

This email is being sent bcc to all WAT 2021 Montgomery County Walk Across Texas Community Challenge participants with valid emails. Emails are used for WAT purposes only.

Well...we are all in, all done! The 2021 Montgomery County Walk Across Texas Community Challenge has been a blast! Thank you for participating this year!

W - Wow!

We ended strong **58,572 miles** and **364 people** participating on **52 teams** in the 2021 event. Attached are the final standings. Also attached is an Infographic highlighting the overall results and a social media post you can use to let people know you participated.

Interesting fact: one of the things you'll see on the Infographic is the estimated **economic impact** of our 2021 WAT Community Challenge. This figure is based on the current Montgomery County project alone. The 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. Economic benefits are calculated for program participants who moved from self-reported inactive (pre-WAT!) to active (post-WAT!). 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.

- Over the lifetime of the 364 participants in 2021, approximately 10.4 could prevent the onset of type 2 diabetes and / or cardiovascular disease through sustained levels of physical activity (based on the registration and post information submitted in the wrap up) This means:
 - Type 2 Diabetes Economic Impact: \$910,709
 - Cardiovascular Disease Economic Impact: \$ 780,162
 - Total Economic Impact: **\$ 1,690,871**

Y'all! Chronic disease is expensive...physical activity, like Walk Across Texas, can help!

A – Action!

Our drawing for last week included people who had a rough average of 10 miles per week. Congratulations to these winners! Let us know, what lid of gift card you'd like: \$10 to either Amazon, Mama Juanita's in Conroe, HEB or Kroger.

Richard Beck of the **PaceMakers**; **Teena Kelly** of team **We Thought They Said Rum**; and **Joan Hanak** of the **Walkie Talkies** (all from the CO League). Also, **Mike Butchello** from team **Chasing The Ice Cream Truck**, and **Caryn Coburn** from **Pooh's Team**

We'll do **one more drawing** from everyone who has **completed a wrap up survey**, and we'll give away all of the gift cards we have left (about 5). The wrap up survey becomes available on Howdy Health when you complete you 8 weeks. It only stays active for about 10 days after. If you missed it, you can submit a support ticket on HowdyHealth to have it reactivated. We'll draw from the names that show on our "wrap-up submitted" list next Wednesday, June 23.

If you've won past prizes and haven't contacted us, please do ASAP. We'll "close shop" after next week.

L – Learn!

Uhhh... it's hot outside...*real hot!* Check out these **Safety tips for the 101 critical days of summer** from the U.S. Military Health System (*and they should know, right?!?!?*). The Army Public Health Center encourages everyone to follow a few critical summer safety tips around their home as they soak up the sun, enjoy the outdoors, cool off in the pool, and master their grilling techniques. View the Full Article here: <https://bit.ly/3ipf9KY>

K - Keep up!

We'll send out one last WAT W.A.L.K. email with a few final thoughts next week. But, we'd also like to hear your final thoughts. We'll be sending separate email with a Qualtrics survey about the Montgomery County Community Challenge specifically. This is different than the Howdy Health survey. There is a place to tell us what you liked and what we can do better, with our event specifically.

The WAT 25th Anniversary Challenge will be happening this fall! Be on the lookout for more information. Good ways to find information about what's going on in Montgomery County with Texas A&M AgriLife Extension – Family and Community Health:

Our Monthly e-Newsletter: just call or email to be added to the list. A pdf version of the email goes out near the first of the month each month

Our Facebook page: Healthy Living in Montgomery County:
<https://www.facebook.com/mocohealthyliving>

Our Website: <https://montgomery.agrilife.org/>

*See you next week...with one of the very last...if not the last, email for the 2021 Montgomery County Community Challenge...I almost don't want it to end...I'll miss you all... you've been awesome... really, **you have!**... I just keep going with this good 'ol southern goodbye... because you all are **so great**... really, truly... alright, then...**bye now**...y'all take care...we'll talk soon...*

Amy