

Howdy Health Team-Based Physical Activity Programs Master Wellness Volunteer Resources Document January 18th, 2022

Howdy Health (HH) Team-Based Physical Activity Program Descriptions:

Walk Across Texas! Adult (WAT! Adult)

- Eight-week program
- 832-mile goal
- Mileage entry: individual / daily
- Each team member must register and join team
- Each team may have **up to 8 team members**

Walk Across Texas! Youth (WAT! Youth)

- Eight-week program
- 832-mile goal
- Mileage entry: team / weekly
- Can be coordinated by internal or external clientele
- Unlimited number of youths, adult, or mixed participants per team

Walk Through Texas History (WTTH)

- Four-week program
- Multiple routes (soon) – work as a team to log steps and virtually travel Texas historical routes
- Step entry: individual / daily
- Each team member must register and join team
- Each team may have **up to 8 team members**

HH Team-Based Physical Activity Program Relevance:

Adult Data:

- 35.8% of Texas adults are obese¹.
- Texas ranks 12th as the state with the highest adult obesity rates¹.
- 25% of Texas adults report being physically inactive i.e., did not engage in physical activity or exercise during the previous 30 days other than for their regular job¹.
- Texas ranks 12th as the most physically inactive state¹.
- Texas ranks 9th (13.0%; Diabetes) and 28th (31.7%; Hypertension) in obesity-related health issues¹.

Youth Data:

- 15.9% of Texas children participating in WIC are obese¹.
- Texas ranks 11th as the state with the highest children participating in WIC obesity rates¹.
- 20.3% of Texas children ages 10 – 17 are obese¹.
- Texas ranks 8th as the state with the highest children ages 10 – 17 obesity rates¹.
- 16.9% of Texas high school students are obese¹.
- Texas ranks 11th as the state with the highest high school student obesity rates¹.

- Data obtained from the Youth Risk Behavior Surveillance System (YRBSS) found that high school students reported low physical education participation (70.1%) and only 26.1% reported being physically active at least 60 minutes¹.

¹Trust for America's Health and Robert Wood Johnson Foundation (2021). *State of Childhood Obesity: Helping All Children Grow Up Healthy*. <https://stateofchildhoodobesity.org> (accessed November 2021).

HH Team-Based Physical Activity Program Resources:

1. Program Materials Available in Collaboration with the Local Extension Agent:

- **Canva Social Media Templates** – these templates can be adapted to create local social media content for promotion, recruitment, and program updates.
- **Grab & Post Graphics** – these graphics can be downloaded and posted directly to social media pages. No edits needed. Included are images, videos, talking point prompts, FAQs, etc.
- **Howdy Health Program Resources Specific to AgriLife Extension** – various resources to help support program planning, implementation, and evaluation.
- **Training Opportunities** – recorded trainings and program consultations.

2. Howdy Health Programs Website Links:

- Howdy Health Program Implementation: <https://howdyhealth.org>
- Walk Across Texas! Program Website: <https://walkacrosstexas.org>
- External Program Resources: <https://walkacrosstexas.org/resources>
- External Program News & Updates: <https://walkacrosstexas.org/news>
- Howdy Health Help Desk & Frequently Asked Questions: <https://howdyhealth.org/programs/helpdesk>
 - Tutorials: <https://howdyhealth.org/programs/tutorials>
- Walk Across Texas! Program Social Media Pages:
 - Facebook: <https://www.facebook.com/walkacrosstexas>
 - Twitter: <https://twitter.com/walkacrosstexas>