails/detention centers
  - Prisons
  - Nursing homes/convalescent centers
  - Mental facilities
- Individuals not responsible for planning and preparing their own meals do not qualify for BLT programs



## TOPICS BLT CANNOT TEACH OR FUND...

### Education as it relates to the treatment of medical conditions

- Diabetes
- High cholesterol
- High blood pressure

### Obesity treatment

### Food safety for retail establishments

### Life skills training

- Debt management
- English as a Second Language (ESL)



## BLT CURRICULA SERIES...



Curricula is research and evidence-based



Three curricula focus areas with nutrition component

Nutrition  
Physical activity  
Gardening



## BLT CURRICULA – THREE FOCUS AREAS...

### Nutrition Focus

#### Adult:

- *A Fresh Start to a Healthier You!*
- *Get the Facts*
- *Healthier Carbs* (tentative title - being developed)
- *Be Well, Live Well* (50+ years of age)

#### Youth:

- *Color Me Healthy* (early childhood/kindergarten age; and physical activity focus)
- *Choose Healthy* (middle school age)





### BLT CURRICULA – THREE FOCUS AREAS...

#### Physical Activity Focus (nutrition component)

##### Adult and Youth:

- *Walk Across Texas (WAT) / Walk N Talk*

##### Youth:

- *Balancing Food & Play* (elementary age; and nutrition focus)

#### Gardening Focus (nutrition component)

##### Adult:

- *Growing and Nourishing Healthy Communities*

##### Youth:

- *Learn, Grow, Eat & GO!* (elementary age)

## POLICY, SYSTEMS, OR ENVIRONMENTAL (PSE) INTERVENTIONS...

- FNS has adopted standards to evaluate the impact of strategies and interventions related to SNAP
- 25% or more of SNAP activities are to be PSE

#### Policy, Systems, or Environmental Interventions

- **Policy Change:** includes passing laws, ordinances, resolutions, mandates, regulations, or rules at federal, state, or local level
- **Systems Change:** involves ongoing, unwritten, often qualitative decisions/changes made within an organization; systems change and policy change can work hand-in-hand; systems change impacts all elements of an organization and its participants
- **Environmental Change:** includes changes made to the physical, economic, social or message environments

Your BLT or County Agent will report these interventions.



## EVALUATION OF BLT SERIES...

Each curricula series administers pre, post and follow-up surveys or a retrospective survey

Pre-survey: before the start of first session

Post-survey and retrospective survey: immediately after the last session

Follow-up survey: completed 30 days later

## COLLECTING BLT SERIES SURVEYS...

- Use the correct pre, post, and follow-up surveys or retrospective survey; surveys vary from series to series
- If a follow-up survey is used and to increase participation in this survey, offer another BLT related program on a topic suggested by the audience
- Survey data is used by the BLT State Office in the annual report submitted to Texas HHSC and by BLT and County Agents in their reports to stakeholders and for year-end summaries
- Coordinate with your BLT or County Agent on collection and survey data entry



## REPORTING FOR BLT...



Your efforts count!

When conducting a BLT related programs, select BLT when reporting Master Wellness Volunteer hours.

## PROGRAM SUPPLIES...

- Curriculum materials
- Food demonstration supplies
- Incentive/educational reinforcing items
- When considering resources for BLT programs, ask yourself:
  - ✓ Is it necessary
  - ✓ Is it audience appropriate
  - ✓ Is it reasonable

Coordinate program supplies with your BLT or County Agent.



## RECIPES USED FOR BLT PROGRAMS...

### Recipe Databases

- BLT/EFNEP recipe database on the FCH Agent Only website (Family and Community Health) – your BLT or County Agent will have access to this website
- Dinner Tonight Recipes; Texas A&M AgriLife Extension Service (<https://dinnertontight.tamu.edu>)
- MyPlate Kitchen!; USDA and SNAP appropriate recipes (<https://www.choosemyplate.gov/myplatekitchen>)



## BLT LOGO, CIVIL RIGHTS/EEO, AND CREDIT STATEMENTS...



### USDA STATEMENTS

- USDA is an equal opportunity provider and employer.
- This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
- To learn more about the Supplemental Nutrition Assistance Program (SNAP) or to apply for benefits, visit [www.yourtexasbenefits.com](http://www.yourtexasbenefits.com).

### TEXAS A&M AGRILIFE EXTENSION SERVICE STATEMENTS

- The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, gender identity, or gender expression.
- The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



## CONTACTS FOR COUNTY BLT PROGRAMS...

### Texas A&M AgriLife Extension Service County Offices

Extension Agents – Better Living for Texans  
County Extension Agents – Family and Community Health  
Better Living for Texans Nutrition Education Associates and Assistants

### BLT Regional Project Specialists

Nancy McDonald, North Region (Districts 1 & 2 – Amarillo and **Lubbock**)  
Andrea Stelting, Central Region (Districts 3 & 8 – **Vernon** and Stephenville)  
Tami Putnam, East Region (Districts 4 & 5 – Dallas and **Overton**)  
Barbara Brown, West Region (Districts 6 & 7 – **San Angelo** and El Paso)  
Orlando Salinas, South Region (Districts 10 & 12 – Austin and **Weslaco**)  
Brenda Anderson, Southeast Region (Districts 9 & 11 – College Station and **Corpus Christi**)

### State Program Director

Renda Nelson, State Program Director



## CREATING OPPORTUNITIES, CHANGING LIVE

Volunteers are valuable to help expand our outreach so more families and individuals can benefit from what the BLT program has to offer.

Thank you for helping us make a difference in the lives of those we serve.