

V(A). Planned Program (Summary)

Program # 12

1. Name of the Planned Program

Global Food Security, Hunger, and Nutrition Education

Reporting on this Program

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	40%	0%	0%	0%
704	Nutrition and Hunger in the Population	20%	0%	100%	0%
801	Individual and Family Resource Management	40%	0%	0%	0%
	Total	100%	0%	100%	0%

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2014	Extension		Research	
	1862	1890	1862	1890
Plan	30.0	0.0	0.0	0.0
Actual Paid	40.6	0.0	2.0	0.0
Actual Volunteer	0.0	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
541366	0	85128	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
541366	0	63887	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
4482268	0	267598	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

AgriLife Extension

Nutrition education was conducted using a variety of methods including group, individual, media, and newsletters. Group methods were single education events that focus on a very specific concept/behavior (e.g. washing fresh produce to reduce the risk of a foodborne illness) as well as a series of lessons that focused on broader concepts such as label reading or food resource management. Networking with agencies and organizations audiences also occurred to expand outreach, identify new audiences, and leverage resources.

AgriLife Research

Research was conducted in Africa, Latin America and the Middle East in cooperation with the Gates Foundation, Howard G. Buffett Foundation, local extension services, local universities, Texas Department of Agriculture, Department of Defense and USAID. Examples of successful research include the development of sorghum varieties and processing methods for improved diets in impoverished populations in South Africa as well as new varieties of cowpeas that contribute to sustainable cropping systems.

2. Brief description of the target audience

AgriLife Extension

The target audience for the Better Living for Texans program continues to be SNAP recipients and those eligible for program benefits. These groups includes 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 participate in the Summer Food Service Program; and individuals living in census tracks where 50% or more of the population is at 130% of the poverty level or below.

AgriLife Research

Target audiences include the United Nations, governments and non-governmenatal organizations in Africa, Latin America and the Middle East.

3. How was eXtension used?

eXtension was not used in this program

V(E). Planned Program (Outputs)

1. Standard output measures

2014	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	102028	257306	112162	0

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

Year: 2014
Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2014	Extension	Research	Total
Actual	0	30	30

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- # of group educational sessions conducted.

Year	Actual
2014	9102

Output #2

Output Measure

- # research-related projects.

Year	Actual
2014	10

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	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.
3	The percentage of participants who use the food label to determine the amount of food to eat either "always," "almost always," or "sometimes" will increase.
4	The percentage of participants who shop with a list "always" or "sometimes" will increase.
5	# of producers adopting best management practices on sustainable agriculture.

Outcome #1

1. Outcome Measures

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 Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	11

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

More than half of adults and nearly 70% of children are not meeting national recommendations for physical activity. Studies consistently show that regular physical activity is linked to improved physical and mental health and can reduce the risk for targeted chronic diseases. Helping people adopt and increase their physical activity can help reduce/alleviate chronic disease and save health care dollars.

What has been done

Participants enrolled in the Better Living for Texans program were also encouraged to participate in the Walk Across Texas program. This program helps individuals adopt the habit of regular physical activity over an 8 week period using a team approach.

Results

Over the 8-week period, participants walked (or performed other types of physical activity) and logged their miles on the Walk Across Texas database. At the beginning of the program, participants were walking an average of 26.7 miles per week. Upon conclusion of the 8 week series, average weekly mileage per person had increased to 29.9 ($p < 0.05$).

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	Actual
2014	16

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Food security is a term used to describe a household that has consistent, dependable access to enough food for active, healthy living. When absent, the term food insecurity is often used. Nationally, an estimated 15% of households faced food insecurity in 2013. In Texas, however, that percentage is estimated at 18%. Previous surveys of BLT participants show that as many as 1 in 5 had received emergency food benefits (i.e. food pantry/food bank) within a previous 30-day period. Helping participants improve food resource management so they are able to improve their food security status can reduce the need for emergency food assistance.

What has been done

The Better Living for Texans program is offered to low-income audiences who currently receive or who are eligible for SNAP benefits. This program aims to help participants adopt targeted behaviors that help them plan and prepare healthy meals and improve their food security.

Results

BLT was implemented in 197 counties across the state, generating more than 1.3 million educational contacts. Programs emphasized planning and preparing healthy meals and stretching food resources. Amount of monthly out-of-pocket food expenses reported saved by program participants was \$16.38.

4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management

Outcome #3

1. Outcome Measures

The percentage of participants who use the food label to determine the amount of food to eat either "always," "almost always," or "sometimes" will increase.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	73

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

More than 2/3 of adults in Texas are overweight or obese. Because food portions have been shown to be exceedingly large (thus contributing to excessive weight gain in the absence of physical activity), helping participants choose healthier food portions can be a successful strategy in maintaining a healthy weight.

What has been done

Basic food buying skills enable clients to consider more healthful food choices when shopping. Get the Facts, a three-lesson series on the Nutrition Facts food label, was developed by Texas A&M AgriLife Extension Service nutrition specialists to enhance participant skills necessary for positive dietary behavior change. The skills-building series focused on comparing serving size, fat and sodium information when selecting food choices. These three items were specifically selected as they relate to obesity, heart disease and hypertension.

Results

More than 2800 adults completed the Get the Facts program series which focused on label reading. In this series, participants learned how to use the nutrition facts panel on food labels to determine how much of a particular food to eat (serving size). Fat and sodium also was addressed.

Upon entry in the program, 24% of the participants reported using the serving size information on the nutrition label always or almost always to determine the amount of food they ate. Immediately after the program ended, 71% were using that information always or almost always. Thirty days after the program ended, that percentage rose slightly to 73%.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

Outcome #4

1. Outcome Measures

The percentage of participants who shop with a list "always" or "sometimes" will increase.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	93

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

An estimated 1 in 6 households in Texas face food insecurity each year. Research shows that helping low-income families at risk for food insecurity improve their food resource and financial management skills may help improve food security status. When shopping for food, a number of strategies can be adopted to avoid overspending. These strategies include shopping with a list (to avoid impulse buys), comparing prices, and using unit pricing to identify the most economical purchases.

What has been done

BLT participants completed the Back to Basics program series which emphasizes food resource management, basic food safety, and healthy meal preparation. Participants are encouraged to adopt targeted food resource management behaviors which including shopping for food with a list in hand.

Results

A survey of 944 participants who completed the pre, post and follow-up surveys found that at the beginning of the program, 79% were shopping with a list always or almost always. Immediately after the program ended, 98% reported intent to adopt this behavior and 93% were doing so 30 days later.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

Outcome #5

1. Outcome Measures

of producers adopting best management practices on sustainable agriculture.

Not Reporting on this Outcome Measure

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Public Policy changes
- Government Regulations
- Competing Public priorities

Brief Explanation

No external factors to report.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Individuals who enrolled in a program series were invited to complete a survey which assessed the extent to which the targeted behavior (shopping with a list) was being followed upon entry, their intent to follow the behavior immediately after the program ended and the extent to which the behavior was being followed 30 days after the program ended.

Key Items of Evaluation