

V(A). Planned Program (Summary)

Program # 12

1. Name of the Planned Program

Food and Nutrition Education for Limited Resource Audiences

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
703	Nutrition Education and Behavior	20%		0%	
704	Nutrition and Hunger in the Population	40%		0%	
801	Individual and Family Resource Management	40%		0%	
	Total	100%		0%	

V(C). Planned Program (Inputs)

1. Actual amount of professional FTE/SYs expended this Program

Year: 2010	Extension		Research	
	1862	1890	1862	1890
Plan	57.0	0.0	0.0	0.0
Actual	19.4	0.0	0.0	0.0

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
279832	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
279832	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
1891108	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Nutrition education was conducted using a variety of methods including group, individual, media, and newsletters. Group methods included single education events that focused on a very specific

concept/behavior (e.g. washing fresh produce to reduce the risk of a foodborne illness) or a series of lessons that focused on broader concepts such as label reading or food resource management. Extension educators also partnered with other agencies and organizations (e.g. food banks, schools, faith-based organizations) to expand outreach and identify new audiences also occur.

2. Brief description of the target audience

The target audience for the Better Living for Texans (BLT) program was recipients and applicants of the Supplemental Nutrition Assistance Program (SNAP), formerly known as the food stamp program. Texas was also granted waivers by USDA/FNS that allowed us to extend our program to other limited resource audiences. These audiences included: women receiving WIC benefits, children attending schools in which 50% or more of the children receive free or reduce meals; children and parents in Head Start programs; individuals receiving food at a food bank or food pantry; children who participated in the Summer Food Service Program; and individuals living in census tracts where 50% or more of the population is at 130% of the poverty level or below.

V(E). Planned Program (Outputs)

1. Standard output measures

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Plan	165000	200000	160000	0
Actual	179656	102369	162328	0

2. Number of Patent Applications Submitted (Standard Research Output)

Patent Applications Submitted

Year: 2010
 Plan: 0
 Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2010	Extension	Research	Total
Plan	0	0	
Actual	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- # of group educational sessions conducted.

Year	Target	Actual
2010	11000	13084

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Teams of BLT participants who enroll in Walk Across Texas will increase the number of miles walked by 15% at the end of the 8 week program.
2	Amount of monthly out-of-pocket food expenses reported saved by program participants.

Outcome #1

1. Outcome Measures

Teams of BLT participants who enroll in Walk Across Texas will increase the number of miles walked by 15% at the end of the 8 week program.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	15	24

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Physical activity has numerous health benefits and is a component of the Dietary Guidelines for Americans. Adopting a habit of regular physical activity, in addition to a nutritious diet, can help individuals achieve a healthy weight and reduce their risk for a number of chronic diseases.

What has been done

Individuals enrolled in BLT were encouraged to participate in Walk Across Texas as a way to help them increase physical activity.

Results

During the 2010 program year 54 Counties enrolled BLT teams that added up to 2,261 participants. Of those who enrolled, 912 (40%) were White/Anglo, 19% (n=422) were Black/African American, and 36% (n=807) were Hispanic. Twenty-seven participants were Asian, 14 were Native American, and 79 identified themselves as "Other." A majority of the participants (n=1689) were female. Mean age of all participants was 38 years.

On average, each participant reported walking an average of 18.77 miles per week when the program began. At the end of the 8-week program, the mean number of miles walked (per person) had statistically increased to 23.37 miles.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

Outcome #2

1. Outcome Measures

Amount of monthly out-of-pocket food expenses reported saved by program participants.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	25	28

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Helping SNAP recipients stretch their food dollars can help keep food on the family table during the month. By adopting sound food resource management behaviors, individuals can save money for use in other areas (housing, clothing, health care, etc).

What has been done

The Better Living for Texas program emphasizes food resource management by teaching participants who to shop with a list, plan meals, and use unit pricing. Low-cost, yet nutritious, foods and food demonstrations are emphasized in the classes.

Results

For the 1266 participants who reported out-of-pocket food expense, the average monthly amount fell by \$27.95. Most of these participants continued to receive benefits from programs such as WIC, TANF, and SNAP and the percentage who needed to use emergency food systems (such as food pantries) rose from 270 (21.3%) pre-BLT to 322 (25.4) post-BLT. Therefore, we must interpret any reduction in out-of-pocket food expenses with caution.

4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy
- Government Regulations
- Competing Public priorities

Brief Explanation

BLT programming efforts, with respect to the number of educational sessions conducted, were short of our goal of 11000. Several factors may have played a role in the number of group sessions actually conducted including the loss of Extension Agents (through retirements or reduction in force). Getting this audience to participate in educational programs such as BLT can be a challenge due to time constraints, transportation issues, the need for child care. Our Extension educators continue to work with local partners to help identify and address such barriers to maintain and expand outreach.

V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned

- Before-After (before and after program)

Evaluation Results

For BLT participants who completed pre, post, and follow-up surveys for the Eat Better to Live Better series (n=1636), there were some noticeable improvements in targeted behaviors related to food resource management and food safety. For example, the percentage of those who planned their meals "always" or "almost always" rose from 84% (pre-BLT) to 97% (30-days after the program ended). Eight-one percent of the participants reported using a list "always" or "almost always" when shopping for food but 30 days after the program ended, that percentage had risen to 96%. In the area of food safety, 87% of participants "always" washed their cutting boards and utensils after cutting raw meat or poultry. Thirty days after the program ended, that percentage had risen to 97%. Handwashing practices also improved among this group. Upon entry in to the BLT program, 82% reported "always" washing their hands with soap and warm water before and during food preparation. Thirty days later, that percentage had risen to 95%.

For those who completed a program series on label reading (titled Get the Facts), we had pre, post and follow-up surveys from 804 participants. Encouraging changes were noted among this group as well. For example, when asked "How often do you use the information about serving size on the food label to determine the amount of food you will eat?" 22.1% of the respondents answered "always" or "almost always" when they first entered the program. That percentage rose to 76.2% immediately after the program ended and was sustained at 78% 30-days later.

When asked "How often do you use the information about sodium on the food label when shopping for food?", 26.8% of respondents answered "always" or "almost always" when the program began. More than 80% were following this recommendation "always" or "almost always" immediately after the program ended and 82.9% were doing so 30 days later. Given the increased emphasis on sodium that is noted in the newly released Dietary Guidelines, this is encouraging.

When asked how often they used the information about fat on the food label when shopping for food, 33.9% said they did so "always" or "almost always" at the beginning of the program but that percentage rose to 83% immediately after the program ended and was slightly higher (84.3%) 30 days later.

Key Items of Evaluation

As noted in the evaluation results above, participants enrolled in the Better Living for Texans program reported positive changes in targeted behaviors related to food resource management, food safety, and label reading. In addition, we noted positive improvements in physical activity and a reduction in self-reported out-of-pocket food expenses.