

Making a Difference

2019-2020 Healthy Kleberg-Kenedy County Adult In-Depth Plan Summary

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RELEVANCE

- Excessive weight and inactivity are consistently linked with increased incidence of chronic diseases. More than 2/3 of adults are obese or overweight, and Texas ranks 12th (12.2%; Diabetes) and 12th (31.7%; Hypertension) in obesity-related health issues¹.

Health Factors & Outcomes	Kleberg County Population: 31,129	Kenedy County Population: 442	Texas	U.S.
Poor or Fair Health: adults reporting poor or fair health	28% or 8,716.1 Kleberg residents	30% or 132.6 Kenedy residents	18%	16%
Adult Obesity: adults reporting a BMI over 30	34% or 10,583.8 Kleberg residents	24% or 106.1 Kenedy residents	28%	28%
Physical Inactivity: adults reporting no leisure time physical activity	21% or 6,537.1 Kleberg residents	21% or 92.8 Kenedy residents	24%	23%
Cardiovascular Deaths: per 10,000 population	59	38.1	43.4	42.2
Diabetes Prevalence: adults diagnosed	6% or 1,867.7 Kleberg residents	9% or 39.78 Kenedy residents	10%	8.5%
Premature Death: years of potential life lost before age 75.	9,400 years	-	6,700 years	6,900 years

Source: <https://nccd.cdc.gov/DHDSPAtlas/Reports.aspx> and countyhealthrankings.org

RESPONSE

As a response, Texas A&M AgriLife Extension Service has developed health education programs that can address these issues through a science based, evidence-based approach. The Healthy South Texas Coalition, program specific Task Force groups, and community adult and youth volunteers, have identified, implemented, and evaluated the following adult nutrition education and physical activity programs in Kleberg-Kenedy Counties.

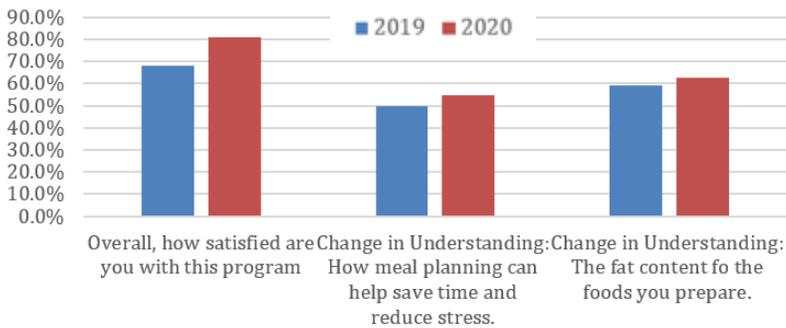
Adult Nutrition Education Programs	Program Location/ League(s)	Program Date(s)	# of Participants
Dinner Tonight: a two-hour event with live cooking demonstrations, education, and healthful recipe samples.	Weavers of Love	Feb. 11, 2020	125
Health Talk Express: 3-4, 30-45 min discussions designed to promote healthy behaviors to lower disease risk.	St. Martin's Church	Oct 19 – Jan 20	9
	Perez Elementary	Feb – Mar 20	25
KLEBERG-KENEDY ADULTS WHO RECEIVED NUTRITION EDUCATION IN 2019-2020 →			159

Collaboration: Multiple collaborative efforts were made that fostered relevant programs and community needs. Collaborating organizations include Methodist Health Ministries Wesley Nurse, local school districts, Kleberg County, Texas A&M University-Kingsville, local law enforcement entities, and Weavers of Love.

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RESULTS

Dinner Tonight at Weavers of Love Comparison between 2019 and 2020



Dinner Tonight: A post evaluation instrument was used to measure overall impact.

- 125 participants. (Increase of +47 participants from 2019)
- 63.5% indicated an increased change in confidence in modifying recipes to reduce sodium content.
- 59.3% indicated an increased change in confidence in modifying recipes to reduce calorie content.
- 54% indicated an increased change in understanding in how the foods you eat impact your health.



Weavers Dinner Tonight Task Force members who presented at the event.



Participants dancing and doing chair exercise to "YMCA." Proving that physical activity can be fun!



Methodist Health Ministries Wesley Nurse presenting information on heart health.

Health Talk Express: A post evaluation instrument was used to measure customer satisfaction.

- 100% indicated they were mostly or completely satisfied with the activity.
- 100% indicated that they plan to act or make changes as a result of the activity.
- 100% indicated their satisfaction with the information being easy to understand.

Future plans: The 2020-2021 Healthy Kleberg-Kenedy Adult Nutrition and Health plan includes three specific programs aimed at prevention and management of obesity and chronic disease prevention and management through nutrition education; Dinner Tonight (at Weavers of Love (year 4), Step Up, Scale Down, and Cooking Well with Diabetes. As a result of collaboration with the Coalition, we are proud to serve Kleberg County with the Cooking Well with Diabetes series in tandem with a "diabetes food pantry" distribution beginning January 2021.

Program delivery continues to change due to COVID-19 and Agency guidelines and will include virtual and hybrid delivery methods learning to reach all audiences.

¹Trust for America's Health and Robert Wood Johnson Foundation (2020). The State of Childhood Obesity: Helping All Children Grow Up Healthy. <https://stateofchildhoodobesity.org> (accessed November 2020).

²The economic benefit of the Walk Across Texas! Adult program is a measure that uses WAT! program evaluation results, disease risk rates, health care costs, and productivity parameters. By engaging in regular physical activity, this reduces a person's risk of disease each year of their remaining life. The dollar value of the economic benefit of WAT! is calculated in terms of the projected lifetime health care cost savings and worker productivity gains

VALUE

Obesity Prevention and Reduction



The Texas A&M AgriLife Extension Service engages children and adults in programs that teach them how to eat nutritious foods and engage in regular physical activity to promote health and reduce their risk for obesity. The Texas public benefits through a healthier population, reduced health care costs, and increased productivity.

EXTENDING KNOWLEDGE
Providing Solutions