A Study And Evaluation Of Limited Resource Audiences Preferred Educational Methods For Learning Nutrition Education In The Coastal Bend

Rusty Hohlt
M.S., Texas A&M University Kingsville
August 2007

Abstract

The Better Living for Texans (BLT) program is administered by Texas Cooperative Extension and works to educate limited resource families on the importance of eating nutritionally balanced meals and saving money when purchasing groceries. This study was designed to determine the educational methods by which limited resource audiences prefer to learn nutrition education and determine if Extension educators are using those methods. During a three-month period surveys were administered to limited resource participants in BLT programs and teachers of the educational programs. When comparing the survey results from the teachers and participants in eight of the nine educational concepts measured, the teachers and participants both reported the highest percentage for at least one of the same educational methods. The results of the study show that educators in the BLT program are using educational methods that participants prefer, but should continue working on educational programs to ensure the goals of the BLT program are being met.