

**From:** [Couch,Chelsea \(HHSC\)](#)  
**Cc:** [Couch,Chelsea \(HHSC\)](#)  
**Subject:** Texercise Prevents: Malnutrition in Older Texans Campaign - Survey  
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The Texas Health and Human Services Office of Aging Services Coordination is requesting your feedback on the Texercise Prevents: Malnutrition in Older Texans awareness campaign (information shared in a previous email provided below). This survey is:

- De-identified
- Used to report to Texercise grant funders (currently SNAP-Ed)
- Assists in assessing campaign components.

The survey takes less than 10 minutes to complete and provides us with valuable insight. We appreciate a few minutes of your time to complete the **[Texercise Prevents: Malnutrition in Older Texans – Survey](#)**.

Thank you in advance for your feedback! Please let us know if you have any questions.

Thank you,  
Chelsea Couch

Chelsea Couch, CHES, CTCM  
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To age and live well visit: [www.texercise.com](http://www.texercise.com)

As the Texercise Program Coordinator for Texas Health and Human Services, one of the main aspects of healthy aging that we promote is good nutrition, however in 2019 only 8.4 percent of Texans ages 65 and older reported eating two or more fruits and three or more vegetables a day<sup>[1]</sup>. An inadequate amount of essential nutrients in our diets can lead to malnutrition. According to Defeat Malnutrition, one out of two older adults is at risk of becoming, or already, malnourished.

Texas Health and Human Services is proud to announce the launch of the Texercise Prevents: Malnutrition in Older Texans awareness campaign. This campaign raises awareness of the risks of malnutrition in older Texans, educates people on the signs and symptoms, and connects them to services and resources available to help combat malnutrition. The Texercise Prevents: Malnutrition in Older Texans campaign provides resources for:

- Providers serving older Texans – information brief, fact sheet and

postcard

- Older adults and their caregivers – fact sheet and postcard

Go to the [Texercise website](#) to learn more about the campaign and to download the materials. You can also contact Texercise ([texercise@hhs.texas.gov](mailto:texercise@hhs.texas.gov)) to order free copies of these resources, we are happy to mail out multiple quantities for organizations to provide their members.

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[1] America's Health Rankings. (2019). *Explore Fruit and Vegetable Consumption - Ages 65+ in Texas | 2021 Senior Report*.  
[https://www.americashealthrankings.org/explore/senior/measure/fvcombo\\_sr/state/TX](https://www.americashealthrankings.org/explore/senior/measure/fvcombo_sr/state/TX)