**Chronic Disease**

[Better Your Days, The Mediterranean Way](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/better-your-days-the-mediterranean-way.aspx)

Better Your Days, The Mediterranean Way is a program designed to educate participants about an eating and lifestyle approach that can reduce the risk of diet-related chronic diseases. The program aims to provide participants with the knowledge and behavioral skills necessary to implement the Mediterranean-style eating pattern, which promotes healthy aging and potentially decreases the risk of cognitive decline, cardiovascular disease, type 2 diabetes, hypertension, and cancer.  The program's learning objectives include comparing the Mediterranean-style eating pattern to the typical American diet, listing health benefits associated with this pattern, understanding the appropriate choices of fat, protein, and carbohydrates, and recognizing other health components that contribute to the overall benefits.

[Do Well, Be Well with Diabetes](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/do-well-be-well-with-diabetes.aspx):

A program for people with diabetes.  Classes include: How Food Affects Your Blood Glucose; Are You Eating the Right Number of Carbohydrates? Improving Your Blood Glucose Control with Physical Activity; Improving Your Blood Glucose Control with Medication; Celebrating Diabetes Control While Avoiding Complications.

[Do Well, Be Well with Hypertension](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/do-well-be-well-with-hypertension.aspx):

Learn how to manage high blood pressure through the Dietary Approaches to Stop Hypertension (DASH). This one-hour course will help you understand the basics of healthy eating patterns so you can make changes to the foods you eat to help lower your blood pressure.

[HealthTalk Express](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/health-talk-express.aspx):

HealthTalk Express are 30 minute or less health presentations using a persuasive public speaking approach that empowers the audience to take action. Health Talk Express looks to raise awareness about chronic disease reduction. These programs challenge the audience to practice health-promoting behaviors to lower disease risk.

[Maintain No Gain](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/maintain-no-gain.aspx):

Maintain No Gain is a community and worksite wellness program created by the Cardiovascular Health and Wellness Program of the Texas Department of State Health Services. The program is designed to encourage participants to gain no more than 2 pounds during the holiday season. According to the Maintain No Gain resource guide, “This 6-week program will serve as a guide to control holiday weight gain and encourage a healthy lifestyle that will help persons decrease their risk factors for cardiovascular disease and stroke.”

[Step Up & Scale Down](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/step-up-and-scale-down.aspx):

Step Up Scale Down was created to address community needs about creating a sustainable healthy lifestyle. The 12-week program focuses on setting goals, balanced nutrition and diet, physical activity, and sustainable long term healthy lifestyles.

**Human Nutrition**

[Cooking Well Exploring Cultures](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/cooking-well-exploring-cultures.aspx):

Cooking Well Exploring Cultures is a four-lesson course to increase nutrition knowledge and food safety practices through the lens of cultural foods. Learn cooking techniques and recipes from Poland, India, Mexico, and the Philippines.

[Cooking Well for a Healthy Blood Pressure](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/cooking-well-for-a-healthy-blood-pressure.aspx):

A cooking school designed to help those concerned about high blood pressure and anyone who prepares meals for them. This is a 3-class series. It is full of research-based information and healthy recipes. Sessions include DASHing Your Way to Improved Health, A Virtual Grocery Store Tour, and Cooking with Spices and Herbs.

[Cooking Well with Friends](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/cooking-well-with-diabetes.aspx):

Cooking Well with Friends is a 4-lesson workshop that provides you with the knowledge and skills required to plan, prepare, freeze, and cook healthy meals safely and effectively.

[Cooking Well with Diabetes](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/cooking-well-with-friends.aspx):

Cooking Well with Diabetes is a cooking class designed to help people with diabetes and anyone that prepares food for them. This four-lesson course includes basic nutrition education to help plan meals and prepare food for people living with diabetes. Find quick dinner ideas and gain access to 25+ recipes that will help you cook well with diabetes. Lessons include Recognizing carbohydrate foods, Planning Balanced and Satisfying Meals, Reducing Fats in Recipes, Increasing Use of Healthier Fats, Improving Sodium & Fiber Content in Recipes, and Celebrating Holidays Sensibly.

[Dinner Tonight](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/dinner-tonight.aspx" \t "_blank):

The Dinner Tonight program aims to provide healthy recipes for Texans and increase self-efficacy in meal planning, healthy cooking techniques, and food safety. The program consists of in-person and virtual cooking school demonstrations enhanced by web-based continuing education resources.

[Fresh Start to a Healthier You! (BLT)](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/dinner-tonight.aspx):

Fresh Start to a Healthier You! is a 4-session series for adults. Learn to increase fruit & vegetable intake. Learn to cook nutritious meals & spend less on groceries.

[Get the Facts (BLT)](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/dinner-tonight.aspx):

Get the Facts is a 4-session series for adults. Participants learn how to read the Nutrition Facts Label. The series emphasizes sodium, fats, added sugars, and portion size.

[Healthy Carbohydrates (BLT)](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/dinner-tonight.aspx):

Healthy Carbohydrates is a 4-session series for adults. Learn how carbohydrates can be incorporated into a healthy meal plan. Learn the importance of physical activity in prevention and management of chronic disease.

**Active Living**

[10-10,000 Change Challenge](https://howdyhealth.tamu.edu/programs/10-10000/):

The 10-10,000 Change Challenge is a premiere program from the Family & Community Health unit to develop an active lifestyle that meets physical activity recommendations for general health and chronic disease prevention.

[Walk Across Texas](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/walk-across-texas.aspx):

Walk Across Texas! (WAT!) is an eight-week community program delivered through a web-based platform to help people of various ages and abilities establish the habit of regular physical activity. WAT! challenges teams to track and log mileage to virtually walk across the state of Texas (832 miles). Through a team-based approach, participants are engaged in friendly competition to promote engagement during the program.

[Walk Through Texas History](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/walk-through-texas-history.aspx):

Walk Through Texas History is a 4-week walking program designed to help Texans establish the habit of regular physical activity while learning the rich history of Texas.

**Mental Health & Wellness**

[Stress Less with Mindfulness](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/stress-less-with-mindfulness.aspx):

We all have stress. How do we manage stress in a healthy and mindful way? This program introduces participants to the experience and practice of mindfulness to reduce stress. This program is designed to: Learn about the benefits of mindfulness-based approaches to stress reduction, understand how to recognize your personal stressors, experience mindful movement, mindful breathing, and other mindfulness skills as ways to relax and manage stress. This is a 5-session class.

**Cooking with Katie**

[Instant Pot Pressure Cooking](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/dinner-tonight.aspx):

Learn how to put a low-cost, healthy meal on the table fast! Gain confidence in the Instant Pot/electric pressure cooker with this hands-on workshop. Lots of recipes, tips, and samples!

[Air Fryer Meals](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/dinner-tonight.aspx):

Explore the air fryer trend with meal planning, recipes, tips, and samples for a healthy “not fried” meal.

[Cooking for One or Two](https://agnettamu0.sharepoint.com/sites/Extension/SitePages/FCH/dinner-tonight.aspx):

Get pointers to improve your skills in planning home cooked meals, shopping, and storing leftovers for smaller portions to increase the likelihood of eating healthy meals at home. Create less food waste and help with the food budget. Recipes, tips, and samples.