

Making a Difference

2020 Healthy Palo Pinto County In-Depth Summary

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Relevance

Data from the 2020 County Health Rankings and Roadmaps specific to Palo Pinto County reveals that 32% of adults are obese (Percentage of adults reporting a BMI over 30). Physical inactivity data for the percentage of adults reporting no leisure-time physical in the county is 30% compared to 24% for the state of Texas. The total cardiovascular deaths per 10,000 population is 60 for Palo Pinto County while Texas is 43.7 (The Interactive Atlas of Heart Disease and Stroke Tables from the CDC). Excessive weight and inactivity are consistently linked with increased incidence of chronic diseases. 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.

Response

Healthy Lifestyles/Disease Prevention was identified as an issue in Palo Pinto County during the Texas Community Futures Forum in 2019. Members of the Palo Pinto County Family and Community Health Program Area Committee also recognized the need to address this issue and met on May 11, October 19, and December 14th in 2020. The FCH Program Area Committee supported program efforts related to Walk Across Texas and promotion of healthy lifestyles.

Walk Across Texas

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. Teams of up to eight people set a goal to walk 834 miles (the distance across Texas) during eight weeks. A community challenge was promoted throughout Palo Pinto County for teams to participate from March 22nd – May 16th.

Components of the program included:

- Recruitment of participants and teams through news releases, social media, email, and direct contacts, February & March
- Training of team captains, March (15 Team Captains)
- Registration of participants and teams, March (15 Teams with 94 Participants)
- Walking for eight weeks and reporting mileage, March 22nd – May 16, 2020
- Provided a total of 8 weekly newsletters to participants by email, March - May
- Recognition for each of the members of the top ten teams walking the most miles as well as recognition of all participants, May & June

Healthy Food Preparation and Eating Habits

The following activities were utilized to encourage healthy at-home family meals:

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.

- **Basic Electric Pressure Cooker Class, January**
Partnered with Boyce Ditto Public Library to conduct a class that covered basic use and safety of using an electric pressure cooker. Also demonstrated a time saving and healthy recipe. (17 attending)
- **Virtual Cooking Under Pressure Class, May**
A multi-county live/online class was conducted on the topic of safely using an electric pressure to prepare healthy meals by agents from Archer, Clay, Jack, Haskell, Montague, Palo Pinto and Wise Counties.
- **Mediterranean Inspired Dishes, February and October**
Presented Cooking Demonstrations based on the Mediterranean Diet as well as provided healthy food preparation tips during Recalculating Health Series offered by Palo Pinto General Hospital. One session presented in-person and one session presented online. (12 attending)
- **Grilling Like a Texan, July & August**
Texas A&M AgriLife Extension Service implemented a program through social media to bring families together around the grill called Grilling Like a Texan! The goal of this program was for individuals and families to learn grilling safety, healthy food preparation, and food safety. Texas A&M AgriLife Extension – Palo Pinto County shared 43 posts from the Grilling Like a Texas Campaign during the months of June, July, and August.
- **Living Well Newsletter**
Distributed 4 editions in 2020. Newsletters provide relevant information related to health, healthy eating, healthy food preparation or a Dinner Tonight Recipe. (706 Subscribers)

Results

Walk Across Texas participants reported miles walked on the state website. Results are as follows:

- The miles reported by adult Palo Pinto County participants totaled 17,168.51.
- 10 of 15 (67%) of the teams participating met or exceeded the goal of walking 834 miles.
- 48 of 94 (51%) participants completed a wrap-up survey.
- 46 of 48 (96%) of participants completing a wrap-up survey indicated that they had benefited from participating in Walk Across Texas.
- The potential economic impact of those participating in Walk Across Texas from Palo Pinto County in 2020 was calculated and showed that the total potential savings is \$391,696.00. 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. Engaging in regular physical activity, reduces a person's risk of disease each year of their remaining life.

Grilling Like a Texan

In response to the Grilling Like a Texan series of Facebook posts on the topics of grilling safety, healthy food preparation, and food safety, there was a total reach of 1,171 (views) and total engagements (likes, comments, shares, clicks) were 48.

Acknowledgements

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V A L U E	
Walk Across Texas	
	<p>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.</p>

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