

V(A). Planned Program (Summary)

Program # 4

1. Name of the Planned Program

Exercise and Wellness

Reporting on this Program

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%	0%	0%
	Total	100%	0%	0%	0%

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2013	Extension		Research	
	1862	1890	1862	1890
Plan	7.0	0.0	0.0	0.0
Actual Paid Professional	7.5	0.0	0.0	0.0
Actual Volunteer	0.0	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
102696	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
102696	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
842669	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

AgriLife Extension

A local coalition will recruit participants and provide leadership to implement Walk Across Texas! Teams of

eight or classes of children at schools will be 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 well as groups like worksites, schools, churches and clubs using free media time.

2. Brief description of the target audience

AgriLife Extension

Walk Across Texas! is open to anyone of any age wanting to increase their physical activity level if they live in a community with a AgriLife Extension educator or have access to <http://walkacrosstexas.tamu.edu>.

3. How was eXtension used?

eXtension was not used in this program

V(E). Planned Program (Outputs)

1. Standard output measures

2013	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	14540	80141	16974	0

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

Patent Applications Submitted

Year: 2013

Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2013	Extension	Research	Total
Actual	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- # of group educational sessions conducted.

Year	Actual
2013	853

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

Year	Actual
2013	5

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Medical research shows that exercise and weight loss can permanently or temporarily delay the onset of type 2 diabetes in 58 percent of people. Over the lifetimes of team participants in 2013, it is estimated that 1,511 could prevent the onset of diabetes through increased physical activity. Annual health care costs for people without diabetes are estimated between \$2,560 and \$5,642 and at \$13,243 for people with diabetes. Including the cost of lost wages, the total potential economic impact for the 2013 team participants is approximately \$106 million.

What has been done

County Extension agents are provided an annual training to implement Walk Across Texas in their county. During 2013, 27,156 adults and youth registered. People in 166 Texas counties participated. Participants increased their mileage from 4.76 miles from week 1 to week 8.

Results

27,156 adults and youth registered. People in 166 Texas counties participated. Participants increased their mileage from 4.76 miles from week 1 to week 8.

Over the lifetimes of team participants in 2013, it is estimated that 1,511 could prevent the onset of diabetes through increased physical activity. Annual health care costs for people without diabetes are estimated between \$2,560 and \$5,642 and at \$13,243 for people with diabetes. Including the cost of lost wages, the total potential economic impact for the 2013 team participants is approximately \$106 million.

4. Associated Knowledge Areas

KA Code	Knowledge Area
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

Brief Explanation

No external factors affected this program.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

During 2013, 27,156 adults and youth registered. People in 166 Texas counties participated. Participants increased their mileage from 4.76 miles from week 1 to week 8.

Key Items of Evaluation

Walk Across Texas is a low cost program which improves physical activity levels for participants of all ages.