

**V(A). Planned Program (Summary)**

**Program # 4**

**1. Name of the Planned Program**

Exercise and Wellness

**V(B). Program Knowledge Area(s)**

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
724	Healthy Lifestyle	100%		0%	
	<b>Total</b>	100%		0%	

**V(C). Planned Program (Inputs)**

1. Actual amount of professional FTE/SYs expended this Program

Year: 2010	Extension		Research	
	1862	1890	1862	1890
Plan	15.0	0.0	0.0	0.0
Actual	6.7	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
96196	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
96196	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
650093	0	0	0

**V(D). Planned Program (Activity)**

1. Brief description of the Activity

A local coalition recruits participants and provides leadership to implement Walk Across Texas! Teams of eight or classes of children at schools are recruited to walk for eight weeks. Teams and classes are challenged to walk regularly for eight weeks, reporting their mileage on <http://walkacrosstexas.tamu.edu>, to achieve the goal of walking the approximate 830 miles across Texas on a map that allows comparisons of teams and class progress. Participants are personally recruited as

worksites, schools, churches and clubs using free media time.

**2. Brief description of the target audience**

Walk Across Texas! is open to anyone wanting to increase their physical activity level if they live in a community with a AgriLife Extension educator.

**V(E). Planned Program (Outputs)**

**1. Standard output measures**

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
<b>Plan</b>	17500	75000	7500	0
<b>Actual</b>	17573	31816	16272	0

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

**Patent Applications Submitted**

Year: 2010  
 Plan: 0  
 Actual: 0

**Patents listed**

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

2010	Extension	Research	Total
<b>Plan</b>	0	0	
<b>Actual</b>	0	0	0

**V(F). State Defined Outputs**

**Output Target**

**Output #1**

**Output Measure**

- # of group educational sessions conducted.

Year	Target	Actual
2010	550	803

**V(G). State Defined Outcomes**

**V. State Defined Outcomes Table of Content**

O. No.	OUTCOME NAME
1	Increased number of miles walked per week at week one compared to week eight.

## **Outcome #1**

### **1. Outcome Measures**

Increased number of miles walked per week at week one compared to week eight.

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Action Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2010	25000	237306

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

27% of Texans are obese. Texas ranks 15th as the state with the highest childhood obesity rates. Regular physical activity and controlling weight can significantly reduce the incidence and impact of chronic diseases like heart disease, stroke, diabetes, cancer, high blood pressure, and depression. It is also associated with fewer physician visits, hospitalizations, and medications.

#### **What has been done**

The Walk Across Texas! program was designed to help establish the habit of regular physical activity. For eight weeks, teams of eight people, school classes or individuals walk 830 miles across a map of Texas.

#### **Results**

- During 2010, the Walk Across Texas (WAT) program was implemented in 187 Texas counties with the leadership of agents and their coalitions.
- Over 42,835 people registered to participate in the program. Of these, 21,260 were youth participants.
- In 2010, the mean difference in miles walked from week 1 to week 8 increased by 5.54 miles from 22.8 miles to 28.3 miles.
- Including the cost of lost wages, the total potential economic impact for the 2010 team participants is approximately \$193 million.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
724	Healthy Lifestyle

## **V(H). Planned Program (External Factors)**

### **External factors which affected outcomes**

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges
- Other (Partnering with the Texas Education Agency significantly increased teacher and youth participation in Walk Across Texas.)

### **Brief Explanation**

Participation in Walk Across Texas has steadily increased because we have visited with many state agencies to gain their participation. For two years, we worked with the Texas Education Agency to engage their employees as well as Independent School Districts across Texas and their students. We have provided face-to-face and distance education to these groups to help them manage their own on-line process. We continue to add features as participants request them. All materials are easily accessed on-line, including short instructional videos that step participants through each part of the on-line process. We have added a blog feature to expand the user experience to include healthy eating and physical activity tips.

## **V(I). Planned Program (Evaluation Studies and Data Collection)**

### **1. Evaluation Studies Planned**

- Before-After (before and after program)

### **Evaluation Results**

- In 2010, the mean difference in miles walked from week 1 to week 8 increased by 5.54 miles from 22.8 miles to 28.3 miles.

### **Key Items of Evaluation**

Walk Across Texas! is a community health program that clearly increases physical activity for adults and children, and helps them establish a regular habit of physical activity.