

TEXAS A&M AGRILIFE EXTENSION

FAMILY & COMMUNITY HEALTH

Montgomery County E-Newsletter



Ingredients:

1 3/4 cups almond flour
1/4 cup coconut flour
1 tablespoon baking powder
1/4 teaspoon salt
1 cup blueberries
3 large eggs
1/2 cup reduced-fat milk
1/3 cup plus 2 tablespoons light brown sugar
1/4 cup avocado oil
1/2 teaspoons vanilla extract

RECIPE OF THE MONTH!

Low-Carb Blueberry Muffins

<http://www.eatingwell.com>

Instructions:

Wash your hands & clean work area before you start.

- 1) Preheat oven to 350 degrees F. Generously coat a muffin tin with cooking spray.
- 2) Sift almond flour, coconut flour, baking powder, baking soda & salt together in a large bowl. Add blueberries & toss to coat. Whisk eggs, milk, brown sugar, oil & vanilla in a medium bowl. Add to the dry ingredients & stir until combined. Divide the batter among the muffin cups (about 1/4 cup batter per cup)
- 3) Bake the muffins until lightly browned around the edges & a toothpick inserted in the center comes out clean, 20-25 minutes. Let cool in the pan on a wire rack for 20 minutes. Run a knife around the edges to remove from the tin to cool completely.

Tip: To make ahead: Wrap airtight & refrigerate for up to 2 days or freeze for up to 3 months.

Nutrition Facts: Calories 204; ; Fat 14.6 g; Saturated Fat 2 g; Protein 5.8g; Carbohydrates 14.9 g; Fiber 2.9 g; Cholesterol 47 mg; Iron 1 mg; Sodium 230 mg; Calcium 123 mg; Potassium 42 mg Sugar 10 g; Magnesium 50 mg

Research shows Walk Across Texas! program helps promote, maintain physical activity



For those wondering how to become more physically active, walking across Texas could be a good place to start, according to research from the Family and Community Health unit of the Texas A&M AgriLife Extension Service. Research shows the Walk Across Texas! program of the Texas A&M AgriLife Extension Service is an effective way to begin and maintain a physical activity. The study, published in BMC Public Health, confirmed the effectiveness of the Walk Across Texas! program to increase and maintain physical activity over eight weeks, even among inactive or low-active participants. "With the known difficulties many people face in just getting started with physical activity, one of the most encouraging findings from this study was Walk Across Texas! not only attracted participants from all physical activity levels, but also helped inactive and low-active participants become and remain physically active over the course of the program," said Mark Faries, Ph.D., associate professor in family and community health and principal investigator for the research. Other study authors from the Texas A&M University System included Ethan Faries, Kristen Keenen and Stephen Green, Ph.D.

About Walk Across Texas! Walk Across Texas! is an eight-week community program delivered through a web-based platform to help people of various ages and abilities establish the habit of regular physical activity. "Walk Across Texas! challenges teams to track and log mileage to virtually walk across the state of Texas — a distance of 832 miles," said Michael Lopez, the study's co-author and AgriLife Extension program specialist. Lopez said through a team-based approach, participants are engaged in a friendly competition to promote engagement during the program. Local sponsored events facilitated by AgriLife Extension county agents happen across the state, but the program allows for year-round participation.

The Research Faries said despite its 20-year history of successful implementation, the Walk Across Texas! program had never before been formally evaluated. "With the strong history of Walk Across Texas!, its many success stories, alongside the limited research on the effectiveness of community- and web-based physical activity programs, this study provided us an opportunity to more formally determine the evidence-base for Walk Across Texas!" he said. To this end, the research team examined week-one to week-eight changes in self-reported physical activity in over 11,000 adults who participated in the program in 2016, which aimed to provide insight into the statewide program's effectiveness. They also wanted to see if any changes in physical activity occurred across various physical activity levels, ages, genders and races/ethnicities.

The Results Overall, the study results found that self-reported physical activity significantly improved from the first to the eighth week, increasing an average of nearly five miles per week, which translates to an additional 11,000 steps per week. Similar results were found for all activity levels, and improvements did not vary between gender, age, race or ethnicity. "These results support the ability of the Walk Across Texas! program to positively impact physical activities in a diverse group of participants," Faries noted. "We did find that only around 25% of the participants were classified as 'inactive' or 'low active' at the beginning of the program, which provides us with a wonderful opportunity to share the positive results with those who are searching for a safe, effective way to become physically active." The research team was unable to shed specific light on why the program was effective in helping participants achieve an initial bump in and maintenance of physical activity, but hypothesize the potential benefits of the program's team-based approach to garner motivation and support. "Walk Across Texas! is designed for participants to be encouraged and supported by a team, using a fun and motivating approach. The program gives participants the freedom to be active at their own pace, without setting unrealistic expectations," said Michael Lopez. "These results confirm that if you want to increase your physical activity, in a supportive environment, no matter where you are starting from, Walk Across Texas! is a wonderful option."



WHAT IS FCH UP TO?

Spring is coming! And we are super excited!

Amy was scheduled to go on a study tour in Japan March 5-15, but that was cancelled due to travelling concerns. Which reminds us there is a lot of concern right now about health related to colds and viruses. Of course, the **COVID19** (a.k.a.: corona virus) has everyone on edge. Although there is no need for panic, it is important that we are diligent in common sense health practices such as washing your hands and staying home if you are sick. **AgriLife** has a lot of helpful information available at <https://texashelp.tamu.edu>

The Houston Livestock Show and Rodeo has a youth **Food Challenge** contest that is much like the 4-H contest. The event will be held on March 17. We'll be out there running and helping with the contest.

Our friends at the **Conroe YMCA** will be hosting their campaign kick-off on March 20 at 11:30 at Incredible Pizza. The Y has been a great partner with us, and we look forward to supporting them in their efforts. We hope you will also show them support.

"Grilling 101" will be offered at the Spring Creek Nature Center on Saturday, March 21, 10:30-12:30pm. We'll present information about beef nutrition, then grill some burgers to eat with tasty nutritious sides. Call Karie at the Nature Center to sign up: (281) 364-4225.

It's time for our annual **Montgomery County Walk Across Texas Community Challenge!** See the attached flier for more information and let us know if you have any questions! We'll kick-off our community challenge at the Montgomery County commissioner's Court meeting on March 24th with a short proclamation at the beginning of the meeting. If you'd like to join us, please do. The meeting starts at 9:30 and we are near the beginning of the agenda.

Mental health is an important part of over all health and we have a lot to offer in that area. **Stress Less with Mindfulness** is a series of classes that we offer. We have a couple of series scheduled for groups this month. We can offer one-time class of stress management if you are interest. Mike is a certified trainer for **Mental Health First Aid**. He will be helping with a few trainings in other counties this month. Other trainers will come to Montgomery County to help with trainings here too. Let us know if you would like one for your group.

Professional development is always important to keep the staff sharp. The FCH staff will end this month at a Regional health Summit getting the lasted information so that we can offer the highest quality education here in Montgomery county!

Master Wellness Volunteers! Congratulations to our volunteers who have completed 40 hours of training and passed their certification exam. They will now complete 40 hours of internship to become full-fledged Master Wellness Volunteers. The addition of these trained volunteers will give us additional opportunities to reach communities with FCH program and information. Congratulations to **Betsy McKernan, Liz Lok, and Lynn Tabet!** Also, even though they are also on the Extension staff **Jenni Adams** and **Mike McBride** have also participated in the training and certification to extend their skills and knowledge. We are looking forward to many great things form these folks!

 4-H: 3/27-4/2 Montgomery County Fair

 Horticulture: MCMGA Saturday Classes 3/14 Do's & Don'ts; Bees & Pollinators 8:00-12:30; 3/28 MCMGA Spring Plant Sale 8:00 Presentation 9:00-12:00 Sale

 Agriculture: 3/16 Landowners Program at Lone Star Convention Center 9:00 - 3:00

What's Going on in Extension Land?





**WALK
ACROSS TEXAS!**
TEXAS A&M AGRILIFE EXTENSION

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AGRILIFE
EXTENSION**

2020 Montgomery County Community Challenge

Texas A&M AgriLife Extension invites YOU to join the challenge!
Are you ready?

Walk Across Texas is an 8-week program designed to help people of all ages establish the habit of regular physical activity.

Register a team of up to 8 or sign up as an individual by April 1st.

It's more than an event, it's an educational experience that motivates you and your family/friends/co-workers to develop healthier habits of increased physical activity. It is a great way for work groups to build teams and create healthier environments at work.

Oh, and it's also FREE to participate!

If you don't have a team but would like to join one, contact Jenni at our office to get set up jbadams@ag.tamu.edu



WALK FOR A BETTER YOU!

Prizes will be awarded for random attainable milestones, so focus on improving you; set realistic goals and crush them!

Registration is easy... visit <https://howdyhealth.org> to sign up today!

Texas A&M AgriLife Extension provides equal opportunities in its programs & employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

The Texas A&M University System, U.S. Department of Agriculture, & the County Commissioners Court of Texas Cooperating.