

RELEVANCE

In Kleberg County, 33% or 10,124 adults are obese, and 7% of the population or 2,148 people have been diagnosed with diabetes. In Kenedy County, 22% or 89 adults are obese, and 11% of the population or 44 people have been diagnosed with diabetes.²

Health Factors & Outcomes ²	Kleberg County Population: 30,680	Kenedy County Population: 404
Poor or Fair Health: adults reporting poor or fair health	27% or 8,283.6 residents	38% or 153.5 residents
Adult Obesity: adults reporting a BMI over 30	33% or 10,124.4 adults	22% or 88.9 adults
Physical Inactivity: adults reporting no leisure time physical activity	25% or 7,670 residents	21% or 84.8 residents
Cardiovascular Deaths: per 10,000 population	59	36.8
Diabetes Prevalence: adults diagnosed	7% or 2,147.6 adults	11% or 44.4 adults

RESPONSE

Increased physical activity and improved eating habits have been associated with a greater ability to manage the complications of certain chronic diseases and delay the onset of the disease in individuals at risk. As a response, Texas A&M AgriLife Extension Service has developed healthy lifestyle programs that can address these issues with an evidence-based approach through education. The Healthy South Texas Coalition and Task Force groups have identified Walk Across Texas as an educational approach to address the overweight and obesity issue in Kleberg-Kenedy Counties.

Program Description:

- **Walk Across Texas! Adult:** an 8-week walking program to help people start moving more and establish physical activity as a lifetime habit.
- **Walk Across Texas! Youth:** an 8-week program designed to help our youngest Texans establish the habit of regular physical activity.

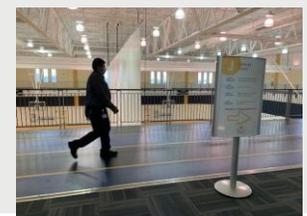
Target Audiences: This program was targeted towards all ages of adults and youth.

Collaboration: Multiple collaborative efforts were made that fostered relevant programs and community needs. Collaborating organizations include local school districts, Kingsville ISD employees, Kleberg County, Texas A&M University-Kingsville, Kleberg Bank, and local law enforcement entities.

VALUE STATEMENT

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 the 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 healthy care costs and a healthier, more productive workforce.



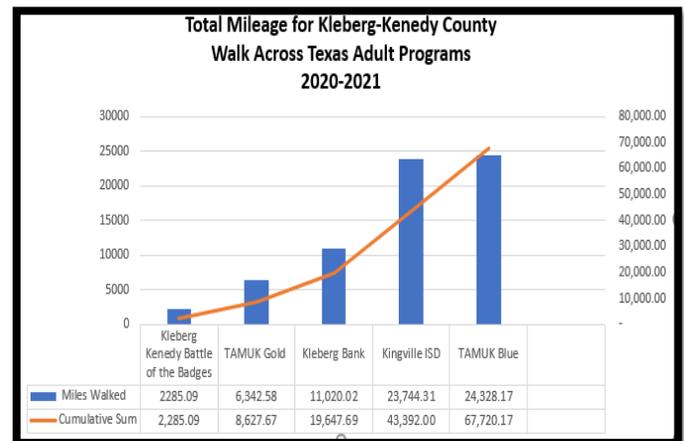
RESULTS

Location/League(s)	Date(s)	Participants
Kingsville ISD	Oct – Dec '20	92
TAMUK Blue	Feb – Apr '21	118
TAMUK Gold	Feb – Apr '21	39
Kleberg Bank	May – July '21	66
Kleberg-Kenedy Battle of the Badges	June – Aug '21	15
Harrel Elementary Students	Apr – May '21	249
KLEBERG-KENEDY ADULTS & YOUTH EDUCATED IN WALK ACROSS TEXAS		579

A post evaluation instrument was used to measure behavior change.

- 303 adults registered (**Decrease of -150 adults from 19-20**)
- 67,720.17 adult miles entered (**Decrease of -14,394.29 miles from 19-20**)
- Five Walk Across Texas Adult leagues (**Decrease of -1 league from 19-20**)
- 249 youth registered (**Decrease of -813 youth from 19-20**)
- 4,938.88 youth miles entered (**Increase of +835.38 miles from 19-20**)
- Harrel Elementary was awarded Healthy School Recognition.

Total Female Adult Participants	260	Total Male Adult Participants	70
Avg Age Female Participants	39	Avg Age Male Participants	37
Economic Impact			
<ul style="list-style-type: none"> • Total economic impact for Kleberg-Kenedy County based on 303 adult participants: \$958,557. • Type 2 Diabetes economic impact: \$525,034. • Cardiovascular disease economic impact: \$433,522. 			



Clientele Comments

- “I felt better about myself.”
- “I benefitted because I was committed and had lots of team support and motivation. I lost some weight and feel good about myself. I will continue exercising to better my health. Thanks for your program it made an impact in my life.”
- “Our family spent more time together going on walks/jogs.”
- “I didn’t get back to walking or exercising after covid but this Walk Across Texas motivated me to exercise again.”
- “It was an excellent motivator to stay active. Every time I considered taking the day off or lounging on the couch, I thought about the competition and getting a few more steps in.”



Summary:

The ongoing COVID-19 pandemic continued to be a factor in implementing programs in public schools and in the community. Additionally, the pandemic also seemed to be a factor in adult group involvement. This may explain the decrease in adult and youth participation in programs.

Future Programming:

The 2021-2022 Healthy Kleberg-Kenedy Physical Activity for Youth and Adults In-Depth Program Plan continues the focus of obesity and chronic disease prevention and management using Walk Across Texas.

For More Information:
Zelina Zavala
 Extension Agent - Health Kleberg-Kenedy County
[361.595.8566](tel:361.595.8566)
Zelina.zavala@ag.tamu.edu