

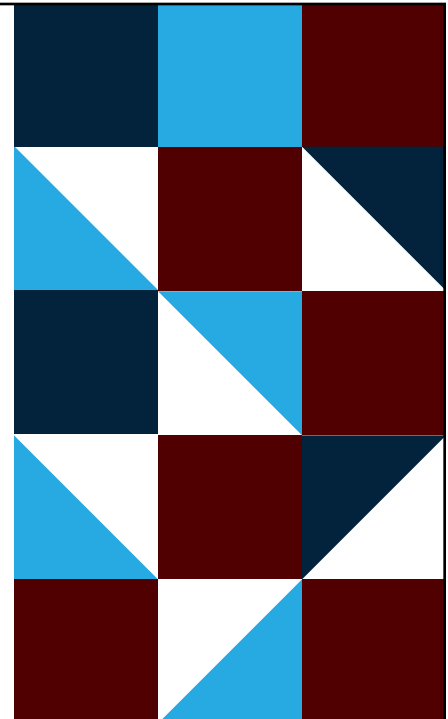
BLT OVERVIEW (POWERPOINT)

BETTER LIVING FOR TEXANS (BLT) PROGRAM



BETTER LIVING FOR TEXANS

This institution is an equal opportunity provider and employer.
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
Texas A&M AgriLife Extension is an equal opportunity employer and program provider.

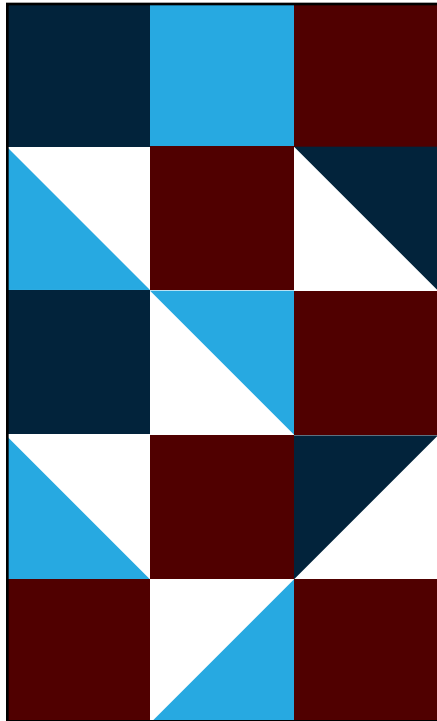


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THE SITUATION

- 43% of adults and 20% of youth are either overweight or obese
 - Source: National Health and Nutrition Examination Survey (NHANES), CDC/NCHS (2017-2020)
- 75% of adults and 83% of youth do NOT meet the recommended physical activity guidelines
 - Source: National Health Interview Survey (NHIS), (2020) and Youth Risk Behavior Surveillance System (YRBSS) (2019)
- In Texas, 14% of adults meet fruit recommendations and 12% of adults meet vegetable recommendations
 - Source: CDC, Behavioral Risk Factor Surveillance System (BRFSS), 2019
- 1 in 8 (nearly 4 million) Texans experience food insecurity or hunger
 - Source: Feeding Texas, 2021

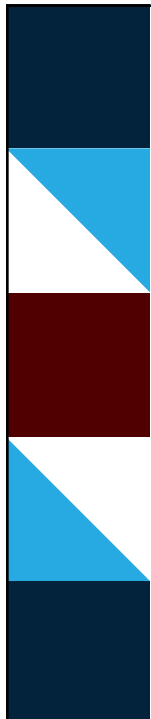
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RESPONSE

The BLT program/Supplemental Nutrition Assistance Program Nutrition Education (SNAP-Ed) began in Federal Fiscal Year 1995, as a collaborative effort with Texas A&M AgriLife Extension Service, Texas Health and Human Services Commission (HHSC), and United States Department of Agriculture (USDA) Food and Nutrition Services (FNS).

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SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM NUTRITION EDUCATION (SNAP-ED)

SNAP-Ed is a **Nutrition Education and Obesity Prevention Grant Program** funded through USDA FNS.

As part of the FNS mission, “We work with partners to provide food and nutrition education to people in need in a way that inspires public confidence and supports American agriculture.”

The goal of SNAP-Ed is... “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 for Americans (DGA) and the USDA food guidance.”

Source: Supplemental Nutrition Assistant Program Education (SNAP-Ed) Plan Guidance

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TEXAS HEALTH AND HUMAN SERVICES COMMISSION (HHSC)

- USDA FNS allocates SNAP-Ed funds to the **State agency** that oversees SNAP benefits
 - In Texas, HHSC is the **State agency**
- Texas HHSC awards SNAP-Ed funds to applicants through a competitive grant process
 - Programs like BLT who receive SNAP-Ed funds are called **implementing agencies**
 - In Texas, multiple **implementing agencies** receive funding to deliver SNAP-Ed programs

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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.

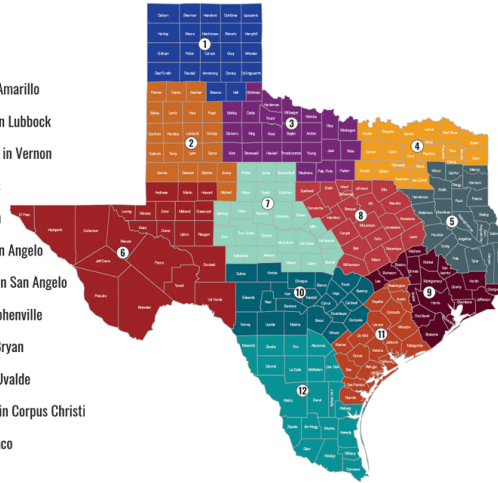
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STATEWIDE PRESENCE

BLT programs are delivered statewide by Texas A&M AgriLife Extension Service agents, educators, and volunteers!

DISTRICTS

- ① Panhandle | District center in Amarillo
- ② South Plains | District center in Lubbock
- ③ Rolling Plains | District center in Vernon
- ④ North | District center in Dallas
- ⑤ East | District center in Overton
- ⑥ Far West | District center in San Angelo
- ⑦ West Central | District center in San Angelo
- ⑧ Central | District center in Stephenville
- ⑨ Southeast | District center in Bryan
- ⑩ Southwest | District center in Uvalde
- ⑪ Coastal Bend | District center in Corpus Christi
- ⑫ South | District center in Weslaco



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DETERMINING COUNTY BLT LEVELS

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

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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 nutrition and the importance of being physically active
- Offers educational items that reinforce what is taught
- Creates support that encourages families and friendships

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BLT/SNAP-ED AUDIENCE

- Adult and youth who receive or are eligible for SNAP benefits
- Those qualifying for other Federal assistance programs, such as individuals receiving Temporary Assistance for Needy Families (TANF) or Supplemental Security Income (SSI) benefits
- Individuals living in and could include public housing authorities
- Individuals receiving food from a food pantry or soup kitchen
- Schools where 50% or more of the students receive free/reduced meals and/or Title 1 schools (call school office for percentages or <https://www.publicschoolreview.com/>)
- Individuals living in communities where at least 50% of the residents/population live at 185% of the federal poverty level or below (<https://squaremeals.org/FandN-Resources/Income-Eligibility-Guidelines>)

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OTHER POSSIBLE BLT AUDIENCES...

- Texas Work Force
- Christian Women's Job Corps and Men's Job Corps
- Migrant Workers
- Food retailers receiving a high volume of SNAP benefit usage
- Health and Human Services Commission
- English as a Second Language Class
- If you do not know if the site meets the program requirement...
 - Have the site coordinator review the Site Certification Form (see BLT Intranet). If they meet the income level, have them fill it out and file it in your county office for auditing purposes.
 - Or complete the Justification Form (see BLT Intranet). Keep it on file in the county office for auditing purposes.

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AUDIENCES NOT ELIGIBLE FOR BLT

- Individuals with incomes greater than 185% poverty
- **Individuals not responsible for planning and preparing their own meals, includes individuals who are incarcerated or living in an institution**
 - Jails/prisons/detention centers
 - Assisted living/nursing homes
 - Mental institutions
 - College students (contact your BLT Regional Project Specialist (RPS) for further information)

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CORE PROGRAM AREAS

1. Nutrition
2. Physical Activity
3. Gardening

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PROGRAM FOCUS AREAS

1. Increasing fruit and vegetable consumption
2. Adopting healthier eating patterns
3. Increasing physical activity
4. Increasing access to fruits and vegetable through gardening programs
5. Adopting food resource management skills to reduce food insecurity
6. Improving food safety practices

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TOPICS BLT CANNOT TEACH OR FUND

- Education as it relates to the **treatment** of medical conditions/ chronic disease
 - Diabetes
 - High cholesterol
 - High blood pressure
 - Mental health
 - Obesity treatment
- Food safety for retail establishments (Food Protection Management)
- Life skills training
- Debt management
- English as a Second Language (ESL)

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PROGRAM STRATEGY/INTERVENTIONS

- **Direct Education – primary BLT delivery method**
 - Agents, educators, and volunteers implement BLT curricula series
 - Focus on graduating adults and youth from a curricula series and administering participant surveys
 - Can include single education events
 - Minimum requirement for direct education is at least 20 minutes in length
- **Policy, Systems, and Environmental (PSE) Changes**
 - Addresses socioeconomic factors and aims to make healthy choices more accessible, easier and the default choice through multilevel interventions
- **Social Marketing**
 - In addition to direct education, social marketing can be used to deliver nutrition messages to a larger SNAP-Ed audience through commercial marketing strategy and planning

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BLT CURRICULA SERIES (DIRECT EDUCATION)

NUTRITION

Adults

- A Fresh Start to a Healthier You!
- Be Well, Live Well
- Get a Taste for Reducing Food Waste
- Get the Facts
- Healthy Carbohydrates

Youth

- Balancing Food & Play
- Choose Healthy
- Steps to Health Color Me Healthy

PHYSICAL ACTIVITY

Adults and Youth

- Walk Across Texas
- Walk N Talk
 - Fruit & Vegetable
 - Rethink Your Drink!

GARDENING

Adults

- Growing and Nourishing Healthier Communities Garden Course

Youth

- Early Childhood Learn, Grow, Eat & Go!
- Learn, Grow, Eat & Go!

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EVALUATION OF BLT CURRICULA SERIES

- All BLT curricula series have an evaluation tool (survey)
 - Survey data is submitted to BLT funders and used by Extension agents and leadership for reports to stakeholders, partnering agencies, and year-end reports
- **Pre-, post-, and follow-up surveys;** surveys vary from series to series
 - Pre-survey: before the start of first session
 - Post-survey: immediately after the last session
 - Follow-up survey: completed 30 days later
 - To increase participation in the follow-up survey, offer another BLT related class on a topic suggested by the audience
- Always use current surveys from the BLT Program Portal (<https://howdyhealth.org/blt/>)

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POLICY, SYSTEMS, OR ENVIRONMENTAL (PSE) CHANGES

- **Policy Change:** Written, officially adopted statements of position, decision, or course of action. While this could be at the government level a policy change can be made at the non-profit, public, and business sector.
 - **Example:** School or school district writes a policy that allows the use of school facilities for recreation by children, parents, and community members during non-school hours.
- **Systems Change:** Unwritten, ongoing, organizational decisions or changes that result in new activities reaching large proportions of people the organization serves. May precede or follow a written policy.
 - **Example:** A store owner or supervisor agrees to let employees use company time to attend SNAP-Ed classes in the breakroom or company meeting space.
- **Environmental Change:** Can include the built or physical environment, which is observable, but can also include economic, social, normative, or message environments.
 - **Physical Example:** The housing authority allows residents to setup raised garden beds for fruits and vegetables. **Social Example:** A group of employees are taking a meeting while they are walking, rather than sitting at their desks.

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SOCIAL MARKETING

- Social marketing can reach SNAP-Ed-eligible audiences through a variety of delivery channels such as the following:
 - Mass media (e.g., television, radio, newspapers, billboards, other outdoor advertising) Social media (e.g., social networks, blogs, user-generated content)
 - Earned media (e.g., public service announcements, letters to the editor, opinion editorials, press conferences)
 - Peer-to-peer popular opinion leaders (e.g., youth or parent ambassadors, local champions, celebrity spokespersons, faith leaders)
 - Promotional media (e.g., point-of-purchase prompts, videos, websites, newsletters, posters, kiosks, brochures, educational incentive items)

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PROGRAM MANAGEMENT

- **BLT Reporting**
 - **BLT Program Portal** <https://howdyhealth.org/blt/>
 - Direct education programs, PSE, and social marketing
 - BLT County Proposals
 - BLT Success Stories
 - Other BLT related activities
 - *Other reporting needs to be determined by direct supervisor*
- **Onsite County Reviews**
 - County reviews will be conducted throughout the fiscal year by the BLT RPS
 - USDA FNS and Texas HHSC may request to observe and review county files at any time

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PROGRAM MANAGEMENT (CONTINUED)

- **BLT Program Files**
 - Expectation of each county implementing BLT program series and single education programs to keep a standard BLT filing system
 - This allows for consistency across the state
 - **Files to be kept for 7 years (includes current fiscal year) – requirement of program funders**

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PROGRAM MANAGEMENT (CONTINUED)

- **Records That Must be Maintained**

- **County Level – Originals (Hardcopies or Electronic Storage)**

- Justification Forms (a form for each site or location/fiscal year)
- Site Certification Forms (a form for each site or location/fiscal year)
- Participant Information Questionnaires
- Participant Sign-in Sheets
- BLT Series Surveys (Fresh Start, LGEG, etc.) – entered into BLT Program Portal
- Learn, Grow, Eat & GO! (LGEG) – Principal Commitment Letters, Teacher Match Commitment, and Teacher Match Logs
- Participant Waiver Forms (each participant for the year)

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PROGRAM MANAGEMENT (CONTINUED)

- **Records That Must be Maintained**

- **Regional Level – Copies for tracking (Hardcopies or Electronic Storage)**

- Proposal Forms – County Proposals & Budgets
- Learn, Grow, Eat & GO! (LGEG) – Principal Commitment Letters, Teacher Match Commitment, and Teacher Match Logs

- **State Level – Permanent records (Hardcopies or Electronic Storage)**

- Procard and Personal Reimbursement Transaction Form & Receipts
- Travel Authorization Form(s) – Annual
- Inventory Records/Forms
- Proposal Forms – County Proposals & Budgets
- Learn, Grow, Eat & GO! (LGEG) – Principal Commitment Letters, Teacher Match Commitment, and Teacher Match Logs

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PROGRAM SUPPLIES & PURCHASING

- **Operating & Travel Funds**
- **Purchasing Options**
 - BLT Procard (preferred option)
 - Procard and Personal Reimbursement Transaction Form
 - Personal Reimbursement (only if necessary)
- **Texas Sales and Use Tax Exemption Certification**
- **Allowable/Unallowable Items**
 - When making purchases, ask yourself:
 - Is it necessary?
 - Is it audience appropriate?
 - Is it reasonable?
- Budget Transfers – email request and justification to your BLT RPS for consideration

More program supplies & purchasing information in BLT toolkit

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BLT FOOD DEMONSTRATIONS

Food demonstrations offer educators a hands-on opportunity to reinforce important principles taught. For participants, food demonstrations allow them to see how food and nutrition recommendations could be implemented in their own homes and give them the opportunity to participate in the actual preparation of the recipe that could lead to healthier food choices.

- **Suggestions for choosing a recipe**
 - Refer to BLT curricula series for suggested recipes.
 - BLT recipes on the BLT Intranet
 - Dinner Tonight Recipes; Texas A&M AgriLife Extension Service, *as appropriate*
 - <https://dinnertonight.tamu.edu/>
 - MyPlate Kitchen; USDA and SNAP Recipes:
 - <https://www.myplate.gov/myplate-kitchen>
 - For additional suggestions and guidelines when choosing an appropriate recipe refer to the BLT Program Resource Guide

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ADDITIONAL INFORMATION & RESOURCES

Available on the BLT Intranet or contact your BLT RPS

BLT Important Dates

BLT Key Phrases & Words: To Use When Reporting BLT Activity

BLT Program Resource Guide

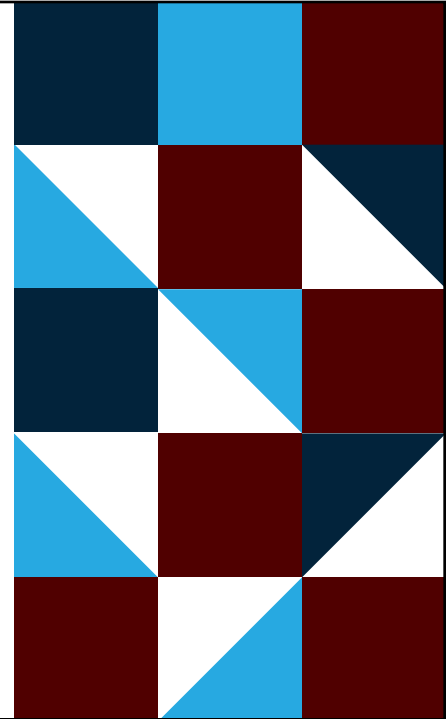
BLT Physical Activity Resource Guide

BLT Program Brochures - adult and youth/English and Spanish

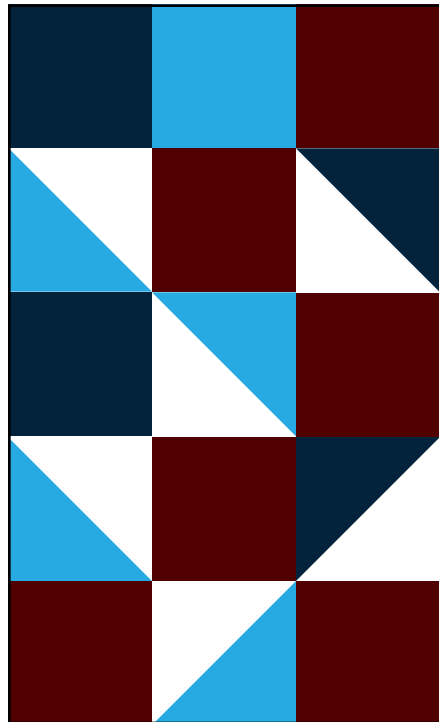
BLT Logos

USDA Nondiscrimination and Credit/Funding Statements

Texas A&M AgriLife Equal Employment Opportunity (EEO) and Affiliation Statements



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HELPING TEXANS BETTER THEIR LIVES

BLT and its partners expand our outreach so more families and individuals can benefit from the program.

BLT is making a difference in the lives of those we serve.

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