

Making a Difference

2019-2020 Healthy Kleberg-Kenedy County Adult and Youth Physical Activity 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 issues. Additionally, 17.3% of Texas children ages 10 – 17 being obese, Texas ranks 12th as the state with the highest obesity rate in the same age category, and 16.9% of Texas high school students are obese, resulting in Texas ranking 11th as the state with the highest high school student obesity rates.¹

Health Factors & Outcomes ²	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%
Children in poverty: percent of children under 18 in poverty	33%	20%	22%	14% ³
Children eligible for free or reduced-price lunch	68%	77%	59%	-
Children 0 – 17 who received SNAP food benefits in August 2020³	3,073	13	24%	-
Food Environment Index: A scale from 0 to 10 (best), based on the % of the population that is low income & does not live close to a grocery store & the % of the population that did not have access to a reliable source of food in the past year.	6.8	3.5	6.0	-

RESPONSE

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

Physical Activity Programs	Program Location/ League(s)	Program Date(s)	# of Participants
Walk Across Texas! Adult: an 8-week walking program to help people start moving more and establish physical activity as a lifetime habit.	Working on Wellness 2019	Sept – Oct 19	58
	Kingsville ISD	Oct – Dec 19	102
	Texas A&M Univ -Kingsville	Feb – Apr 20	65
	Ricardo ISD	Feb – Apr 20	67
	Battle of the Badges	June – Aug 20	68
	Kleberg-Kenedy County	June – Aug 20	93

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

Walk Across Texas! Youth: an 8-week program designed to help our youngest Texans establish the habit of regular physical activity.	Santa Gertrudis ISD	Feb – Mar 20	6
	Ricardo Elementary	Feb – Apr 20	420
	Ricardo Middle	Feb – Apr 20	255
	Harvey Elementary	Feb – Apr 20	381
KLEBERG-KENEDY ADULTS & YOUTH EDUCATED IN PHYSICAL ACTIVITY PROGRAMS			1,515

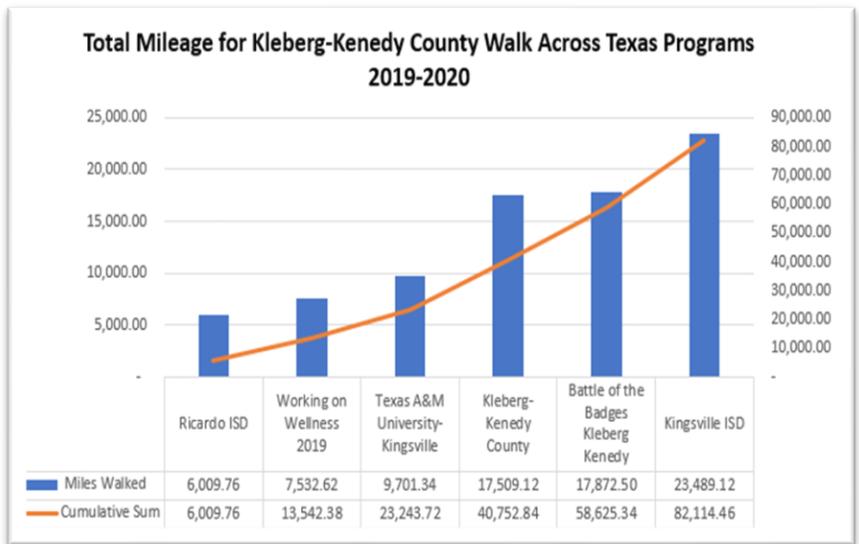
Collaboration: Multiple collaborative efforts were made that fostered relevant programs and community needs. Collaborating organizations include local school districts, Kleberg County, Texas A&M University-Kingsville, local law enforcement entities, and Texas A&M AgriLife Extension Agents from around the State.

RESULTS

Walk Across Texas! An post evaluation instrument was used to measure behavior change.

Adult Programs:

- 453 adults registered (**Increase of +69 adults from 18-19**)
- 82,114.46 miles entered (**Increase of +7,859.05 miles from 18-19**)
- Six Walk Across Texas leagues (**Increase of +1 league from 18-19**)
- Total economic impact for Kleberg-Kenedy County based on 453 adult participants: **\$1,687,655⁴**
- Type 2 Diabetes economic impact: **\$795,088.**
- Cardiovascular disease economic impact: **\$647,417.**



How has Walk Across Texas impacted Kleberg-Kenedy adults?

- "It kept me active. The competition motivated me."
- "This program has helped me with accountability and team support. Being Team Leader, it has given me the opportunity to support my team and encourage them to meet their goals."

Future plans:

The 2020-2021 *Healthy Kleberg-Kenedy Physical Activity for Youth and Adults* plan continues the focus of obesity and chronic disease prevention and management using Walk Across Texas. In addition to repeating the 2019-2020 WAT adult programs, we anticipate expanding the Battle of the Badges League to include several U.S. Customs and Border Protection substations across South Texas.

While COVID-19 has halted all face-to-face program delivery, Texas A&M AgriLife Extension Service in Kleberg-Kenedy County will adapt using virtual and hybrid delivery methods learning to reach all audiences, including youth in public schools.

Youth Programs:

- 1,062 youth registered (**Increase of +678 from 18-19**)
- 4,103.5 miles entered
- Ricardo Elementary, Ricardo Middle, and Harvey Elementary all were awarded Healthy School Recognition.

VALUE

Walk Across Texas



This eight-week fitness and health program challenges participants to adopt a habit of regular exercise. Research indicates that a walking routine of this duration is more likely to lead to continued moderate exercise, which improves quality of life and reduces the risk of chronic disease (including type 2 diabetes). This program yields public value in the forms of reduced public health care costs and a healthier, more productive workforce.

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).

²Source: <https://nccd.cdc.gov/DHDSPAtlas/Reports.aspx> and [countyhealthrankings.org](https://www.census.gov/data/tables/2020/demo/income-poverty/p60-270.html)

³Source: <https://www.census.gov/data/tables/2020/demo/income-poverty/p60-270.html>

⁴The economic benefit of the Walk Across Texas! Adult program is a measure that uses WAT1 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 WAT1 is calculated in terms of the projected lifetime health care cost savings and worker productivity gains

EXTENDING KNOWLEDGE
Providing Solutions