

Making a Difference

2016 Stephens County Improving Health and Wellness Sumer Shortes Burns: Family and Consumer Science Agent

Relevance

Physical inactivity is associated with an increased risk of a number of chronic health conditions including cardiovascular disease, diabetes, and some cancers, high blood pressure, as well as overweight and obesity. Texas ranks 9th as the most physically inactive state. Texas ranks 10th as the state with the highest adult obesity rates and ranks 10th as the state with the highest rates of obese 10-17 year olds.

- 32.4% of Texans are obese
- 27.2% of American adults report no leisure time physically activity
- 16.6% of youth report no physical activity
- Only 19% of adults and 30% of youth reported they get regular, moderate exercise to meet physical activity guidelines



During the 2011 Issue Identification Forum, Health and nutrition education were identified as one of the main issues facing Stephens County residents. Additionally, the Family and Consumer Science Program Area Committee have identified health and wellness as a critical issue.

Response

The issue was addressed through implementing the Walk Across Texas Program. Walk Across Texas is an eight week program designed to help people of all ages support one another to establish the habit of regular physical activity. Regular physical activity and controlling weight can significantly reduce the incidence and impact of chronic diseases like heart disease, stroke, diabetes, cancer, high blood pressure, and depression and is associated with a longer healthier life.

Teams of eight people, school classes, or individuals walk 830 miles for eight weeks across a map of Texas. Components of the program included:

- Recruitment of participants and teams
- Training site managers, captains, teachers and other volunteer helpers
- Registration of participants and teams
- Walking for eight weeks and reporting mileage
- Recognition for team walking the most miles and the team reaching 830 miles first

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

- Kickoff Event, Mid- Way Event & Celebration Event

Results

A total of 145 Stephens County residents participated in Walk Across Texas. This total reflects participation from the following:

- Average age 39
- 87 Female
- 58 Male
- Teams from banks, schools, churches, courthouse, and organizations


The results as reported by participants are as follows:

Potential Economic Impact of Walk Across Texas in Stephens County for teams starting in All Counties, 2016			
Total Female Participants	87	Total Male Participants	58
Average Age Female Participants	33	Average Age Male Participants	28
Number of Females that could avoid or delay developing diabetes	19	Number of Males that could avoid or delay developing diabetes	11
Net Present Value per Female	\$41,404	Net Present Value per Male	\$29,372
Total Net Present Value for health care cost savings for Females	\$804,359	Total Net Present Value for health care cost savings for Males	\$324,086
Total Net Present Value for Wages Lost for Females	\$40,788	Total Net Present Value for Wages Lost for Males	\$37,163
Total NPV for Females	\$845,147	Total NPV for Males	\$361,249
Total Impact		\$1,206,395	

For More Information Contact:
Sumer Shortes Burns
Stephens County FCS Agent
200 W. Walker
Breckenridge, TX 76424
(254)559-2313

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.

EXTENDING KNOWLEDGE
Providing Solutions