



Live Smart Texas World Obesity Day Summit



ABOUT LIVE SMART TEXAS



Live Smart Texas is a coalition of organizations and individuals who work together to address the state's obesity epidemic, especially in children.

Connect with Us

@LiveSmartTexas

www.livesmarttexas.org

LiveSmartTexas@uth.tmc.edu

Co-Chairs:



Leah Whigham, PhD, FTOS



Emily Dhurandhar, PhD, FTOS

The mission of World Obesity Day



INCREASE AWARENESS

Obesity is a disease. We are raising awareness and improving understanding of its root causes and the actions needed to address them.



ENCOURAGE ADVOCACY

Changing the way obesity is addressed across society, we're encouraging people to become advocates, standing up and calling for change.



IMPROVE POLICIES

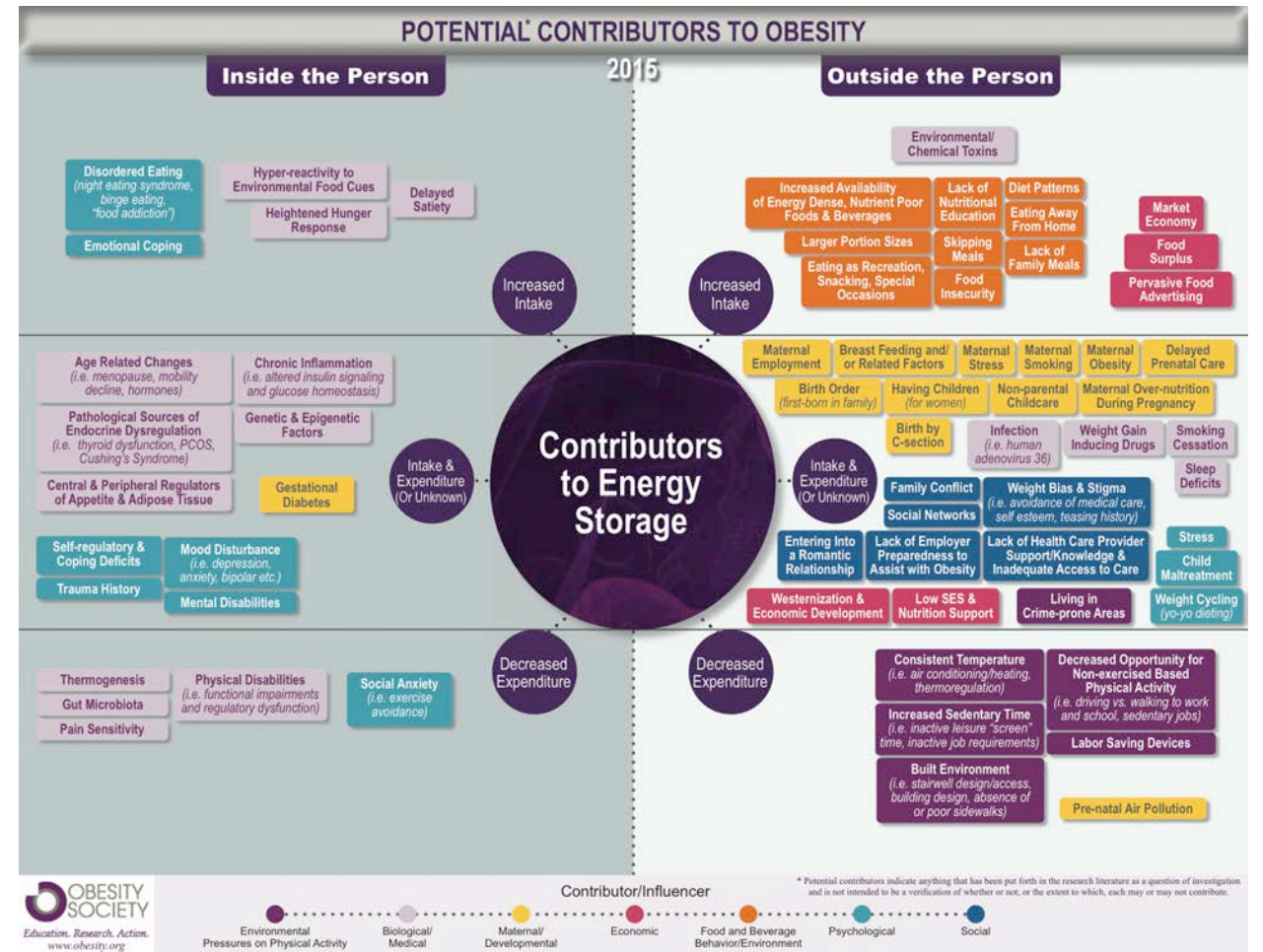
Creating a healthy environment that prioritises obesity as a health issue, we're working to change policy to build the right support systems for the future.



SHARE EXPERIENCES

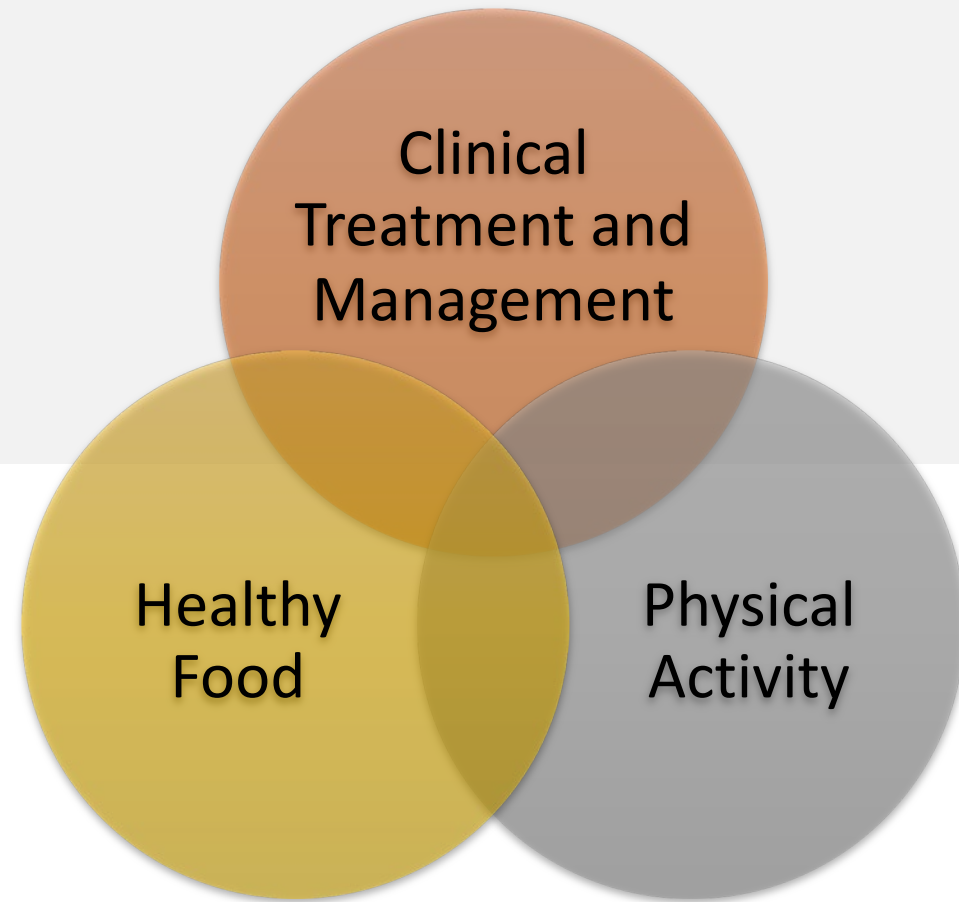
Stronger together, we're creating platforms to share experiences, inspiring and uniting a global community to work towards our common goal.

Obesity is a complex chronic disease





Impacting Obesity in Texas



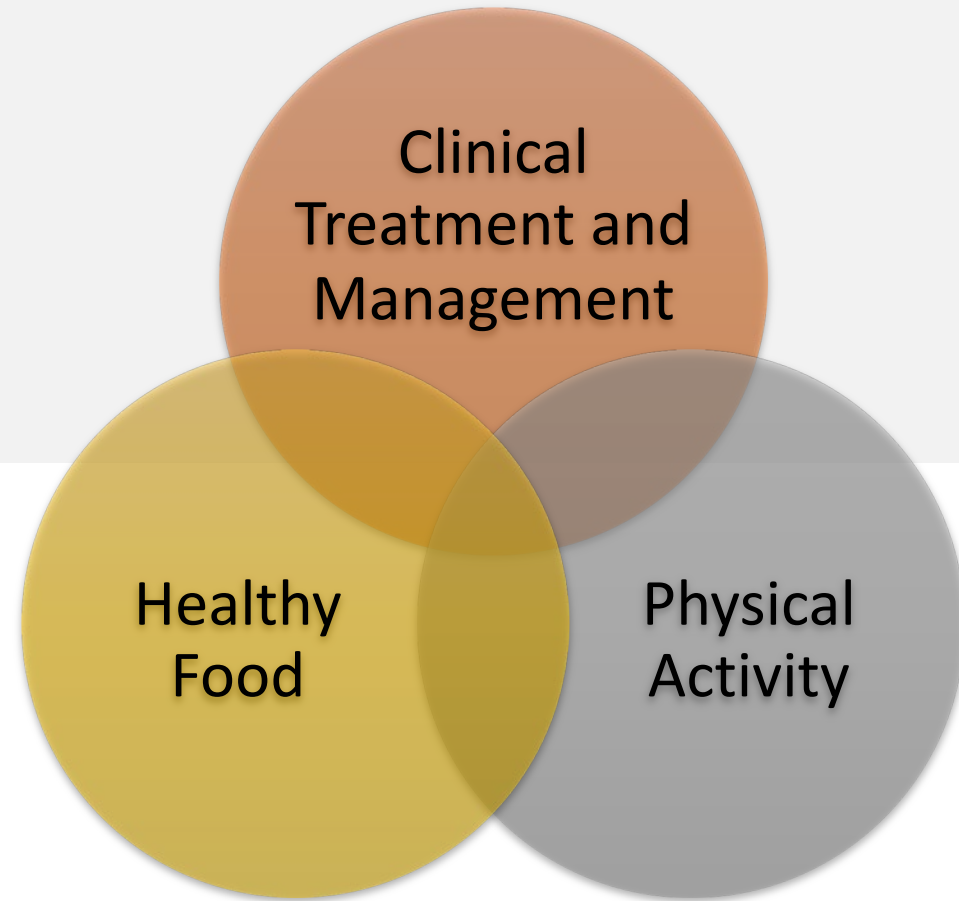


Impacting Obesity in Texas

Programs

Environment

Policies

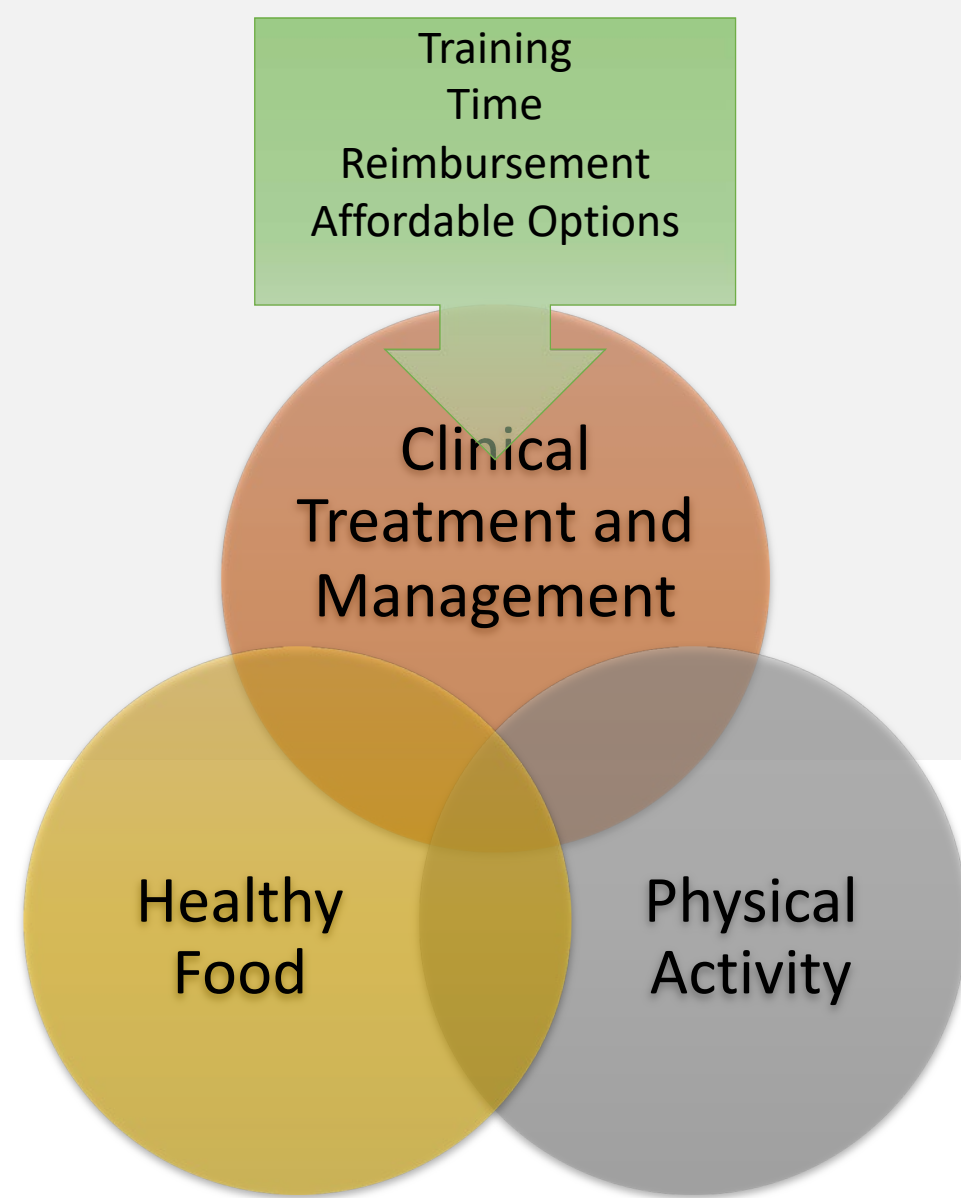


Impacting Obesity in Texas

Programs

Environment

Policies

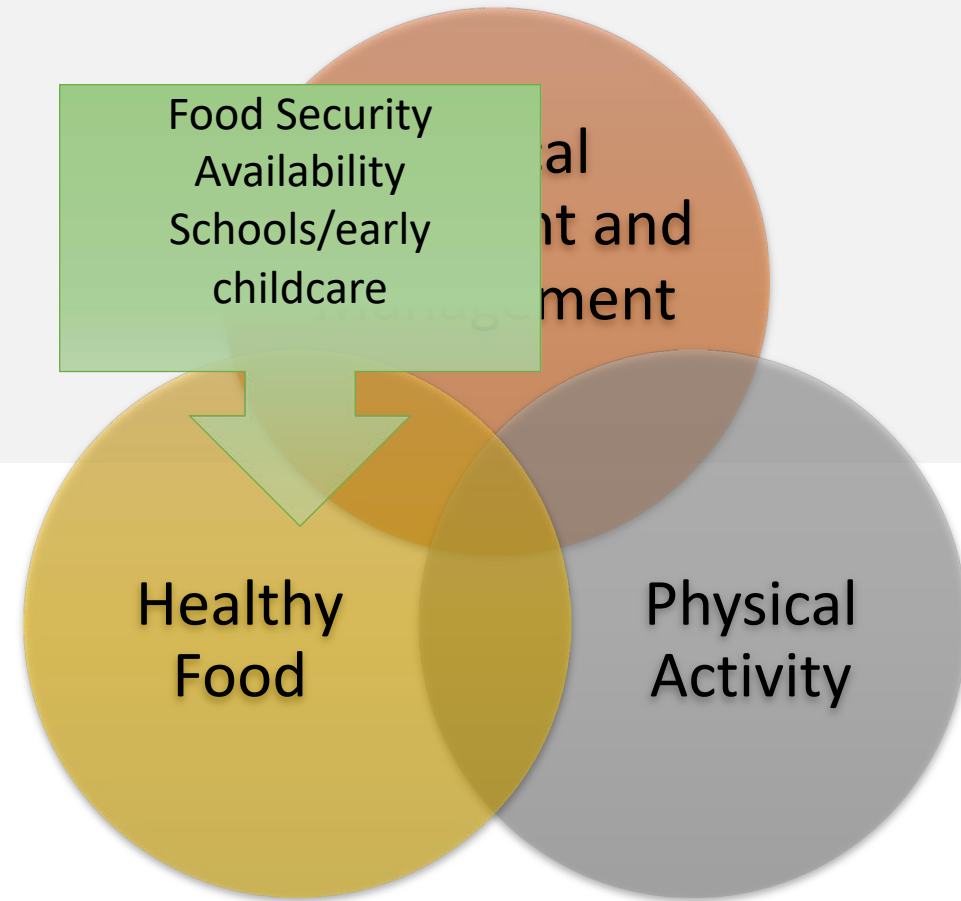


Impacting Obesity in Texas

Programs

Environment

Policies

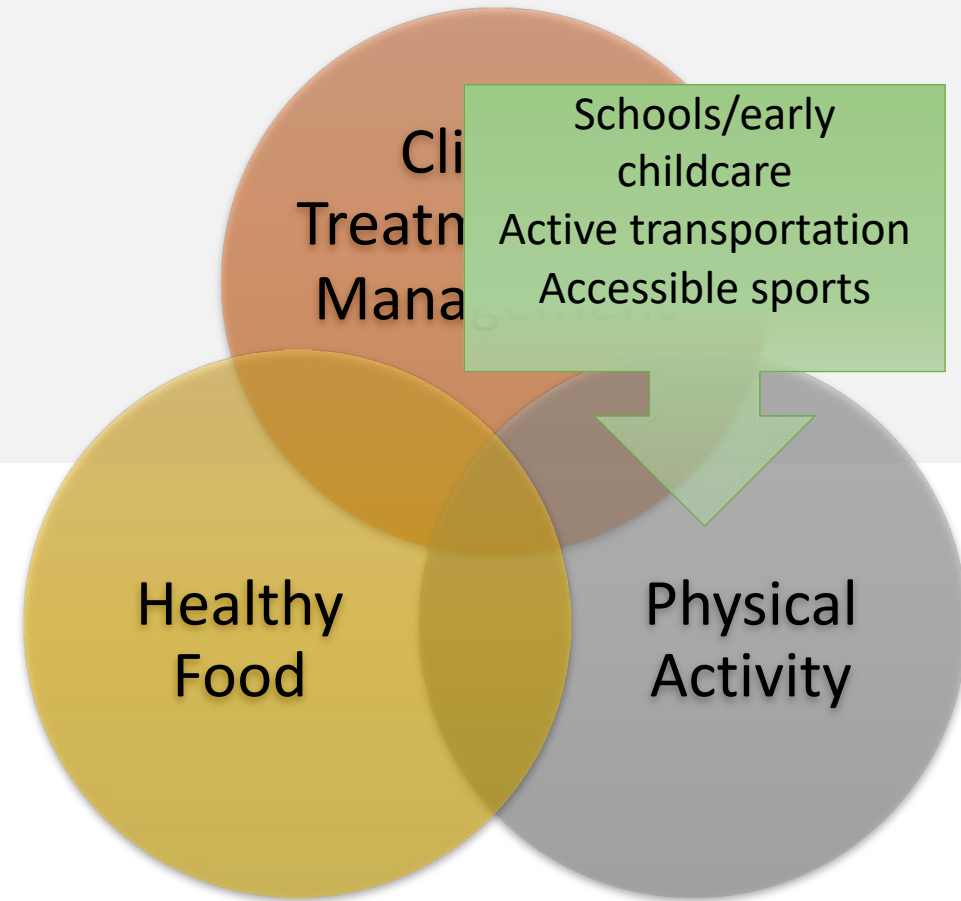


Impacting Obesity in Texas

Programs

Environment

Policies



Live Smart Texas World Obesity Day Summit

- 9:00 MST/10:00 CST: Welcome by Leah Whigham, PhD, FTOS, Co-Chair of LST; and Keynote by Tom Farrey
- 10:00 MST/11:00 CST: Quick presentations from LST Steering Committee
- 11:00 MST/12:00 CST: State of Obesity in Texas presented by the Partnership for a Healthy Texas
- 12:25 MST/1:25 CST: Closing Remarks by Deanna Hoelscher, PhD, RDN, LD, CNS, FISBNPA
- 12:55 MST/1:55 CST: Conclusions by Leah Whigham, PhD, FTOS



World Obesity Day

Presentation by Tom Farrey



Mission: to help stakeholders build
healthy communities through sport

THE ASPEN INSTITUTE
PROJECT PLAY

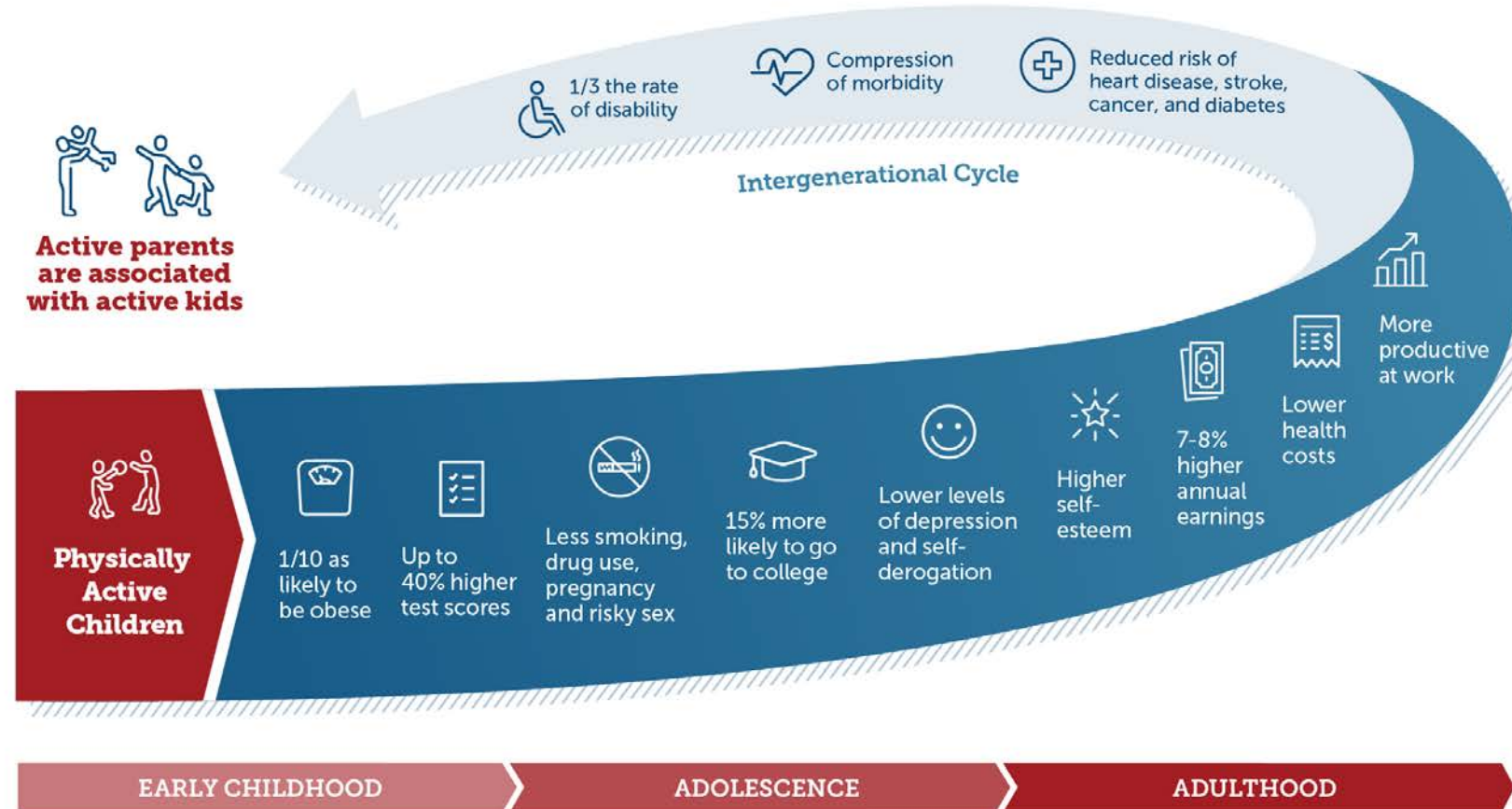
Phase One:
12-and-Under



Step One:
Organize the Knowledge

ACTIVE KIDS DO BETTER IN LIFE

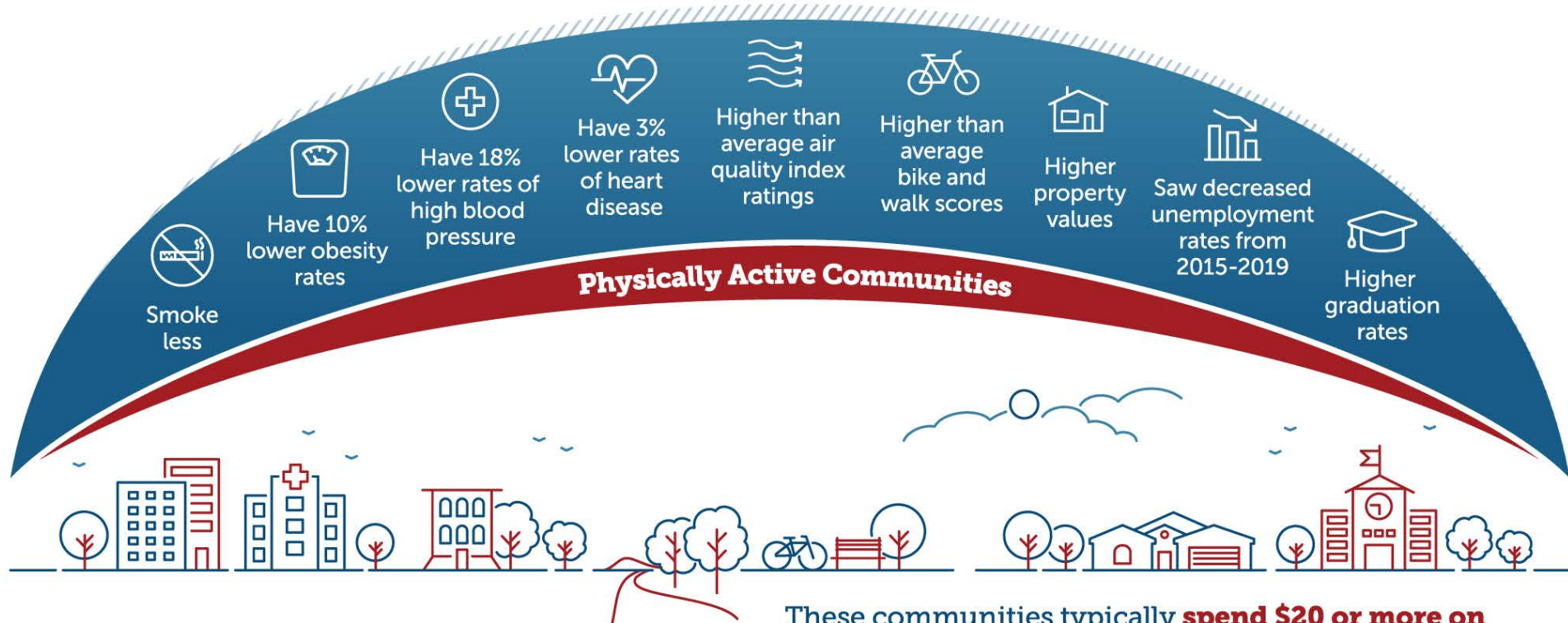
What Research Shows on the Lifetime Benefits



Learn more at [as.pn/sportsfacts](https://aspeninstitute.org/sportsfacts)

ACTIVE COMMUNITIES DO BETTER

What Research Shows on the Benefits to Residents



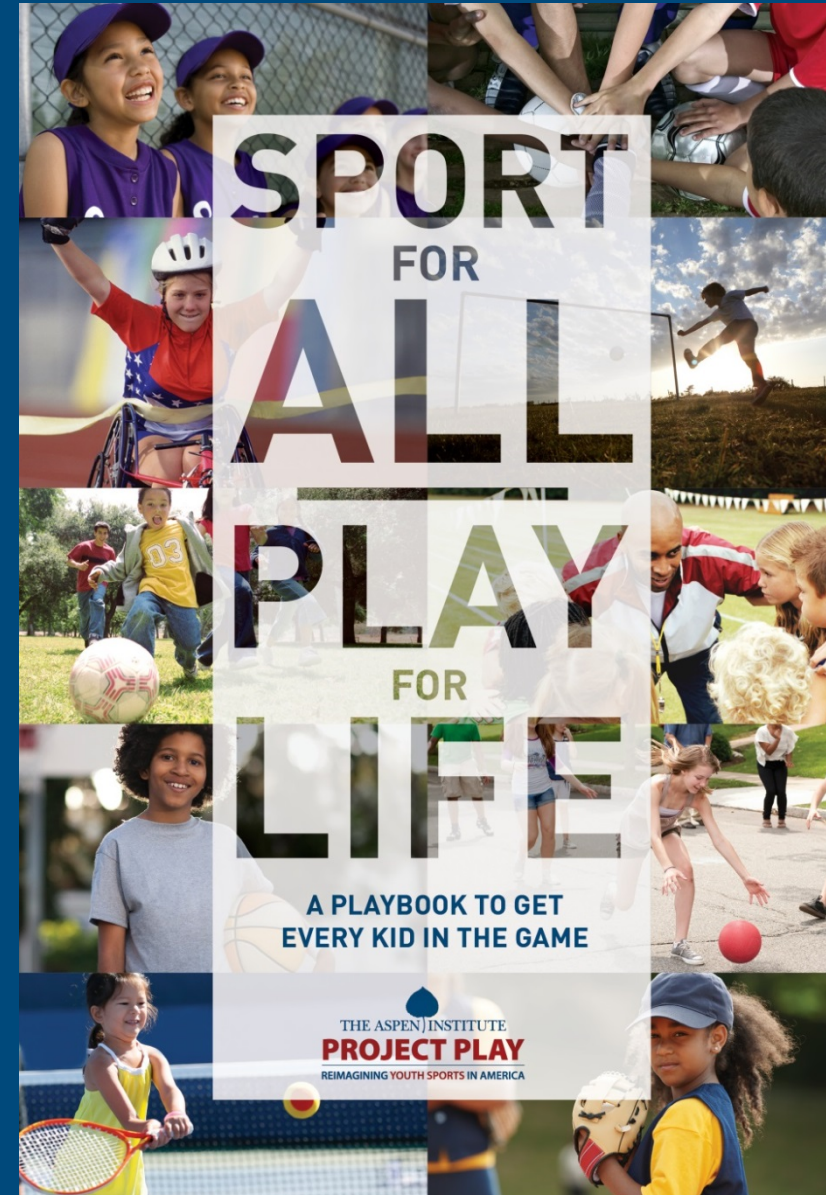
Learn more at aspeninstitute.org/sportsfacts

These communities typically **spend \$20 or more on parks per resident** and are more likely to support low-cost physical activity and sport experiences for kids

The Playbook

- Nation's first cross-sector framework for action for youth sports (12-and-under)
- Values: Health, inclusion
- Input from 300+ leaders
- 40+ activation ideas
- 8 strategies for 8 sectors

[Youthreport.projectplay.us](https://youthreport.projectplay.us)



8 Sectors



- National Sport Organizations
- Business & Industry
- Tech & Media
- Public Health
- Community Recreation
- Education
- Policymakers & Civic Leaders
- Parents

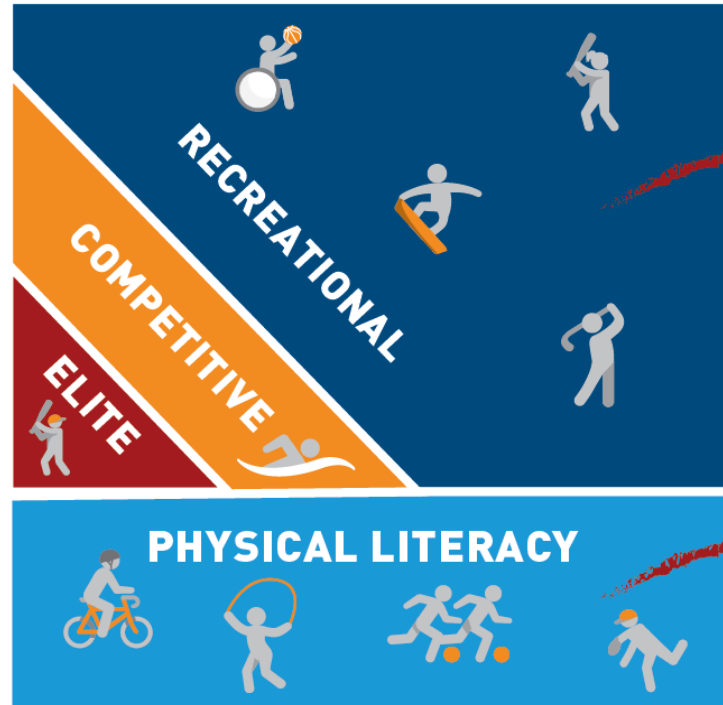
8 Strategies

1. Ask Kids What They Want
2. Reintroduce Free Play
3. Encourage Sport Sampling
4. Revitalize In-Town Leagues
5. Think Small
6. Design for Development
7. Train All Coaches
8. Emphasize Prevention



SPORT FOR ALL, PLAY FOR LIFE MODEL

BROAD ACCESS LEADS TO SUSTAINED PARTICIPATION



Squaring the pyramid creates athletes for life, at all levels.

Up to age 12, focus on ability, confidence, and desire to be active.

TOTAL POPULATION



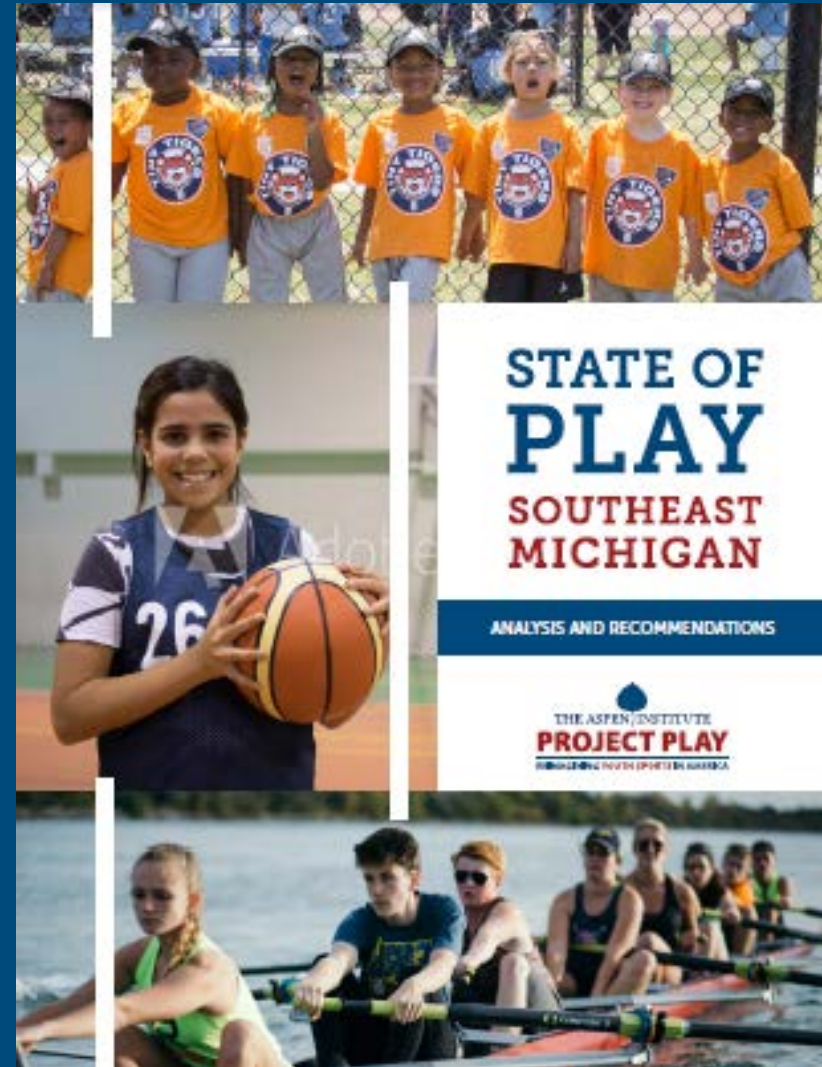
Step Two:
Organize the Organizations

“You have built a very powerful roadmap. The challenge now is to take it literally on the road to impact communities.”

-- *Dr. Vivek Murthy,
U.S. Surgeon General*



Project Play Communities



Annual Project Play Summit

- USA's premier gathering of youth, sports and health leaders
- Share new tools, projects, and resources
- Release annual national State of Play report
- Featured conversations + how-to workshops





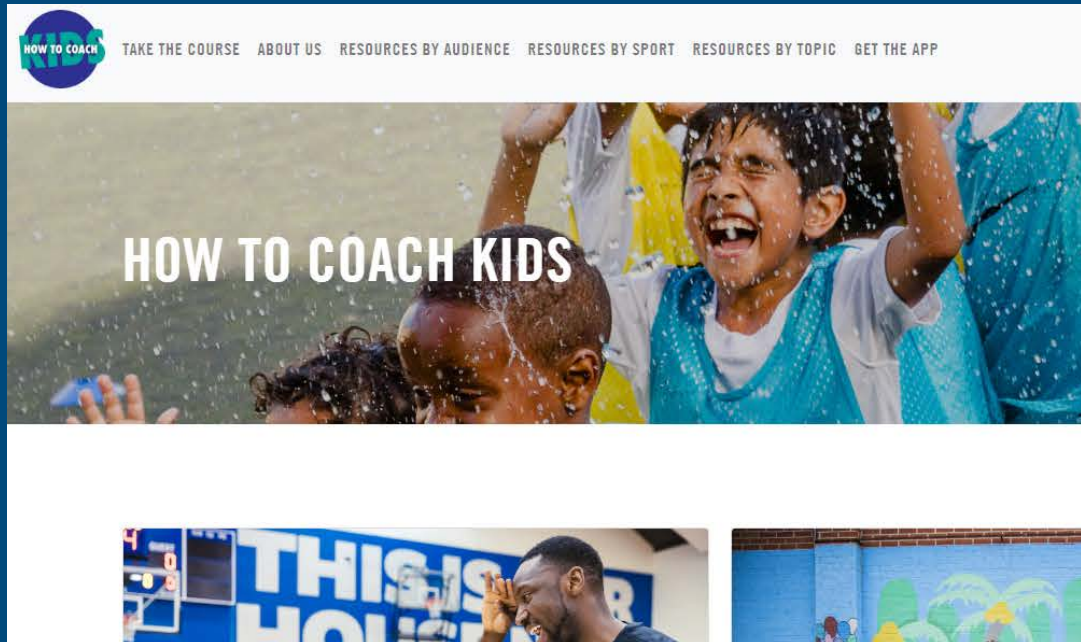
THE ASPEN INSTITUTE
PROJECT PLAY
— 2020 —



TECHNICAL ADVISORS

CENTERS FOR DISEASE CONTROL & PREVENTION | KETCHUM SPORTS & ENTERTAINMENT

howtocoachkids.org





Powered By **HSS** HOSPITAL FOR SPECIAL SURGERY

ABOUT

KEY FINDINGS

SPORTS

METHODOLOGY



Find The Best Sport For You

The Healthy Sport Index is the world's first-ever tool that assesses the relative benefits and risks of participating in the most popular sports for adolescents. Learn about each sport, and customize the index by adjusting the dial below based on your health criteria.



What Matters Most to You?

Physical Activity



Safety

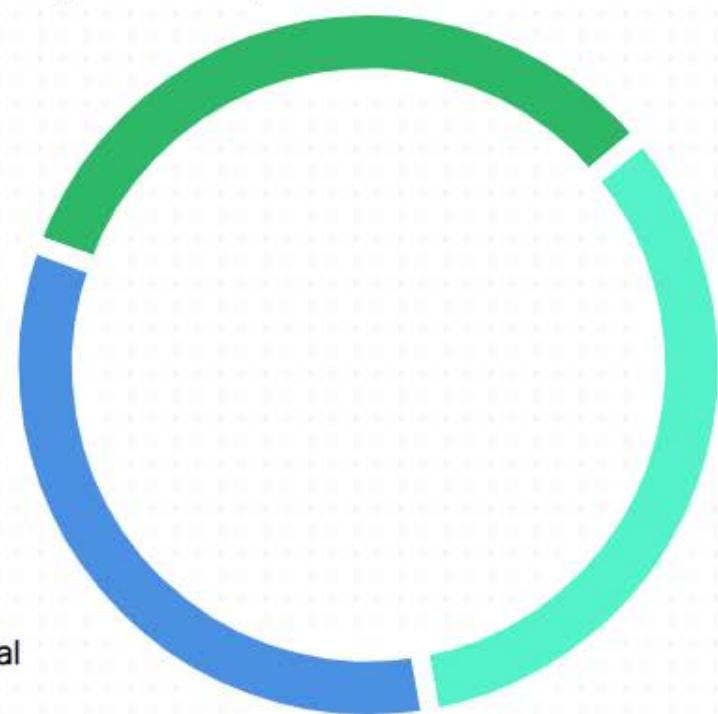


Psychosocial



Reset All Sliders

33%
Physical Activity



33%
Safety

33%
Psychosocial

-Boys-

-Girls-

1



Cross Country Boys

Cross country is a sport that involves extensive running for long distances and periods of time, and it requires great endurance and the ability to embrace solitude. Recommended complementary/alternate sports for runners include swimming, soccer and tennis.



Swimming Girls

Swimming is a sport that keeps the heart rate up but takes some stress off the body, while also building endurance, muscle strength and cardiovascular fitness. Recommended complementary/alternate sports for swimmers include gymnastics, track and field, volleyball and cross country.



Step Three:
Mobilize the Parents



Media campaign with Project Play partners

#DONTRETIREDKID

Launched Aug. 2019 with Kobe Bryant on ESPN

PSAs on TV, magazine, print, radio, apps

Drove to parent advice and resources

Won top social good, marketing awards

Impact of Project Play (Phase One – 12-and-under)

- 100+ organizations taken actions guided by the playbook
- Leagues, ESPN, cities, counties shaped youth strategies
- Unlocked \$55M+ in foundation, corporate grantmaking
- Community sport providers have revised programs
- Helped shape first-ever National Youth Sports Strategy
- More children are playing sports, less physically inactivity
- *BUT – COVID disruption presents new challenges*

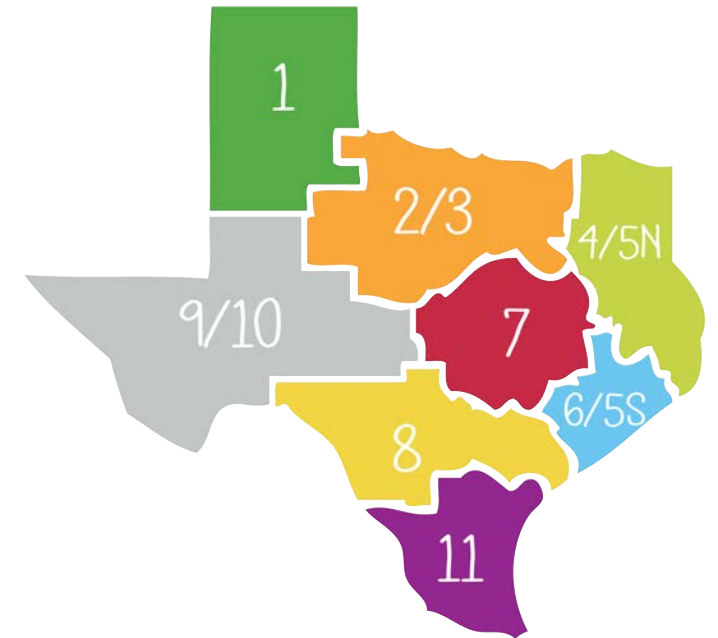
Thank you

Tom.Farrey@aspeninstitute.org



HSR 9/10 – El Paso

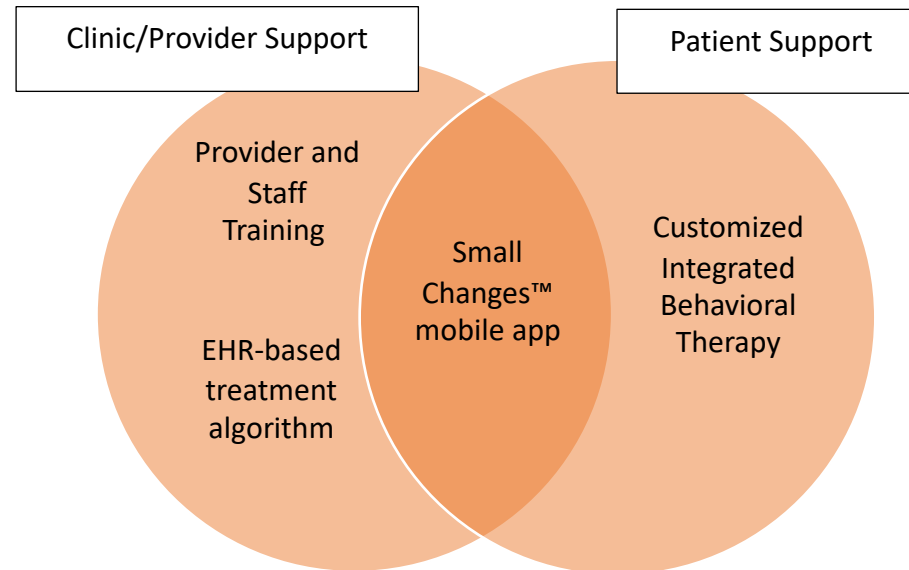
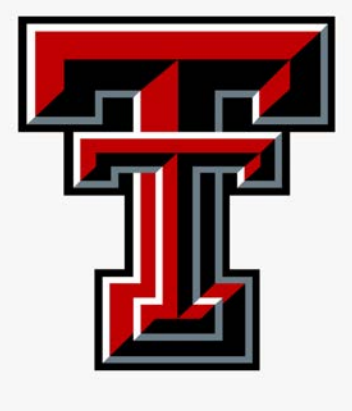
Dr. Leah Whigham



Clinical treatment and management of obesity



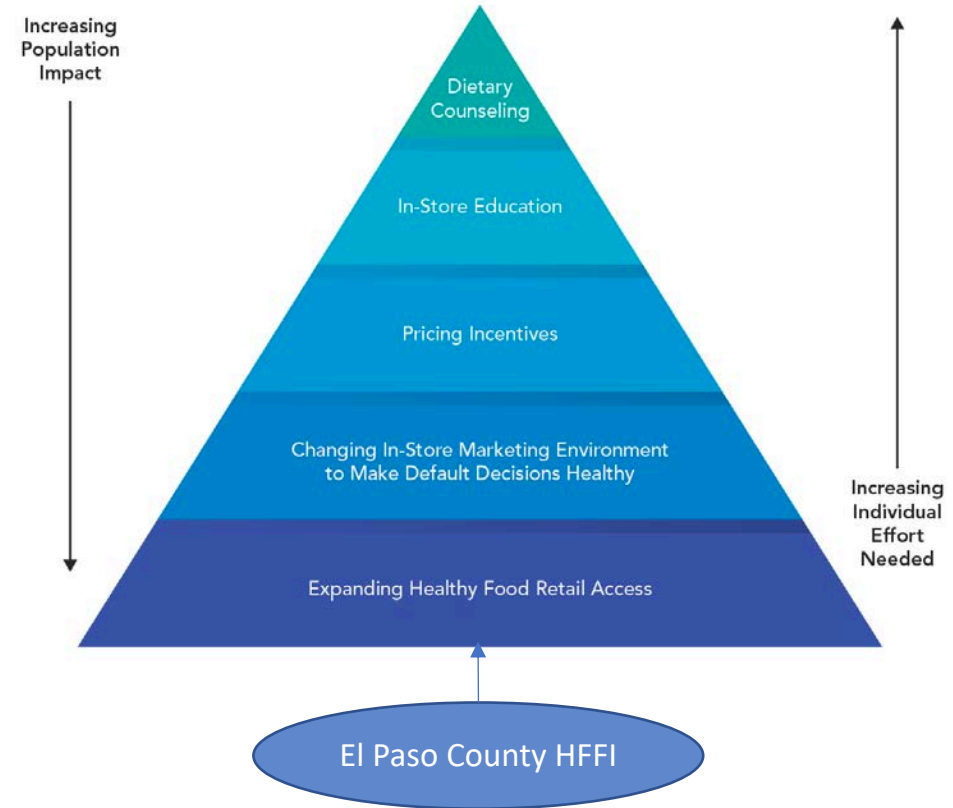
**School of Public Health
El Paso**
Center for Community
Health Impact



Health Food and Food Systems



FOOD ACCESS IMPACT PYRAMID

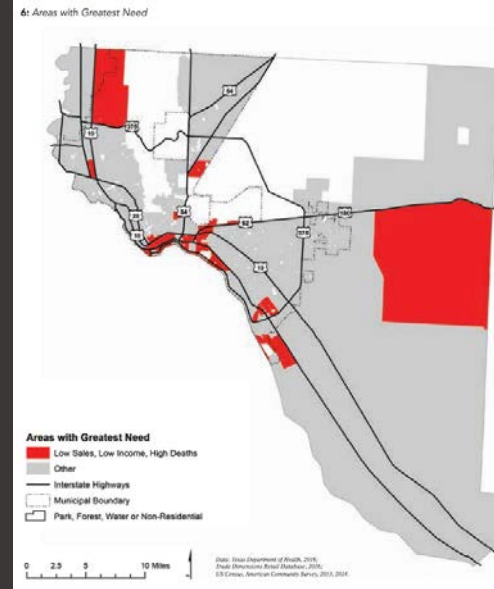


Pyramid diagram courtesy of The Food Trust:

<http://thefoodtrust.org/what-we-do/administrative/hffi-impacts/evaluating-hffi>.

FOOD for EVERY CHILD

ACCESS AND DEMAND
FOR HEALTHY FOOD
IN THE PASO DEL
NORTE REGION



1. Increase participation in the SNAP program through innovative strategies, and explore opportunities to launch an incentive program to make healthy choices more affordable for SNAP participants.

2. Develop partnerships with food retailers to conduct nutrition education, health screenings and SNAP outreach at grocery stores in high-need areas.

SPECIAL REPORT

3. Increase access to healthy and local food through the development of a Healthy Food Financing Initiative that could provide grants and loans to grocers in underserved communities.

HEAL

PASO DEL NORTE
HEALTH FOUNDATION
HEALTHY EATING & ACTIVE LIVING

UTHealth®
The University of Texas
Health Science Center at Houston

School of Public Health
El Paso
Center for Community
Health Impact

New Coalitions:

- Healthy Food Incentive Task Force (HFFI)
- In-Store Coalition
- Local Food Promotion Coalition
- Supplemental Food Assistance Coalition

In-Store Programming



Nutrition
Education

SNAP
Enrollment

WIC
outreach

Health
Screenings



Be Well Program



- We help families create healthier habits to feel re-energized and balanced
- The goal of the Be Well Program is to educate participants about simple techniques they can implement in their everyday lives to develop and maintain a lifestyle of healthy eating and exercise habits, as well as positively impact and improve over all health



Healthy Schools Coalition



**School of Public Health
El Paso**

**Center for Community
Health Impact**



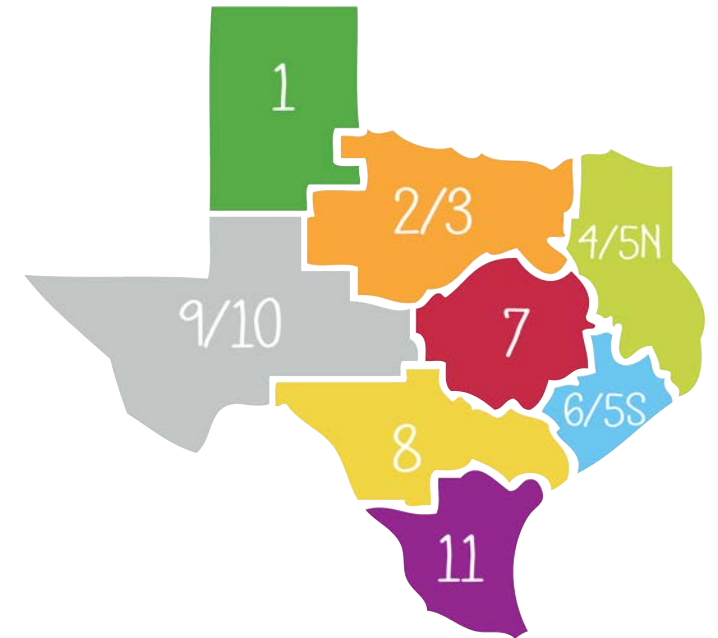
HEAL

**PASO DEL NORTE
HEALTH FOUNDATION**
HEALTHY EATING & ACTIVE LIVING



HSR 11 – Brownsville

Dr. Belinda Reiningger



Building a Culture of Health in the Rio Grande Valley

Healthy communities respect and build on local cultural assets to implement policy, environmental and system changes to improve health.





Policy, Environment & System Improvements

Tu Salud !Si Cuenta!

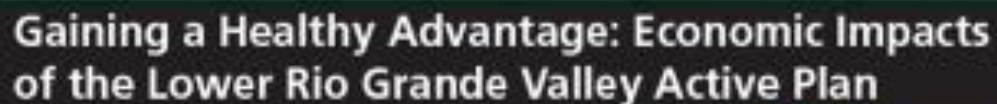
A 12-city collaborative that brings city and county leaders together to share best practices to improve health across the region.

tusaludsicuenta.org

Tu Salud !Si Cuenta!

- Hundreds of free exercise, healthy cooking classes, weight loss challenges and support groups
- Environmental changes across the region like community gardens, farmers' markets and built environment
- Thousands of low-income, uninsured residents reached through Community Health Worker led screenings/events
- Wide use of local media to spread health behavior messages





Projected benefits of active transportation and outdoor recreation trails proposed in the *Lower Rio Grande Valley Active Transportation and Tourism Plan* for Cameron County, Texas, communities.

291 miles
of trails &
routes

120 miles on-street US Bicycle Route #55

93 miles multi-use trails (75 new, 18 existing)

78 miles paddling trails (68 new, 10 existing)



Trails = Active People



exercise 22% more
than those who do not.

\$1 one-time trail construction investment

= \$8.84

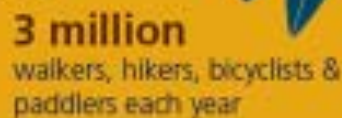
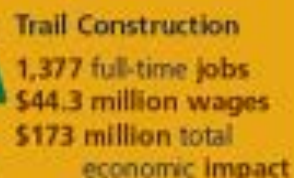
impact from
visitor spending
over 10 years

Active People = Health Care Cost Savings

Yearly health care cost savings from increased physical activity on new multi-use trails.

\$5.9-\$12.3 million

Economic Benefits of the Completed Network



\$\$

\$70 million
Annual Spending
by Out-of-County
Visitors—supporting
new & existing local
businesses
958 full-time jobs

\$30 million wages

**\$100 million total
economic impact**

**\$8.4 million state &
local taxes**

**\$7.6 million federal
taxes**

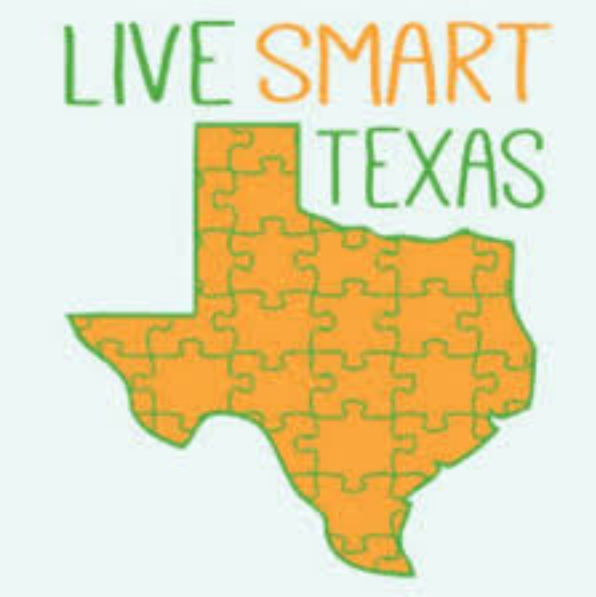
From The LRGV Active Plan Economic Study: Technical Report. The Harbinger Consultancy, 2017. harbingerconsult.com

EXPERIENCE THE
CARACARASM
TRAILS



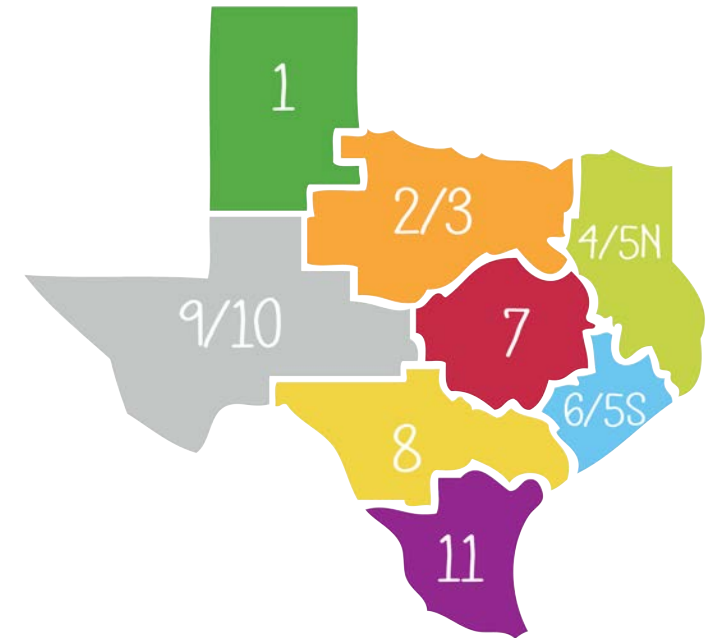
LEGEND
ACTIVE ROUTES

- ➡ 182V North-Side Toll (Proposed)
- ➡ 185V North-Side Toll (Approved)
- ➡ 182V North-Side Toll (Existing)
- ➡ 65 Electric Route (Proposed)
- ➡ 182V Paddling Toll (Proposed)
- ➡ 185V Paddling Toll (Existing)
- ➡ Brunswick Trail (Proposed)



HSR 8 – San Antonio

Denise Benoit-Moctezuma





CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT

Denise Benoit-Moctezuma, MPH
Chronic Disease Prevention Manager
San Antonio Metropolitan Health District
Region 8



Metro Health/Chronic Disease Prevention Updates: Nutrition Policies, Events & Community Initiatives

- **Nutrition Policy Update** – Healthy Procurement & Healthy Vending for Businesses
- **Physical Activity Events** – Siclovia Neighborhood Events
- **Community Initiatives** – Healthy Corner Store Expansion; ¡Por Vida!; Metro Health COVID-19 Vaccine Mobile Outreach



Healthy Procurement/ Vending

- CoSA Healthy Food & Beverage Procurement Policy requires all food/beverages purchases with City \$ on City property adhere to healthy food guidelines; we are encouraging other businesses in SA to adopt healthy food & beverage policy for their employees.



CoSA Healthy Procurement



Vending

Not less than 80% of the total slots available in each machine or kiosk must comply with all of the following guidelines. 100% of beverages must comply.

Packaged Snacks

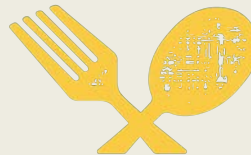
100% of packaged snacks purchased with City funds must meet the FSG.

Prepared Foods

Food and beverages purchased or prepared by the City and provided at City meetings, programs, events and workspaces.

Beverages

100% of beverages purchased with City funds must meet the FSG.



CHECKLIST FOR ORDERING MEALS



Use this checklist as a tool for following the Healthy Food and Beverage Procurement Administrative Directive 11.1 and the City of San Antonio Food Service Guidelines.

You are following the COSA Food Service Guidelines if all the answers in the unshaded boxes below are “Yes” or “N/A.”



DOES YOUR ORDER MEET THE GUIDELINES?

● Beverages

- | | | | |
|--|------------------------------|-----------------------------|------------------------------|
| ● Will water be available? | ☐ Yes | ☐ No | ☐ N/A |
| ● If other beverages are ordered, will they be calorie free or low calorie (40 calories or less per serving) | ☐ Yes | ☐ No | ☐ N/A |

Siclovia – Neighborhood Events

- Siclovia – partnership between YMCA, Parks and Recreation, Metro Health, City Planning, SAPD, Fire & Safety to provide a safe space for physical activity
- Pre-COVID: event was large, with crowds of approximately 65,000-70,000 bike riders and walkers who would join the event twice a year
- This year, planning 2 smaller neighborhood events in May and Sept in the East region and South region of SA, working with local CBOs and the partners listed above in those regions



Healthy Corner Store Expansion

- Healthy Corner Store initiative – 8 stores started in Council District 3 in FY20 and expanded to include 12 new stores in 3 more districts in FY21 for a total of **20 stores** (City Council support is key)
- Nutrition education, diabetes education/workshop sign-up, & flu/COVID vaccine registration events are also being coordinated at the corner stores for comprehensive programming



iPor Vida! Find New Partners in Underserved Communities

- iPor Vida! – restaurant recognition program that helps adults and children make healthier food choices by identifying menu items that meet nutritional guidelines developed by the Healthy Restaurant Coalition
- **14 restaurants** and **7 business partners** are current partners; will be expanding in FY22 to work with small restaurants in underserved communities experiencing significant health disparities, according to Equity Atlas/Matrix Map (zip codes with most vulnerable populations)



COVID-19 Mobile Outreach

- Community Health Workers have spread out across some of the most underserved neighborhoods in SA (with highest # of COVID cases/deaths, according to our Equity Atlas/Matrix Map) by going door to door to:
 - educate people about COVID-19
 - provide information about testing
 - make vaccine appointments for people with limited Internet access
 - educate residents about healthy eating



THANK YOU!



Chronic Disease Prevention Section

Denise Benoit-Moctezuma, Program Manager

Denise.Benoit-Moctezuma@sanantonio.gov

210-207-8421

Community Nutrition Program (Por Vida, Healthy Procurement/Vending)

Haley Amick, Program Coordinator

Haley.Amick@sanantonio.gov

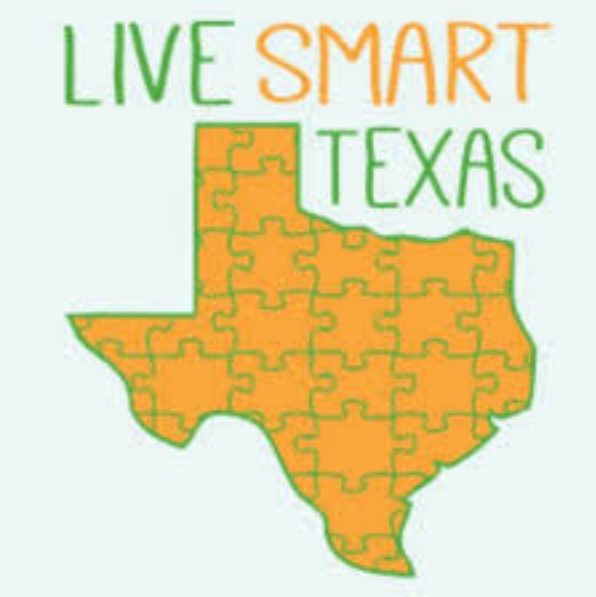
210-207-5263

Healthy Neighborhoods Program (Healthy Corner Stores/COVID-19 Mobile Outreach)

Anna Macnak, Program Coordinator

Anna.Macnak@sanantonio.gov

210-718-9028

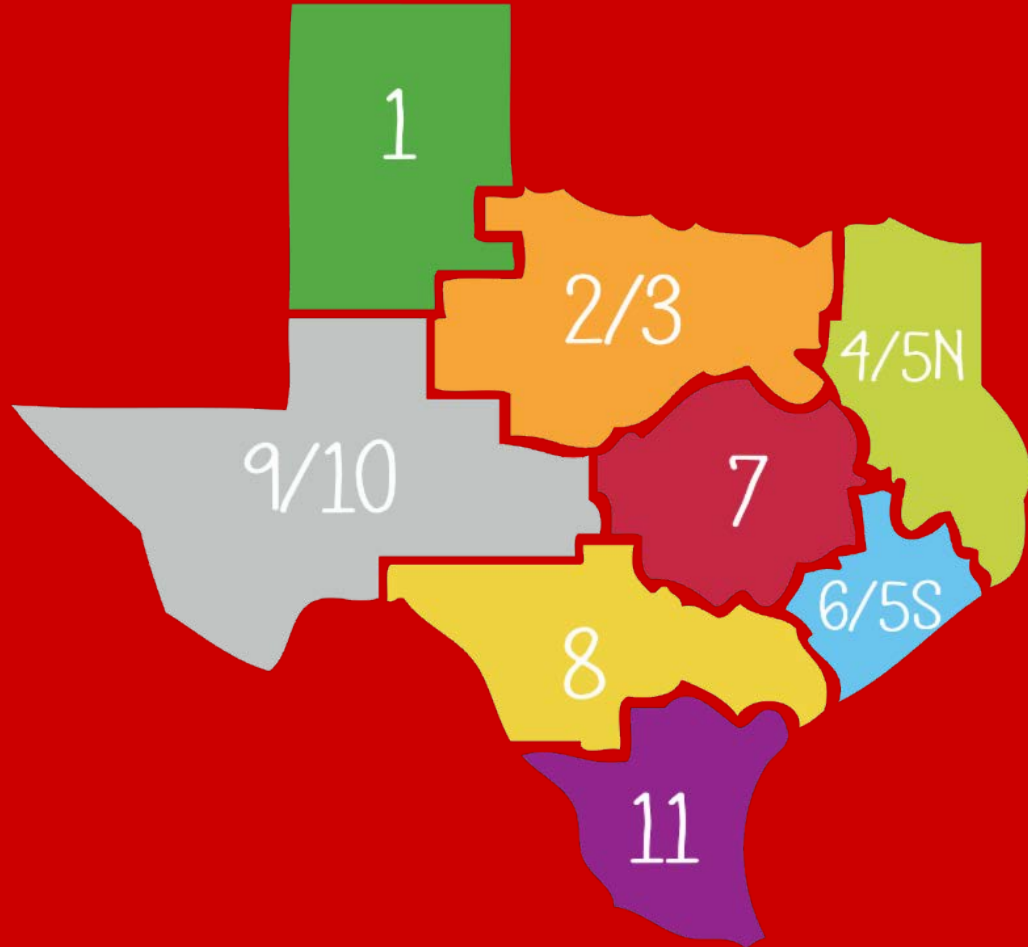


HSR 1 – Lubbock

Dr. Oak Hee Park



Obesity Prevention Efforts: Health Service Region 1



Naima Moustaid-Moussa, Ph.D., FTOS, FAHA
Paul W. Horn Distinguished Professor
Nutritional Sciences
Texas Tech University

Oak-Hee Park, Ph.D., RD (South Korea)
Research Assistant Professor
College of Human Sciences
Texas Tech University

Community Outreach and Engagement



Community-Based Family Nutrition Program: Let's Cook, Eat, & Talk

- ☐ Healthy Eating & Family Relationship
- ☐ Collaborations/Partnerships
- ☐ Sustainability & Community Empowerment

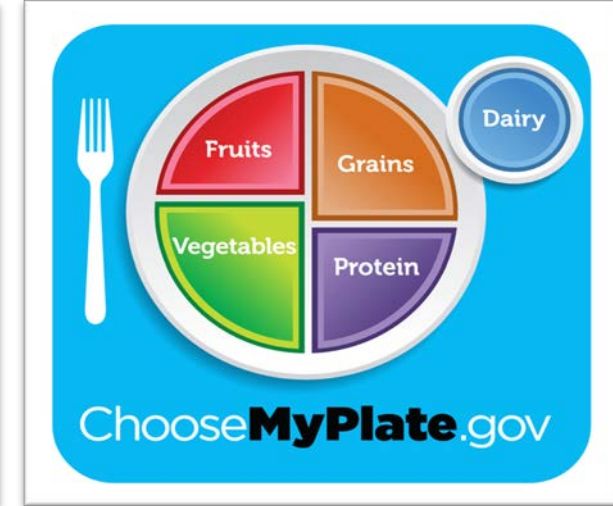


Community Outreach and Engagement



School Nutrition Intervention/Education: Sustainable Life Skills to Reduce Obesity

- ❑ Innovative School Nutrition Program for Obesity Prevention
- ❑ Title I Schools in West Texas
- ❑ Healthy Eating, Active Classroom, Body Image, & Self-confidence



Community Outreach and Engagement



Outdoor Learning Environment: OLE! TEXAS

- ☐ Promote Local Activities- OLE! Design Workshops
- ☐ Provide Technical Assistance to Childcare Centers
- ☐ Provide State-wide Training for Design Professionals
- ☐ Increase Physical Activity, Food Awareness, & Enhance Education in Outdoor Space



Interdisciplinary Obesity Research Institute



Naima Moustaid-Moussa

Ph.D., FTOS, FAHA



Paul W. Horn Distinguished
Professor

Nutritional Sciences, Texas
Tech University

Founding Director

naima.moustaid-moussa@ttu.edu

Jannette Dufour

Ph.D.



University Distinguished
Professor

Cell Biology &
Biochemistry, Texas Tech
University Health Science
Center

Associate Director

jannette.dufour@ttu.edu



Obesity Research
Institute

BASIC

CLINICAL

COMMUNITY/POPULATION

***Obesity
Research
Institute
(ORI)***

TTU/TTUHSC

**External
Collaborators**

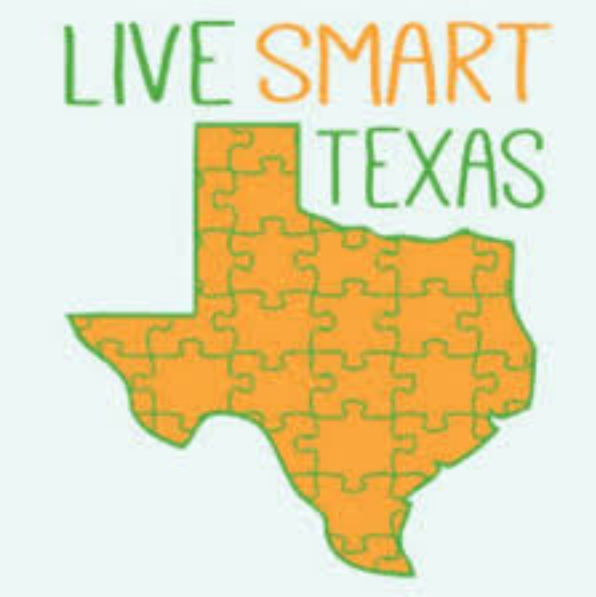
Domestic &
International,
Schools,
East Lubbock Alliance
SP Food Bank
LST (Live Smart TX)

Strategic Priority 3: Outreach and
Multidisciplinary Collaborations

**Virtual ORI Annual Meeting
May 12, 2021**

Education, Environment,
& Health Disparities:
Opportunities as a
Hispanic Serving
Institution

USDA AFRI REEU: Bench to Community Engaged
Scholars (TTU, AgriLife Extension & UT Extension)



HSR 4/5 – Tyler

Paula Butler

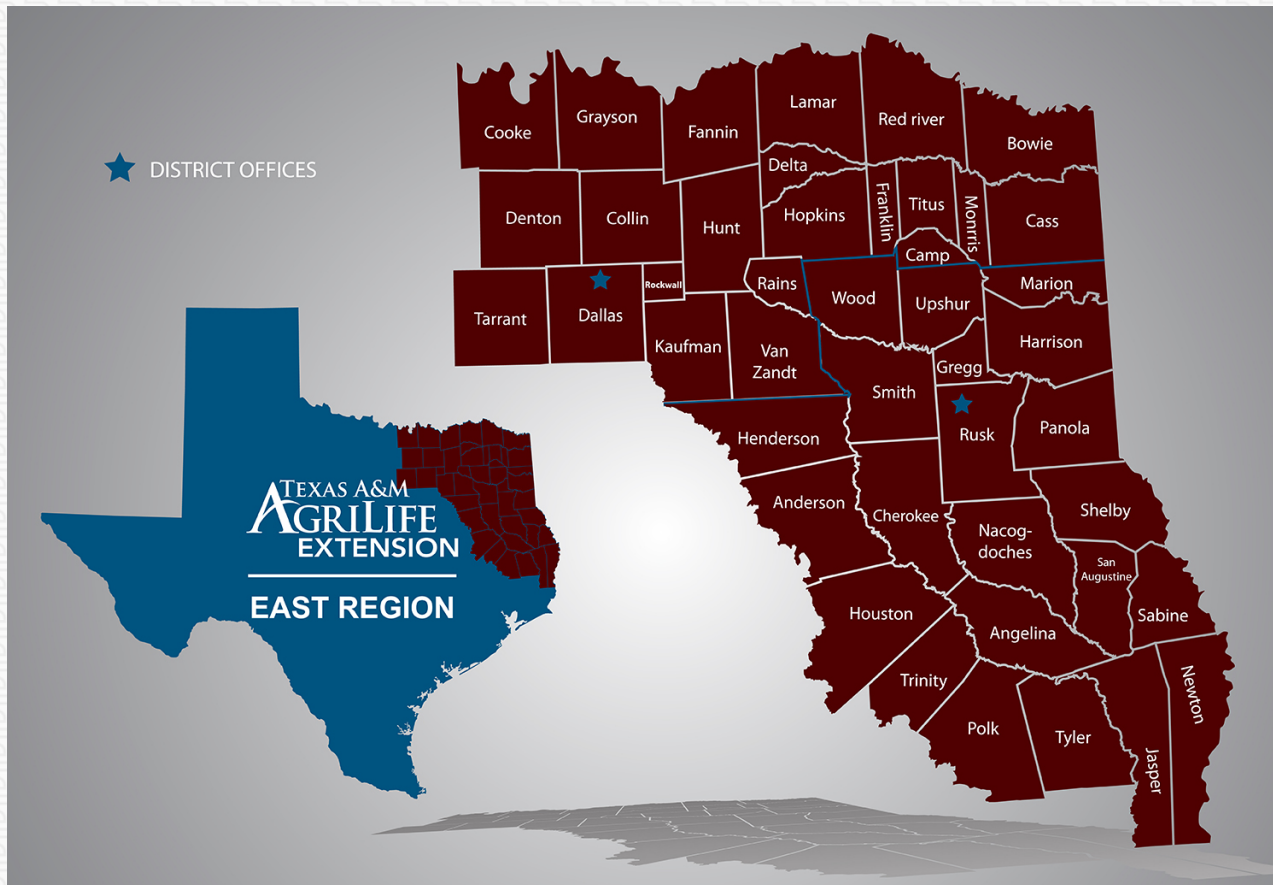


Family & Community Health
East Region Program Strategies

Paula Butler, M.Ag., RDN, LD, CCMS
Regional Program Leader

Live Smart Texas -Regional Representative for Health Service Region 4/5N

Overview



- ▶ Statewide education agency seeking to improve agriculture and food production, advancing health practices, protecting the environment, strengthening our communities and enriching our youth
- ▶ Professional educators, trained volunteers and county offices in 250 counties, serving all 254 counties.
- ▶ East Region includes 44 counties

Family & Community Health Goals and Objectives

GOAL: Foster health and wellness through educational program delivery to reduce the risk of chronic disease and for the management of targeted chronic diseases.

OBJECTIVES:

- ▶ Increase physical activity.
- ▶ Increase fruit & vegetable consumption.
- ▶ Maintain a healthy weight.
- ▶ Increase water consumption.
- ▶ Decrease sugar-sweetened beverage consumption.
- ▶ Promote health, well-being and safety among children, youth, and adults.
- ▶ Foster workforce development through food safety education and early childhood education programs.

Texas A&M AgriLife Extension Signature Program Examples



Implementation Strategy

Target Audiences, Community Partners, Volunteers



Dinner Tonight

- ▶ Quick, healthy, cost effective recipes that taste great
- ▶ Weekly video demonstrations
- ▶ Cooking tips and techniques
- ▶ Nutrition information
- ▶ Menu planning basics
- ▶ Information on healthy living
- ▶ 70+ #AHAheartcheck recipes
- ▶ dinnertonight.tamu.edu





TRIP TO THE MEDITERRANEAN

February 15-19, 2021

Learn to prepare easy, nutritious, cost efficient meals for your family

MONDAY

About the Mediterranean Eating Pattern

Avoid Cross Contamination I

Rustic Veggie Pizza

TUESDAY

Washing Fruit & Veggies

Hummus

Aparagus Fries

WEDNESDAY

Fish Smart Protein Choice

Avoid Cross Contamination II

Mustard Crusted Salmon

THURSDAY

Path to the Plate-Dark Leafy Greens

Roasted Kale with Caramelized Onions

FRIDAY

Family Mealtime

Balsamic Berries

Register at:

<https://forms.gle/LKdGJoGNKoxkzdDJA>
or contact Katie Sotzing @ 469-376-4520

Presented by Family & Community Health Extension Agents:
Alaina Woolsey - Tarrant County
Katie Sotzing - Kaufman County
Laura Graves - Lamar County
Meko Carder - Red River County
Brittany Martin - Dallas County



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 opportunity throughout Texas A&M AgriLife.

Healthy Food Preparation

- Delivered via closed Facebook group
- Planning group included both County Extension Agents, volunteers, and program partners
- 2 hours, 24 minutes live as well as recorded video demonstrations.
- 217 active members
- 80 posts, 360 comments, and 1286 reactions in the group
- 9 states (Alabama, Arkansas, Florida, Missouri, Nebraska, New Mexico, Oklahoma, Tennessee and (of course) TEXAS
- Post survey used to assess knowledge gained and intention to adopt healthy food preparation practices

Diabetes Education

- Planning and implementation included County Extension Agents, healthcare professionals, and volunteers
- Delivered virtually via ZOOM
- “A class participant experienced a low blood sugar episode. She was very scared and didn’t know what to do. She looked at the DWBW materials to see what to do and then she was able to handle the episode quickly and calmly. I think this was the feel good moment for all of us, knowing that the information received from the class really helped her immediately. She used the “rule of 15,” which we actually had not yet covered in the class. She happened to pre-read the materials, which helped her through the low blood sugar episode”



Do Well, Be Well with Diabetes - East Texas

5-part online series to help manage type 2 diabetes

Class Dates

May 7, 12, 14, 19, & 21
2:00-3:30 PM

\$10 for all 5 sessions

Hosted by Angelina,
Panola, & Wood
Counties

- **Interactive sessions** taught by Extension agents & healthcare professionals
- **Relevant topics** including meal planning, managing blood sugar, avoiding complications, & more!
- **Participate from anywhere** with a strong internet connection

agriferegister.tamu.edu/District5

Registration deadline: May 5

Register by April 30 to receive printed copies of program materials via mail

Questions?

joel.redus@ag.tamu.edu

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

Provisions from the American Disability Act will be considered when planning education programs and activities. Please contact joel.redus@ag.tamu.edu by two weeks prior to the event if you plan on attending this program and need specialized services.



EAST TEXAS ~ FAMILIES ~ COMMIT TO BE FIT

8 Weeks - 8 Healthy Habits

***Commit to Just 30 Minutes a Day for a
Healthier You and A Healthier Family!***

Free to participate!

May 1 - June 25

Join the

Commit To Be Fit Facebook Group
for info on how to sign-up!

Have your family join our family and Commit To Be Fit today!

Walk Across Texas

- Closed Facebook Group
- Planning and implementation group included County Extension Agent team
- 250 members joined the group
- 8-week event
- Included health and wellness education through daily posts and interactions
- Walk Across Texas

Wellness 2020 - 2022

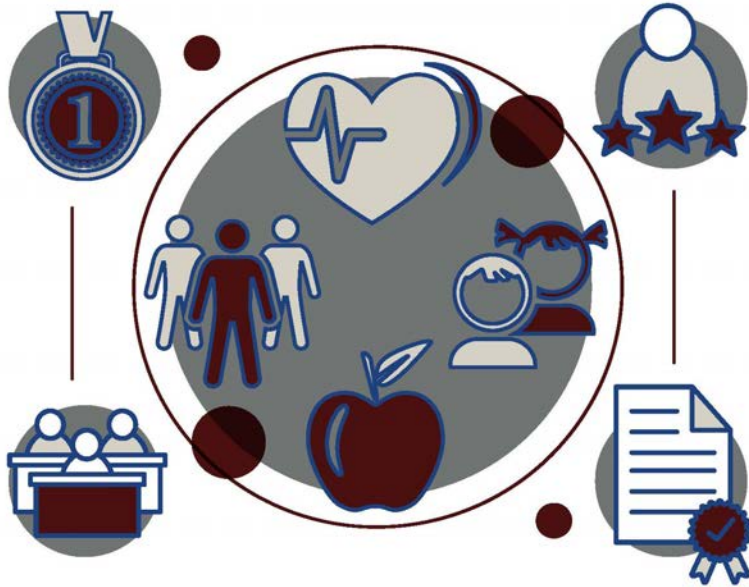
School Based Intervention to improve health behaviors with students, teachers, and families

Utilizes Healthy School Recognized Campus Guidelines Curricula Bundle

Focused Cohort of 8 East Texas Counties

22 Schools

Goal: Reach 4000 Youth, 800 Adults



HEALTHY SCHOOL RECOGNIZED CAMPUS

2020 - 2021 Program Guidelines



TEXAS A&M
AGRILIFE
EXTENSION

Wellness 2020 – 2022 Programs in Progress Examples

2000 Students Walking

100 Culinary Arts Students

Campus Wide Virtual Dinner Tonight Healthy Cooking Sessions

Growing & Nourishing Healthy Community Garden projects

120 Preschoolers, 9 teachers, 11 classes

Early Childhood Learn, Grow, Eat, & Go

20 GED/ESL Adults

Fresh Start to a Healthier You

100 Elementary School Youth

4-H Food & Nutrition Explore Projects

250 Elementary School Youth

Learn, Grow, Eat, & Go Garden programs

20 Adults

Morning Mom Walking Group



What is Texas A&M AgriLife Extension?
Texas A&M AgriLife Extension Service is a vast network of Extension offices and professionals that serve all 252 counties in Texas. Texas A&M AgriLife Extension Service strives to provide education to all residents and our educational programs are designed to improve the overall health and wellness of individuals, families, and communities.

What is the mission of Texas A&M AgriLife Extension?
The mission of the Texas A&M AgriLife Extension Service is to provide quality, relevant outreach and continuing educational programs and services to the people of Texas. Extension educates Texans in the areas of agriculture, environmental stewardship, youth and adult life skills, human capital and leadership, and community economic development. The agency improves the lives of Texans through an educational process that uses research-based knowledge focused on issues and needs.

What is the Healthy School Recognized designation?
Your school can become an AgriLife Healthy Recognized School by meeting certain criteria with participation in Texas A&M AgriLife Extension Service programs to demonstrate the school commitment to supporting and encouraging students, staff, and parents with healthy lifestyles.



Criteria:
School Wide *Walk Across Texas* program that incorporates youth participants on each team and two additional programs (one adult and one youth) from those listed below:

Youth (in at least 2 classrooms):
choose one or more

- Choose Health, Food, Fun & Fitness
- Learn Grow Eat & Go
- Path to the Plate Youth Expo
- 4-H Spin Club and/or 4-H Food & Nutrition Learning Opportunities

Adults (conducted with staff and/or parents):
choose one or more

- Cooking Well with Diabetes
- Dinner Tonight
- Fresh Start to a Healthier You
- Health Talk Express Series
- Maintain No Gain Holiday Series
- Step Up Scale Down
- Walk Across Texas

What do you receive as a Healthy School Recognized Campus?

- Better Health for students and families
- Proclamations made at School Board meeting and/or Commissioners Court meeting
- Healthy School Recognized Campus Banner
- Bragging Rights



Program Consideration Timeline:
Intent to Apply | December 15, 2020
Designation Application Deadline | April 15, 2021
Committee Determination | May 1, 2021*
Notification to School | May 15, 2021

*Programs in progress during April to May 1 may be approved pending final completion.

To complete the Intent to Apply form please visit:
<https://tinyurl.com/hsrcint2020>

For more information, contact your local County Extension Office



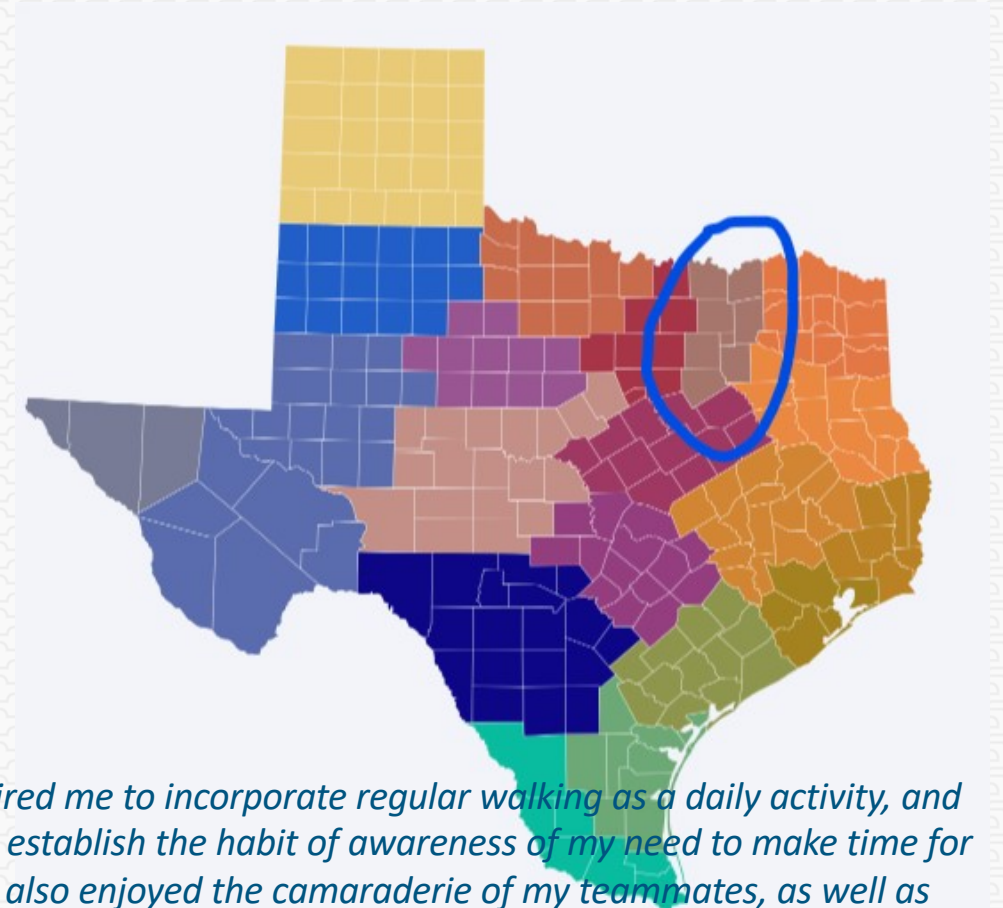
2020 Walk Across Texas TRTA District 10

Total Participants - 278
Total Participants with at least one mileage entry - 264
Total Teams – 39
Average Age – 68

Total Mileage - 45,999
Avg Miles Per Participant - 174

Potential health care cost savings -

- Type 2 Diabetes Economic Impact: \$354,226
- Cardiovascular Disease Economic Impact: \$409,561
- Total Economic Impact: \$763,788



“WAT inspired me to incorporate regular walking as a daily activity, and helped me establish the habit of awareness of my need to make time for exercise. I also enjoyed the camaraderie of my teammates, as well as that of the two other teams from my TRTA local unit.”

Targeted Audiences, Agencies, & Volunteers
We want to connect.....

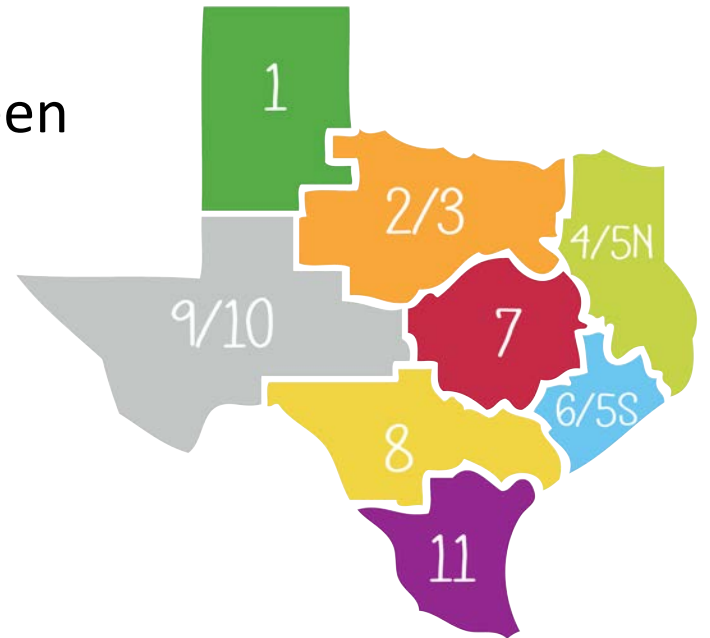


- ▶ Contact AgriLife People
- ▶ <https://agrilifepeople.tamu.edu/contact-lists/public/units/p-counties>



Texas AgriLife Extension

Mike Lopez introducing Dr. Stephen Green



Texas A&M AgriLife Extension: Health & Wellness Initiatives

Stephen Green, Ph.D.

Assistant Director, Family & Community Health

Professor & Child Development Specialist

Regents Fellow

s-green@tamu.edu

Texas A&M AgriLife Extension: Who We Are & What We Do

- ▶ Unique education agency
- ▶ Statewide network
 - ▶ 250 county offices serving Texas' 254 counties
- ▶ Part of land-grant university system
- ▶ Help Texans better their lives through high-quality, relevant continuing education



Changing Behavior... Changing Lives

“Since its inception, the main purpose of the Cooperative Extension Service has been to change human behavior by teaching people how to apply the results of scientific research.”

- *Dr. Everett Rogers (1963)*



Family and Community Health



Help Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities.

Our Approach to Obesity Prevention

AN INTEGRATED APPROACH



Based on socio-ecological model & lifespan perspective
 Emphasis on prevention education
 Partnerships are key
 Target two key areas
 Physical activity
 Nutrition

People

- ▶ Family and Community Health
 - ▶ County Extension Agents (CEAs)
 - ▶ Health Specialists
 - ▶ Regional Program Leaders (RPLs)
 - ▶ Healthy Texas Institute
 - ▶ Master Wellness Volunteers
 - ▶ Healthy Texas Youth Ambassadors



Programs

- ▶ Research-based; evidence-based; best practices
- ▶ Early childhood to older adults
- ▶ Utilize technology to expand outreach
- ▶ Participant data collection/tracking
- ▶ Focus on increasing physical activity and healthy eating

Sample Programs:

Walk Across Texas!
 Walk Through Texas History
 Balancing Food & Play
 Dinner Tonight
 Learn, Grow, Eat & Go! (LGEG)
 BLT
 EFNEP
 Live 100
 10/10,000 Health Challenge
 Step Up, Scale Down
 Maintain No Gain

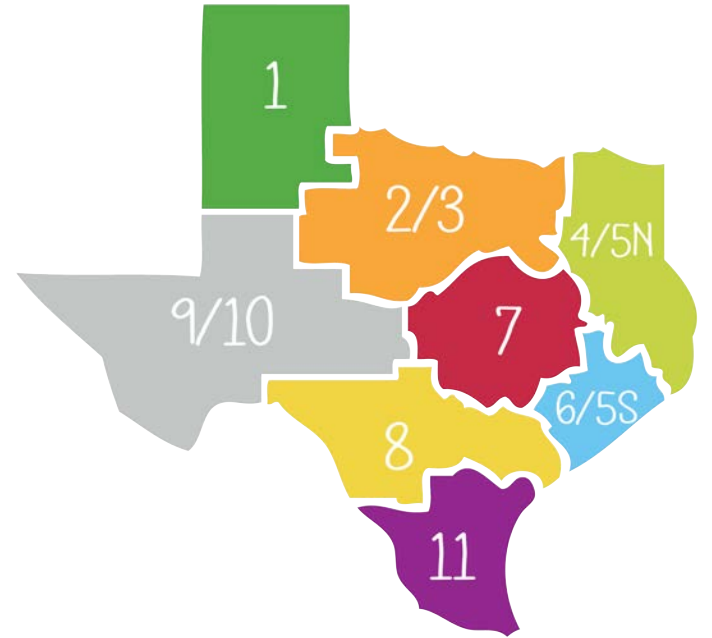
Partnerships

- ▶ AgriLife Extension recognizes the value of partnerships in addressing health challenges facing TX (i.e., obesity)
 - ▶ Certain problems require an “all hands on deck” approach
- ▶ Local, regional, state, national
- ▶ Planning; program development, implementation, and evaluation; funding



Action for Healthy Kids

Alice Kirk & Michelle Smith





Texas Action for Healthy Kids

Advocating for Healthy Kids

ACTION FOR
HEALTHY
KIDS 

Texas Action for Healthy Kids Leadership



Michelle Smith

Texas State Coordinator

Action for Healthy Kids

msmith@actionforhealthykids.org



Alice Kirk

TXAFHK Chair

TX A&M AgriLife Extension

Child Health Specialist

Alice.Kirk@ag.tamu.edu

Who are we?

AFHK's mission is to mobilize family-school partnerships to prepare kids to be healthy in body and mind to achieve our vision: **Healthy Kids. Better World.**

AFHK addresses the root causes of the child health crisis by ensuring that children, particularly in underserved communities, are supported with the three foundations of lifelong health:

- Optimal nutrition and physical activity,
- Safe, supportive environments, and
- Stable and nurturing adult-child relationships.¹



1. Center on the Developing Child at Harvard University (2010). The Foundations of Lifelong Health Are Built in Early Childhood.
<http://www.developingchild.harvard.edu>

TAHK Steering Committee Members

Thank You to our Steering Committee for their expert advise and support!

- » Michelle Smith, State Coordinator
Action for Healthy Kids
 - » Alice Kirk, Chair
Texas A&M AgriLife Extension
 - » Sandy Bristow, Vice Chair
Oliver Foundation
 - » Patricia Mouser, Secretary
Texas Association for School Nutrition and Texas Academy of
Nutrition and Dietetics
-
- » Heather Atteberry, UT School of Public Health/Michael and
Susan Dell Center
 - » Karen Burnell, Texas PTA
 - » Sarah Coles, Texas Parks and Wildlife-Children in Nature
 - » Shana Green, CATCH Global Foundation
 - » Rose Haggerty, Texas Assoc. of Health, PE, Recreation and
Dance (TAHPERD)

- » Lisa Henderson, Texas Parks and Wildlife
- » Joycelyn Jurado, IT'S TIME TEXAS
- » Stephanie Kellam, United Healthcare
- » Joann Knox, DairyMAX
- » Tracey Ledoux, Texas Association of School Nutrition
- » Mia Medina, No Kid Hungry Texas
- » Katie Nye, Texas Hunger Initiative
- » Kristen Ortega, Action for Healthy Kids (El Paso)
- » Helenka Lepkowski Ostrum, Texas Department of Agriculture
- » Joel Romo, Texana Public Affairs/The Cooper Institute
- » Courtney Thompson, Texas Department of Agriculture
- » Joey Walker, CATCH Global Foundation
- » Anita Wheeler, Texas Department of State Health Services

2020 Year in Review

- » Awarded 45 nutrition and physical activity grants
- » Awarded 8 emergency equipment grant for school nutrition departments
- » Registered over 4,000 members statewide in over 2,000 schools
- » Conducted multiple virtual learning session for School Health Advisory Councils
- » Hosted Virtual Summit on “the New Normal” to explore community/school partnerships and share ideas

Why Schools?

- Schools reach most children and adolescents.
- Teachers, school staff and parent volunteers are key role models.
- Eating school breakfast positively affects student attendance. Children who ate school breakfast increased their math grades by +0.3points
- Overweight kindergarteners had significantly lower math/reading scores than those at a healthy weight.
- Participation in PE class is associated with **better grades, test scores, and classroom behavior.**



Engaging Families and Schools

Studies show when parents are engaged in their children's school activities, kids^{}:**

- get better grades
- choose healthier behaviors
- have better social skills



**Ornelas IJ, Perreira KM, Ayala GX. Parental influences on adolescent physical activity: a longitudinal study. International Journal of Behavioral Nutrition and Physical Activity 2007;4(3):1-10.

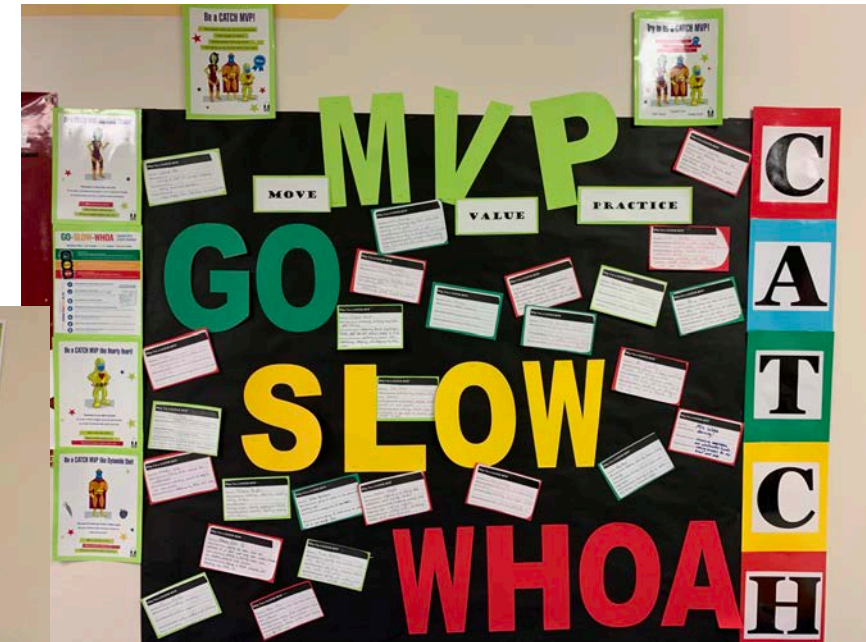
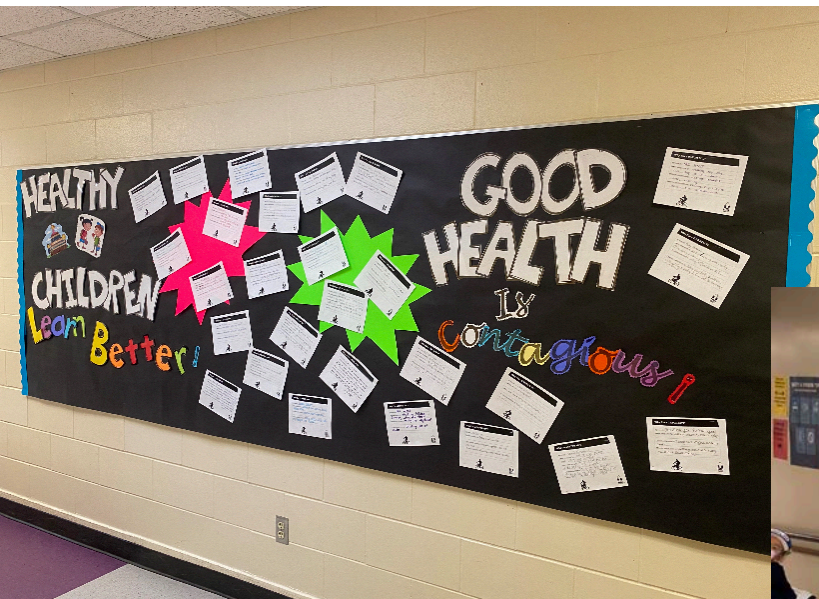
Whitaker Elementary soars to new heights!

- Phase One School Gardens
- Phase Two Greenhouse and Outdoor Classroom
- Excess Harvest Donated to Food Pantry
- Phase Three Shift in Focus to Social Emotional Learning with The BE Hive-A place where kids can just BE.



Irving ISD - Making progress in spite of COVID-19!

- Twenty Elementary Schools Partnering with AFHK and CATCH Global Foundation for nutrition education



- Grants to support Physical Activity, Good Nutrition and Social Emotional Health
- Website with COVID-19 Resources
- Webinars and Training Opportunities
- Tip Sheets

The image is a collage of four overlapping pages from a 'TIP SHEET' titled 'ACTION FOR HEALTHY KIDS'. The pages are white with green and blue accents. The top-left page is titled 'Healthy Fundraisers' and 'Promote Family Health and Well-Being'. It features a photo of two children running on a path. The top-right page is titled 'Host a Healthy Halloween Celebration' and features a photo of a child in a witch costume. The middle-left page is titled 'Sell Better at School' and 'Other Non-Food Fundraising Ideas'. The middle-right page is titled 'Sell Better at Home' and features a photo of a child in a witch costume. The bottom page is titled 'Are Healthy Fundraisers Profitable?' and features a photo of a child in a witch costume. The pages contain various tips and advice for healthy fundraisers, including 'Host a Healthy Halloween Celebration', 'Sell Better at School', 'Sell Better at Home', and 'Are Healthy Fundraisers Profitable?'. The pages are overlapping, with the bottom page being the most prominent.

Thank you!

Michelle Smith

Texas Action for Healthy Kids
State Coordinator

512-873-0322
msmith@actionforhealthykids.org

Alice Kirk

TX A&M AgriLife Extension
Child Health Specialist

Alice.Kirk@ag.tamu.edu

For more information, please visit:

[Texas Team Page at Action for Healthy Kids](#)

For archived videos of webinars:

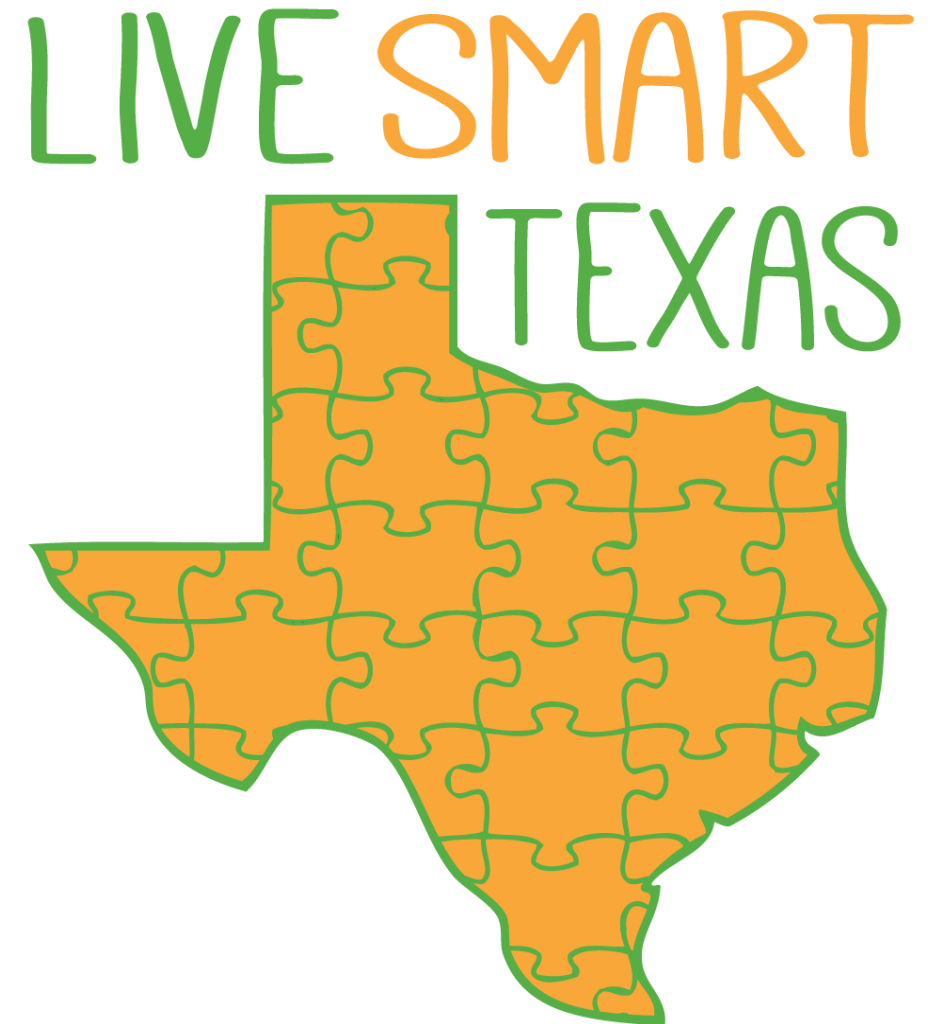
You Tube: <https://www.youtube.com/user/momamiatx>

Thank you!

Check out our website: livesmarttexas.org



Follow us on Twitter!
@LiveSmartTexas





www.PartnershipforaHealthyTexas.org • [@txlegeobesity](https://twitter.com/txlegeobesity)





**PARTNERSHIP FOR
A HEALTHY TEXAS**

CONQUERING OBESITY

Welcome

Jaime Wesolowski, CEO - Methodist Healthcare Ministries

State of Obesity

Dr. David Lakey, Vice Chancellor for Health Affairs and Chief Medical Officer, The University of Texas System

Policy for the Health of Our Children

Dr. Alma A. Allen, Texas House of Representatives, District 131

From a Principal's Perspective

Patricia Garza, Principal, Solomon P. Ortiz Elementary, Brownsville

www.PartnershipforaHealthyTexas.org • [@txlegeobesity](https://twitter.com/txlegeobesity)

Live Smart Texas
World Obesity Day Summit
March 4, 2021

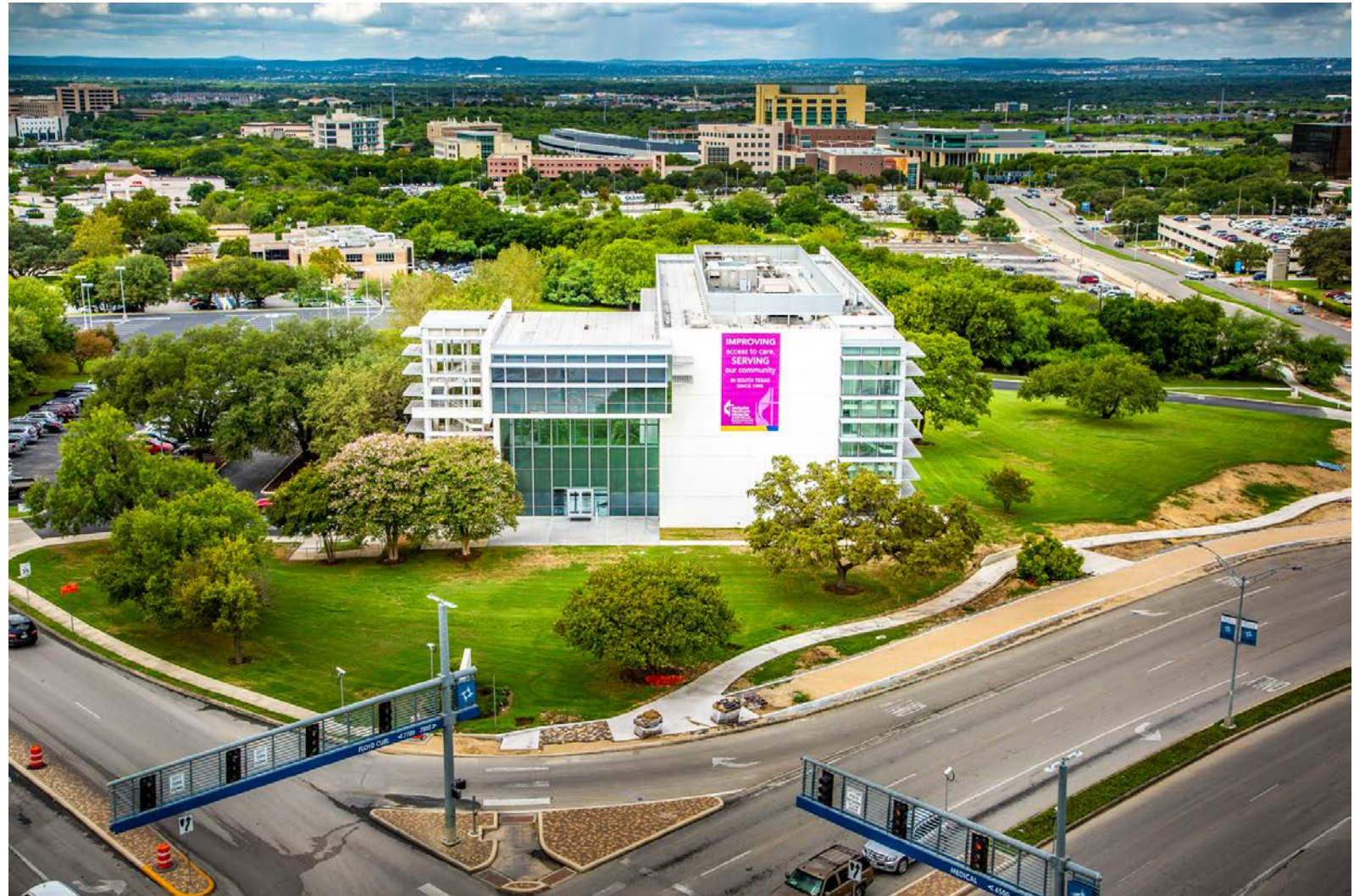
Established in 1995

74 County Service Area
across South Texas

Vision Statement:

“To be the leader for
improving wellness of the
least served.”

Methodist Healthcare Ministries of South Texas, Inc.



Obesity is a national issue

More than 40% of adults in the U.S. suffer from obesity

- 35% of adults in Texas are obese

More prevalent for those making less than \$15,000 a year

Rural areas are challenged with attracting grocery stores that supply health food options

Our Clinics

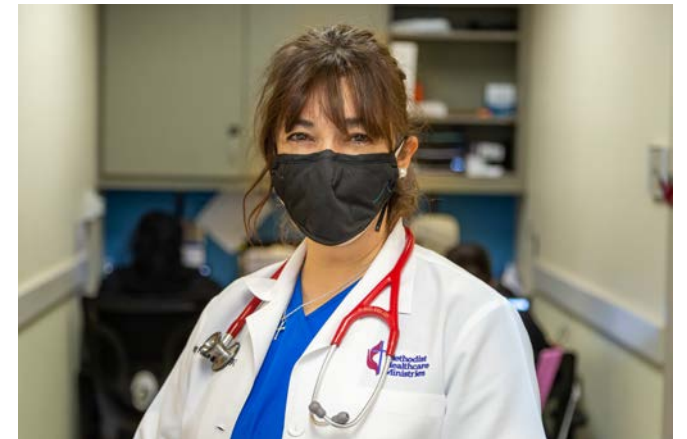


Wesley Health & Wellness Center



Dixon Health & Wellness Center

Services Provided



Services for the community



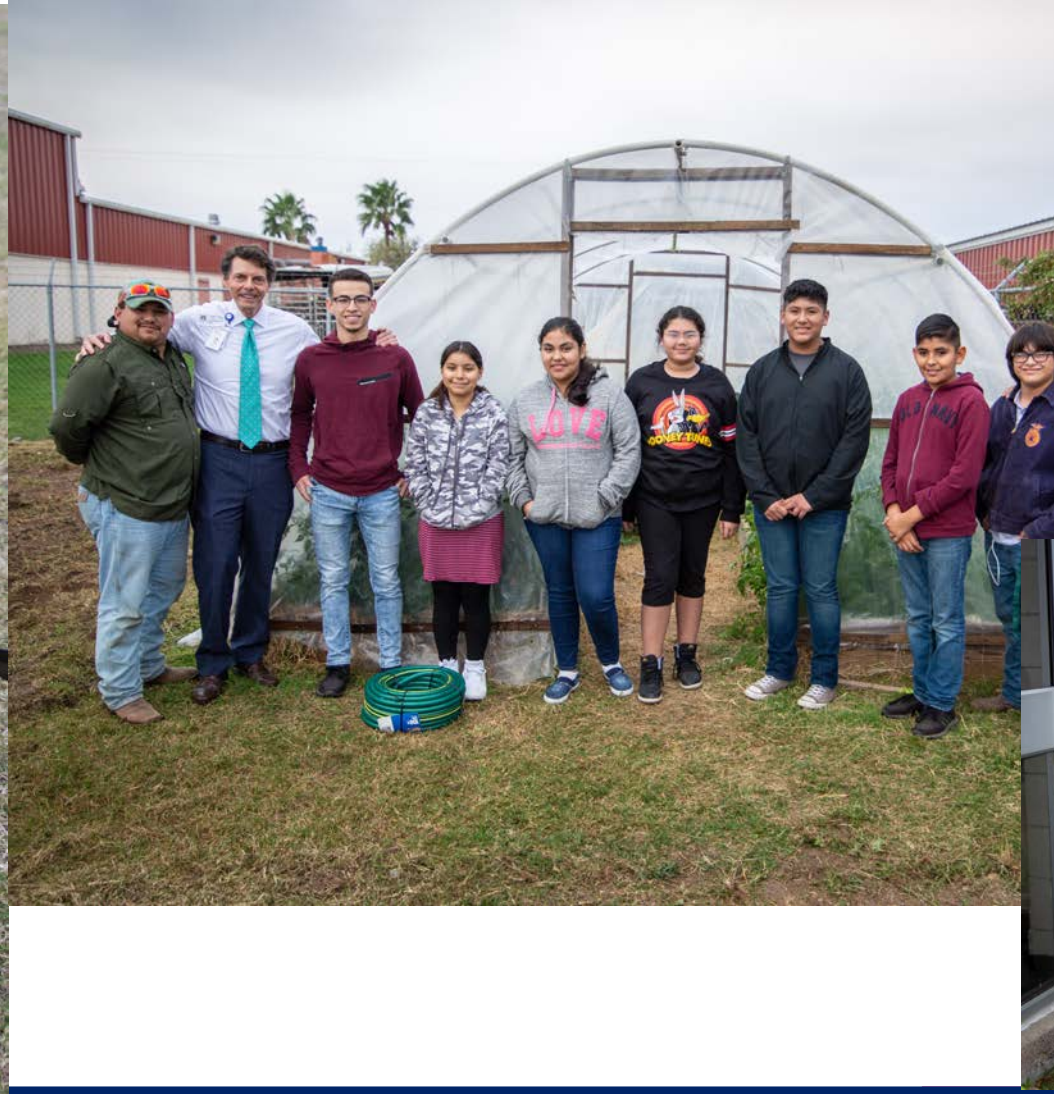
Currently in 5 locations

- Batesville
- Cotulla
- San Antonio
- Santa Rosa
- Uvalde

Get FIT



Get FIT – Santa Rosa, TX



88 Wesley Nurses

- Programs and services include:

Health Education
Referral Services
Diabetes Education
Diabetic Supplies
Exercise Classes
Facilitation of Resources

Wesley Nurses



Community Grants



Donation to San Antonio Food Bank
March 2021



Poteet Food Distribution
October 2020

Funded Partners



Proyecto Juan Diego,
Brownsville, TX

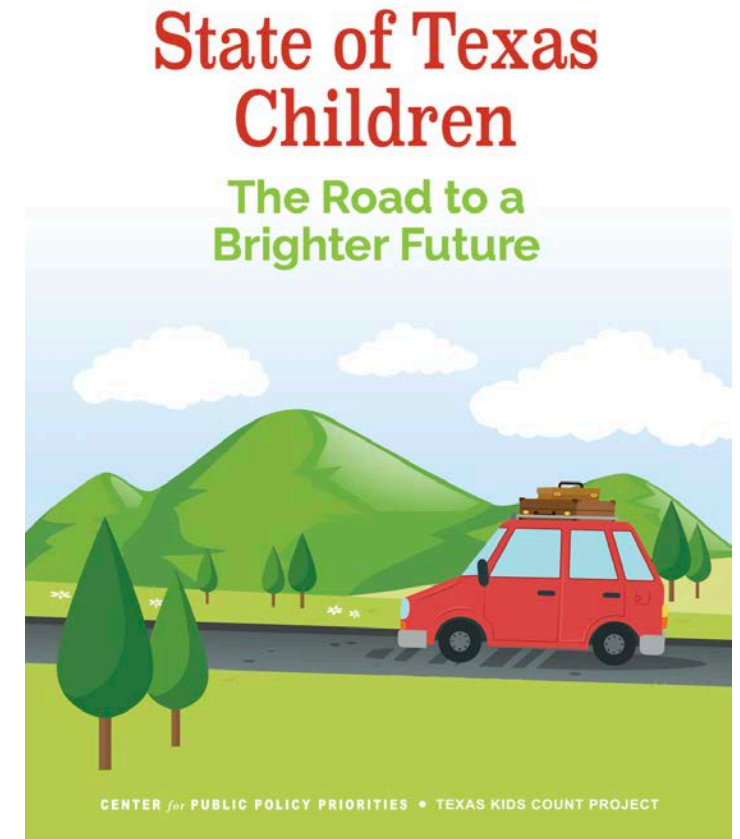
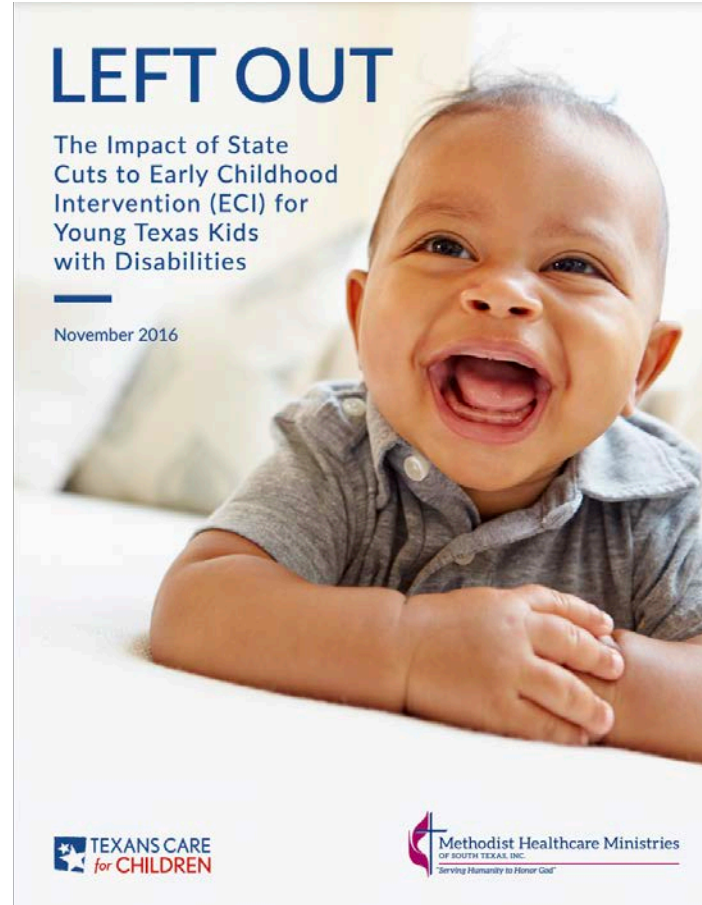
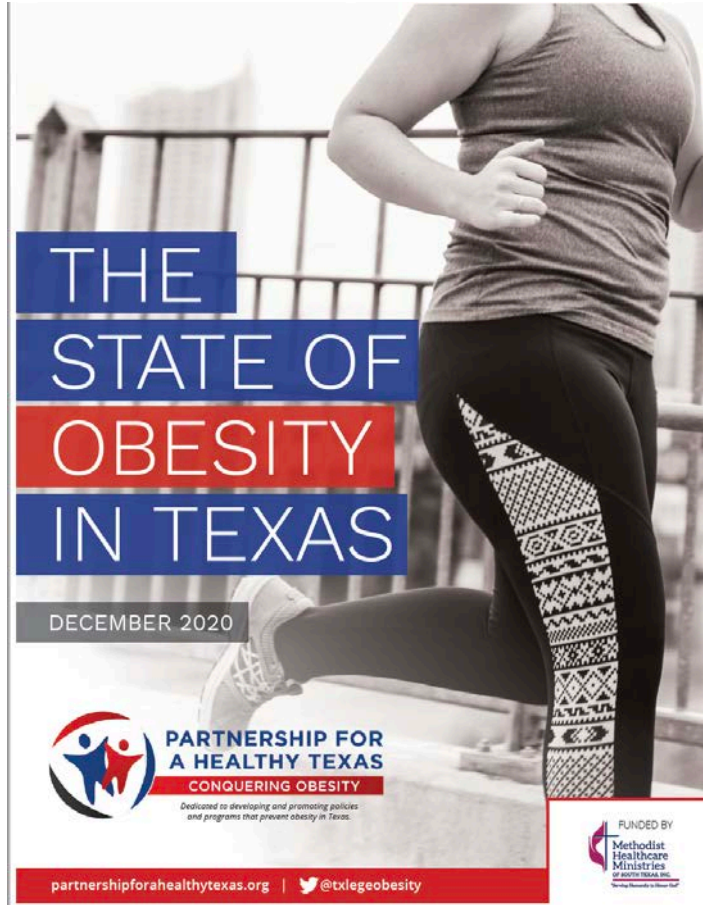


United Medical Center,
Del Rio, TX

Policy & Advocacy



Advocacy Work



Thank you!





www.PartnershipforaHealthyTexas.org • [@txlegeobesity](https://twitter.com/txlegeobesity)



Steering Committee Organization Members



State of Obesity in Texas: Obesity and COVID-19





PARTNERSHIP FOR A HEALTHY TEXAS

CONQUERING OBESITY

The Partnership for a Healthy Texas, a coalition of over 50 organizations, has identified eight health policies for consideration by the 87th Texas Legislature. These policies are aimed at positively impacting the obesity epidemic in Texas, particularly among school-age children.

Summary of Priorities for 2021 Legislative Session:

Ensure all Texas children have access to a well-rounded education which includes recess, physical education, and instruction on health.

1. Require school districts to create and institute recess policies that reflect best practice, consider recommendations from the School Health Advisory Committee (SHAC) and allow children the opportunity to be active, practice life skills and reenter the classroom ready to learn.
2. Increase middle school physical education (PE) requirements to include moderate to vigorous activity for 6 semesters, high school PE requirements to 3 semesters, and make 1 semester of health education required for graduation.

Eliminate food insecurity exacerbated by the COVID-19 pandemic; increase Texans' access to healthy foods and decrease their risk of obesity.

3. Fully fund the Surplus Agricultural Products Grant which ensures food banks have the produce to keep Texans from going hungry during the pandemic.
4. Encourage Medicaid Managed Care Organizations (MCOs) to implement initiatives to address social determinants of health (SDOH) including healthy food access.
5. Increase access to SNAP benefits for senior citizens by streamlining the application process.

Maintain and strengthen Texas' current public health and educational infrastructure to address obesity.

6. Promote the efficacy of the Texas' Whole Child School Health Policy approach, School Health Advisory Committees (SHACs) and physical fitness assessments which play a critical part of youth fitness and the physical education curriculum.
7. Protect and enhance current requirements around PE and Health Education.
8. Protect vital public health funding at the Department of State Health Services to combat chronic diseases including obesity.



PARTNERSHIP FOR A HEALTHY TEXAS

CONQUERING OBESITY

Protect Public Health Funding

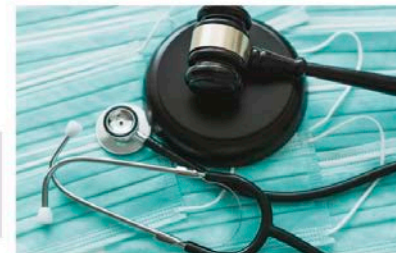
Protect vital public health funding at the Department of State Health Services to combat chronic diseases including obesity.

ISSUE: While state budgets are constrained due to the pandemic, the Texas Legislature must find a way to keep our state's public health infrastructure fully funded and operational. Chronic disease prevention and health promotion are equally as vital as responding to infectious disease pandemics as these programs keep Texans healthy and productive throughout their lives.

BACKGROUND: The COVID-19 pandemic has wreaked havoc on state economies and Texas is no exception. Declining revenues have created a significant projected state budget shortfall. Lawmakers have responded by requiring state agencies to reduce their current FY 2020-2021 budgets by 5% through a combination of cuts and hiring freezes. The Texas Department of State Health Services (DSHS), our state's public health department, was exempt from this round. However, state agencies have also been asked to reduce their FY 2022-2023 by another 5% in which DSHS is not exempt. This equates to a target reduction of \$32.9 million during a global infectious disease pandemic. Currently, no cuts are envisioned for obesity related chronic disease prevention and health promotion in the DSHS Legislative Appropriations Request.¹ However, other related chronic disease prevention program such as the Diabetes Prevention and Control program and Heart Disease and Stroke Activities are slated for partial reductions.

While the department's role to respond to COVID-19 is extremely important, public health is more than emergency response. **A well-funded public health infrastructure is vital to promoting healthy behaviors and combating chronic disease like diabetes, heart disease and obesity.** The DSHS Obesity Prevention Program² works to make healthy choices easier for all Texans wherever they live, work, and play by:

- Improving key social determinants that most impact obesity
- Improving health equity
- Increasing resources and capacity of local health departments and community organizations to address obesity



\$32,929,840

Required target reduction to
DSHS for FY 2022 – 2023

34.5%

Obesity prevalence rate in Texas, 2018³

- Transforming environments in Texas with evidence-based interventions addressing physical activity and healthy eating; and
- Collecting and evaluating intervention data to ensure successful, impactful, and efficient use of public health resources.

State general revenue investment in the Obesity Prevention Program creates an infrastructure that makes Texas a competitive applicant for obesity related federal grant funding opportunities. Without at least a partial fiscal commitment from the state legislature we are in danger of losing out on federal funds in the future.

RECOMMENDATION:

- 1) Fully fund the Department of State of Health Services, including requested exceptional items, amid a global pandemic.
- 2) Defend against cuts to all forms of public health services including chronic disease prevention and health promotion.

References 1 Texas Department of State Health Services. (October 9, 2020). Legislative Appropriations Request for Fiscal Years 2022-2023. Retrieved from: https://www.dshs.texas.gov/legislative/far/ABST-Submission_Printshop/ 2 Texas Department of State Health Services. (2016 – 2021). Obesity Prevention Program. Health Promotion and Chronic Disease Prevention Section. Retrieved from: https://www.dshs.texas.gov/obesity/pdf/COPP_StratPlan_01032018.pdf 3 2018 Texas Behavioral Risk Factor Surveillance System (BRFSS). Center for Health Statistics, Texas Department of State Health Services. Retrieved from: <https://www.dshs.texas.gov/obesity/pdf/2018-Obesity-Prevalence-map.pdf>

Ensure all Texas children have access to a well-rounded education which includes recess, physical education, and instruction on health.

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Maintain and strengthen Texas' current public health and educational infrastructure to address obesity

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7. Protect and enhance current requirements around PE and Health Education.

8. Protect vital public health funding at the Department of State Health Services to combat chronic diseases including obesity.





Policy for the Health of Our Children

Dr. Alma A. Allen
Texas House of
Representatives
District 131

SOLOMON P. ORTIZ ELEMENTARY

DEMOGRAPHICS:

ENROLLMENT- 630 PK3-5TH GRADE

AT-RISK POPULATION- 72%

ECONOMIC DISADVANTAGED- 95%

SERVICE- 98 SPECIAL EDUCATION STUDENTS

144 LIMITED ENGLISH PROFICIENT

HIGH PERFORMANCE HIGH PROGRESS SCHOOL

TEXAS EDUCATION AGENCY: STATE ACCOUNTABILITY A RATED SCHOOL WITH A 96 AVERAGE

5 TIME CONSECUTIVE TEXAS HONOR ROLL SCHOOL

TEXAS GOLD RIBBON SCHOOL



BEATING THE EDUCATIONAL ODDS

Community involvement in promoting a culture of health

- Morning program- Running Club, Fitness Club, Marathon Miles
- Intramural Sports- Flag football, volleyball, basketball, soccer
- Lunchroom Health Education- Cafeteria Tours
- Family Health Engagement and Education- Cancer Awareness, Guest speakers
- Extracurricular Activities- Cheer, Dance, Blue Crew
- Continuing physical Activity against the odds and challenges of Pandemic



MAKING SURE KIDS SUCCEED!!

Stopping at nothing- Whatever it takes school wide attitude

- Driving Physical bodies & promoting self-esteem
- Combatting ADHD for increased engagement and focus
- Acknowledgment of the Whole Child
- Continuing to make the expectation of physical activity during pandemic times
- When kids are succeeding and thinking positive the academics will follow!!





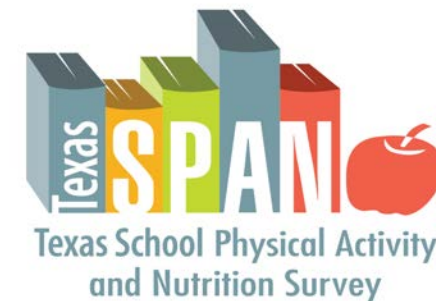
**PARTNERSHIP FOR
A HEALTHY TEXAS**
CONQUERING OBESITY

Questions?

Thank you for joining!

www.PartnershipforaHealthyTexas.org • [@txlegeobesity](https://twitter.com/txlegeobesity)

Child Health Status Report Update: Data from the Texas School Physical Activity and Nutrition Survey (Texas SPAN), 2019-2020



The University of Texas Health Science Center at Houston (UTHealth)
School of Public Health in Austin



Presentation for LST World Obesity Day Summit – March 4, 2021

Acknowledgements



- **The Texas Department of State Health Services (DSHS), Funding Agency**
- Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under Grant Number HHS000084100001
- Texas Title V Maternal and Child Health Services
- Michael & Susan Dell Foundation
- UTSPH campuses (Austin, Brownsville, Dallas, El Paso, Houston, San Antonio)
- DSHS Region 4/5 Community Outreach Division
- Area Health Education Centers (AHEC): Desert Mountain, Greater Houston, Lower Rio Grande, Panhandle, and West Texas
- UTHealth School of Nursing
- UT Health Science Center Regional Campuses, Austin, Brownsville, Dallas, El Paso, Houston, San Antonio
- Texas Tech University
- ***Thank you to the school districts, schools, children, and parents who participated in the study!***

SPAN Research Team



- UTHealth SPH
 - Investigators:
 - Deanna Hoelscher, PhD, RDN, PI
 - Nalini Ranjit, PhD, Co-I
 - Adriana Perez, PhD, Co-I
 - Project Director:
 - Carolyn Smith
 - Research Coordinator:
 - Nika Akhavan, MPH
 - Raja Malkani
 - Research Assistant:
 - Kyna Farmer
 - Graduate Research Assistants:
 - Genesis Rivas-Ponce, MPH
 - Sarah Classen, MPH
 - Sarah McConnon, MPH
 - Doctoral Student:
 - Christine Jovanovic, MPH, PhD
 - Post Doctoral Student:
 - Amanda Reat, PhD
- DSHS Staff:
 - Drue Evans
 - PHR 4/5N Volunteers
- UTHealth SPH Staff:
 - Alejandra Gonzalez
 - Alison Bachellor
- Alex Devora
- Andrew Lam
- Avni Gupta
- Celina Moore
- Claire Crofford
- Clara Meerbach
- Gabrielle Hicks
- Jessica Fraizer
- Kelsey Craker
- Lee Minneti
- Martha Diaz
- Pablo Martinez
- Robyn Dunkin
- Sarah Macias
- Sandra Oh
- Shaili Bhavsar
- Shivani Lokesh
- Tracy Howard



What is Texas SPAN?



- Texas School Physical Activity and Nutrition (Texas SPAN) Project
- SPAN monitors trends in overweight and obesity in school children.
- SPAN identifies factors that may be associated with obesity.
- Information from SPAN will assist in the development of targeted programs and policies to address overweight and obesity among Texas youth.

SPAN by the Numbers (2000-2020)



- Number of students who have participated: 79,951
- Number of schools who have participated: 1,560
- Number of individual schools that have participated: 1,250
- Number of SPAN publications: 37
- Number of SPAN presentations: 45
- Other unique features:
 - Diverse population
 - Border/non-border population

Overview of Texas SPAN Surveys



Survey	Grades	PHR's	Other
SPAN 2000-2002	4, 8, 11	1, 3, 5, 7, 11, 2, 4, 6, 8, 9/10	
SPAN 2004-2005	4, 8, 11	1, 2/3, 4/5N, 6/5S, 7, 8, 9/10, 11	9 counties
SPAN 2009-2011	4, 8, 11, 4 th parents	1, 2/3, 4/5N, 6/5S, 7, 8, 9/10, 11, border/non-border	School health policy survey, CIP
SPAN 2015-2016	2, 4, 8, 11	1-9/10, 2/3, 4/5N, 6/5S, 7, 8-11, border/non-border for grades 4, 8, 11	School health policy survey, CIP, vending machine audits, healthy signage observation
SPAN 2019-2020	2, 4, 8, 11	Border/non-border for grades 4, 8, 11	School health policy survey, CIP, vending machine audits, healthy signage observation

Data Collected During Texas SPAN



- Directly measured height and weight for students from 2nd, 4th, 8th, and 11th grades
- A self-report questionnaire administered to students of 4th, 8th, and 11th grades, validated
 - Demographics, diet, physical activity practices, knowledge, oral health
- A take-home survey for parents of 2nd grade students
 - Information on the child's diet, activity, and oral health behaviors, as well as related constructs
- School policies and practices
 - School Health Policy Questionnaire (HPQ), Campus Improvement Plans (CIP), Vending Machine Inventory, Signage Observations



Hoelscher et al., 2003; Hoelscher et al., Penkilo et al., 2008; Thiagarajah et al., 2008; Larsen et al., 2015

Statewide Participation



- Health Service Regions: 1-9/10, 2/3, 4/5N, 6/5S, 7, 8/11
- Number of Districts Surveyed: 65
- Number of Schools Surveyed: 177

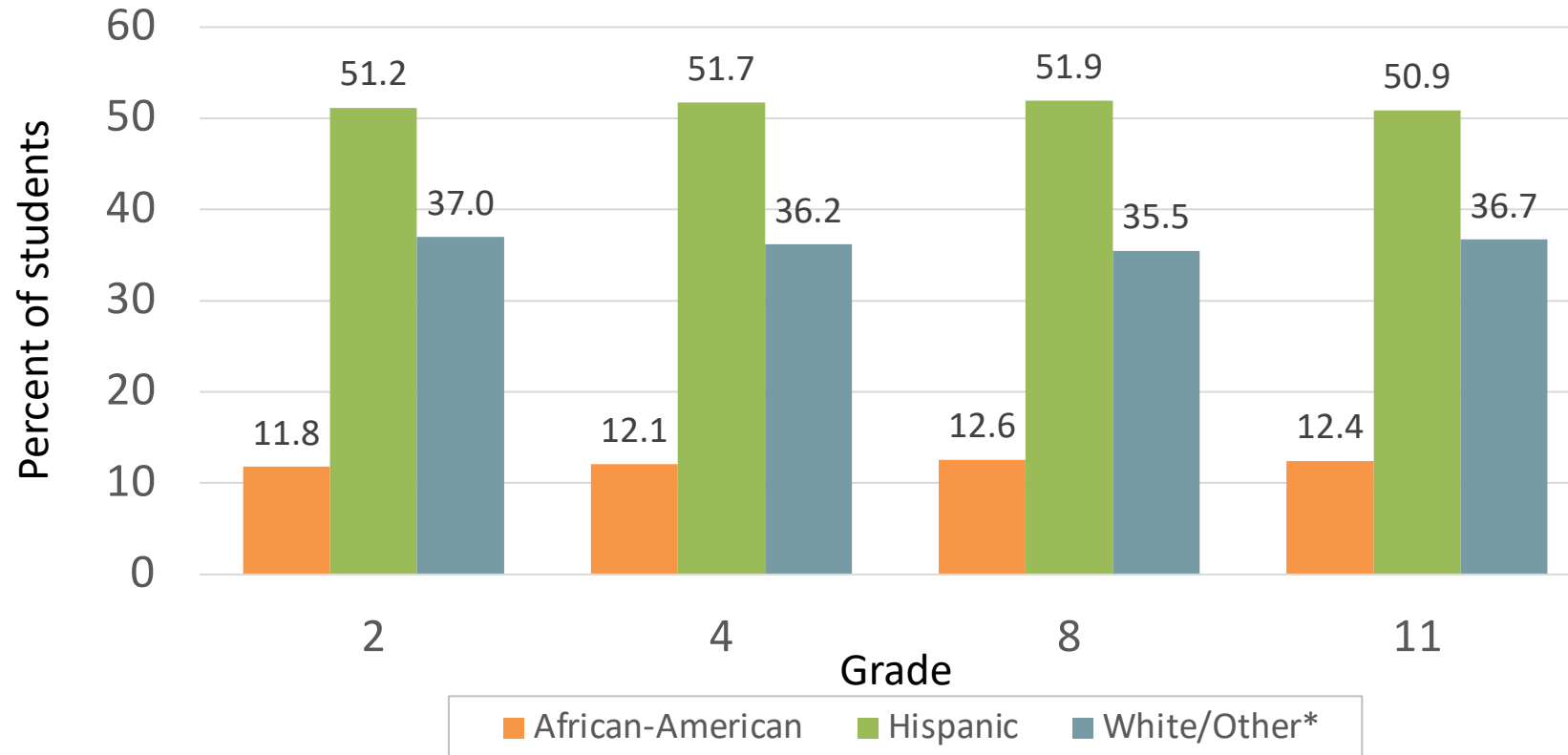
	Students / Parents Participating	2019–2020 Population Representation
2nd Grade Parents	1,069	340,971
4th Grade	2,856	355,314
8th Grade	2,680	369,248
11th Grade	1,941	341,483
Total	8,546	1,407,016

Information in this Report



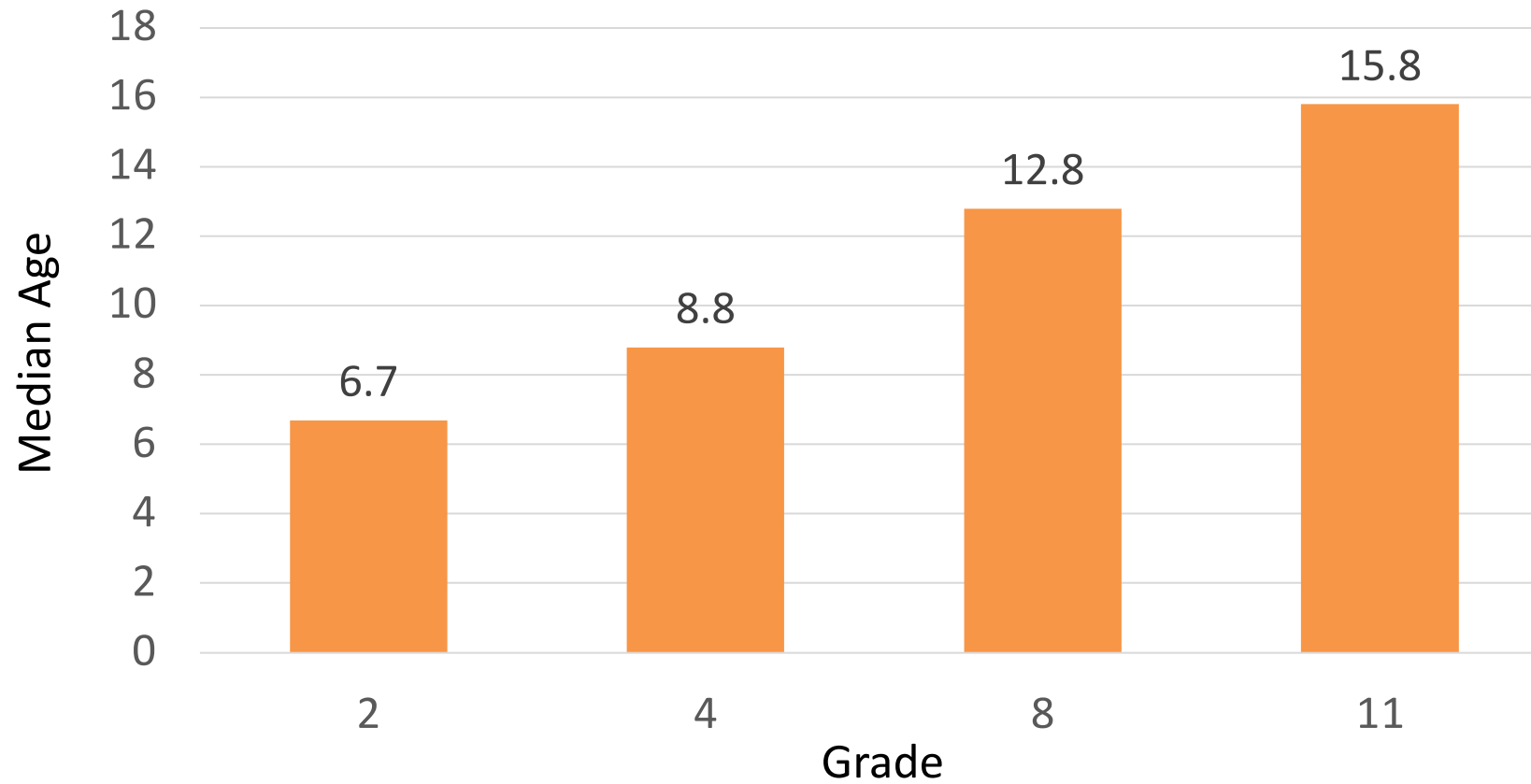
- Snapshot of the 2nd, 4th, 8th, and 11th grade population in the state of Texas during the 2019-2020 academic school year (through March)
- This report summarizes self-reported nutrition and physical activity data, and measured BMI data for children in 4th, 8th, and 11th grade.
 - For children in 2nd grade, BMI was measured, but nutrition and physical activity data are reported by parents.
- Results in this report are weighted using the 2019-2020 survey weights for population representation at the state level.

Racial/Ethnic Distribution, Texas SPAN, 2019-2020



*White/Other includes multi-racial students.

Median Age, Texas SPAN, 2019-2020



Weight Status in Children



- Weight status categories for children 2-19 are defined using BMI (kg/m^2) percentile cutpoints on the CDC growth charts:
 - **Underweight:** $<5^{\text{th}}$ percentile BMI
 - **Healthy weight:** 5^{th} to $<85^{\text{th}}$ percentile BMI
 - **Overweight:** 85^{th} to $<95^{\text{th}}$ percentile
 - **Obesity:** $\geq 95^{\text{th}}$ percentile BMI
 - **Severe obesity:** $\geq 120\%$ of 95th percentile BMI

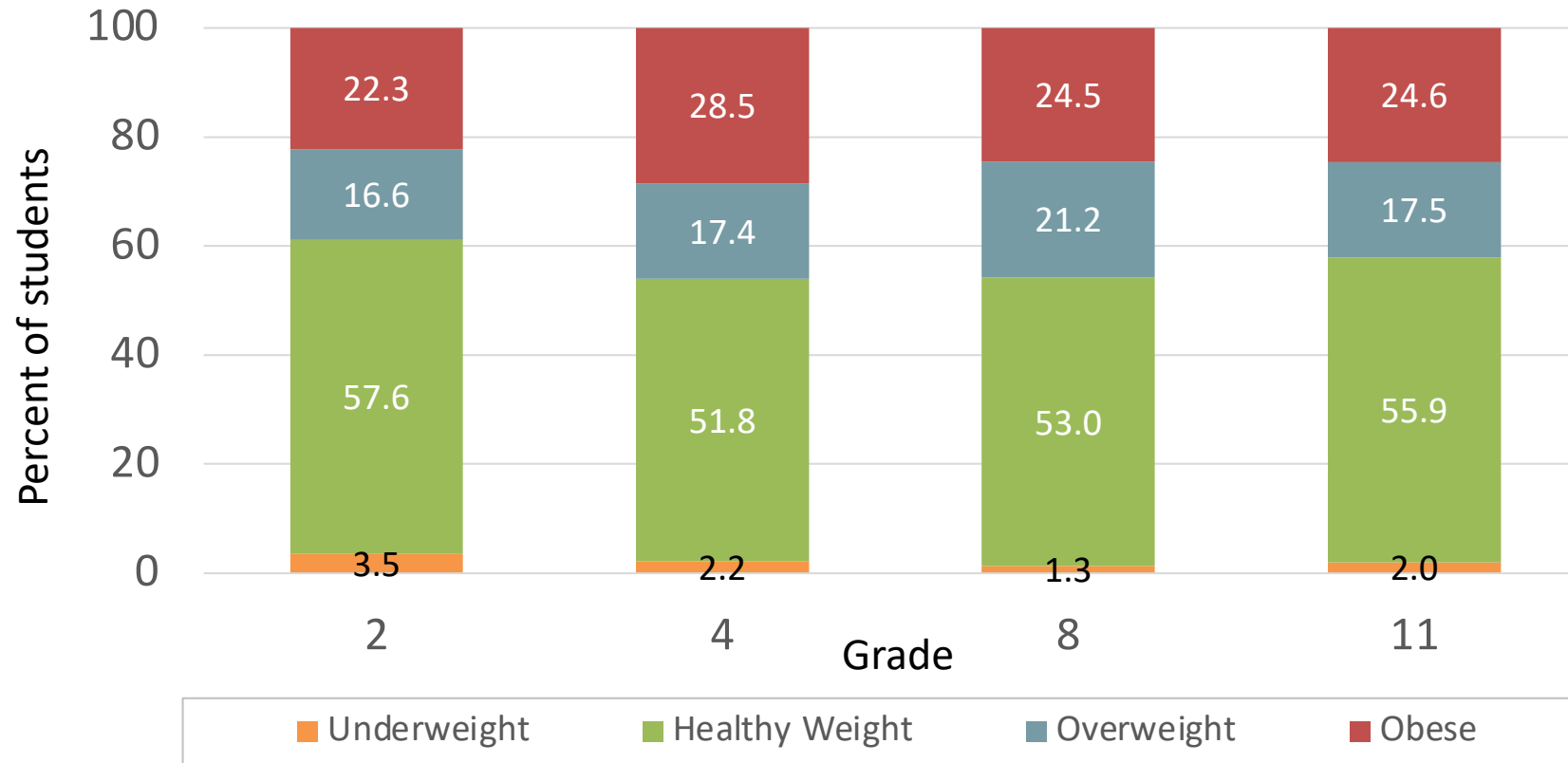
Sources: CDC Growth Charts, Freedman et al., Obesity, 2017

Healthy People 2030 Objectives for Child and Adolescent Obesity

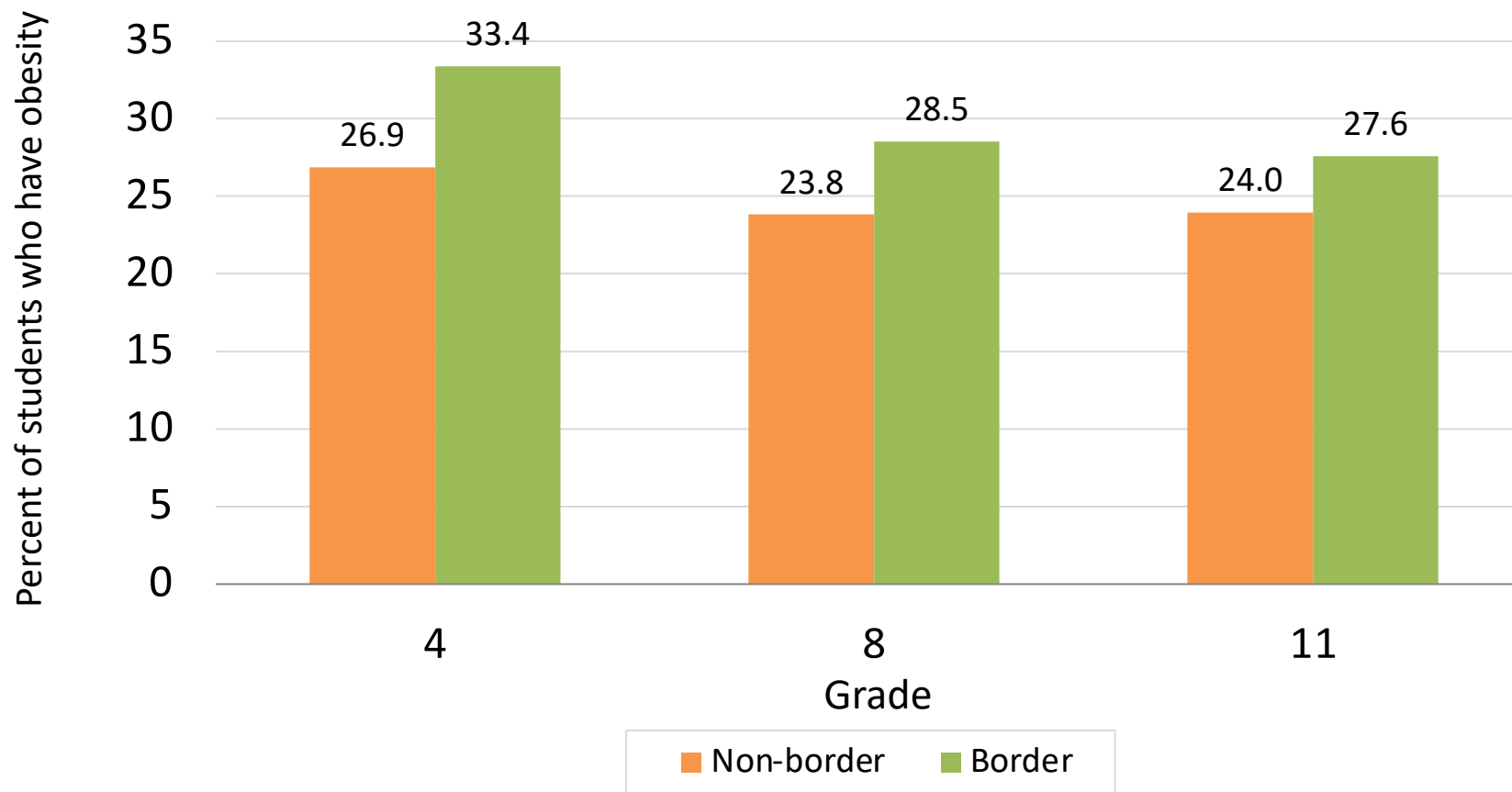
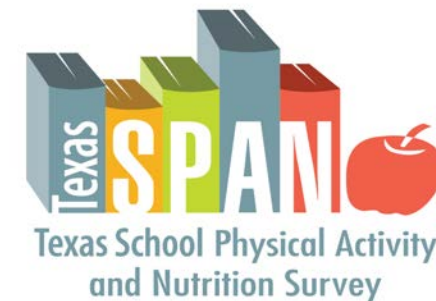


- Nutrition and Weight Status Objective [NWS-04](#) of the Healthy People 2030 is to *Reduce the proportion of children and adolescents with obesity*
 - **Baseline:** 17.8 percent of children and adolescents aged 2 to 19 years had obesity in 2013-16
 - **Target:** 15.5 percent
- This objective is a [Leading Health Indicator](#) for HP 2030

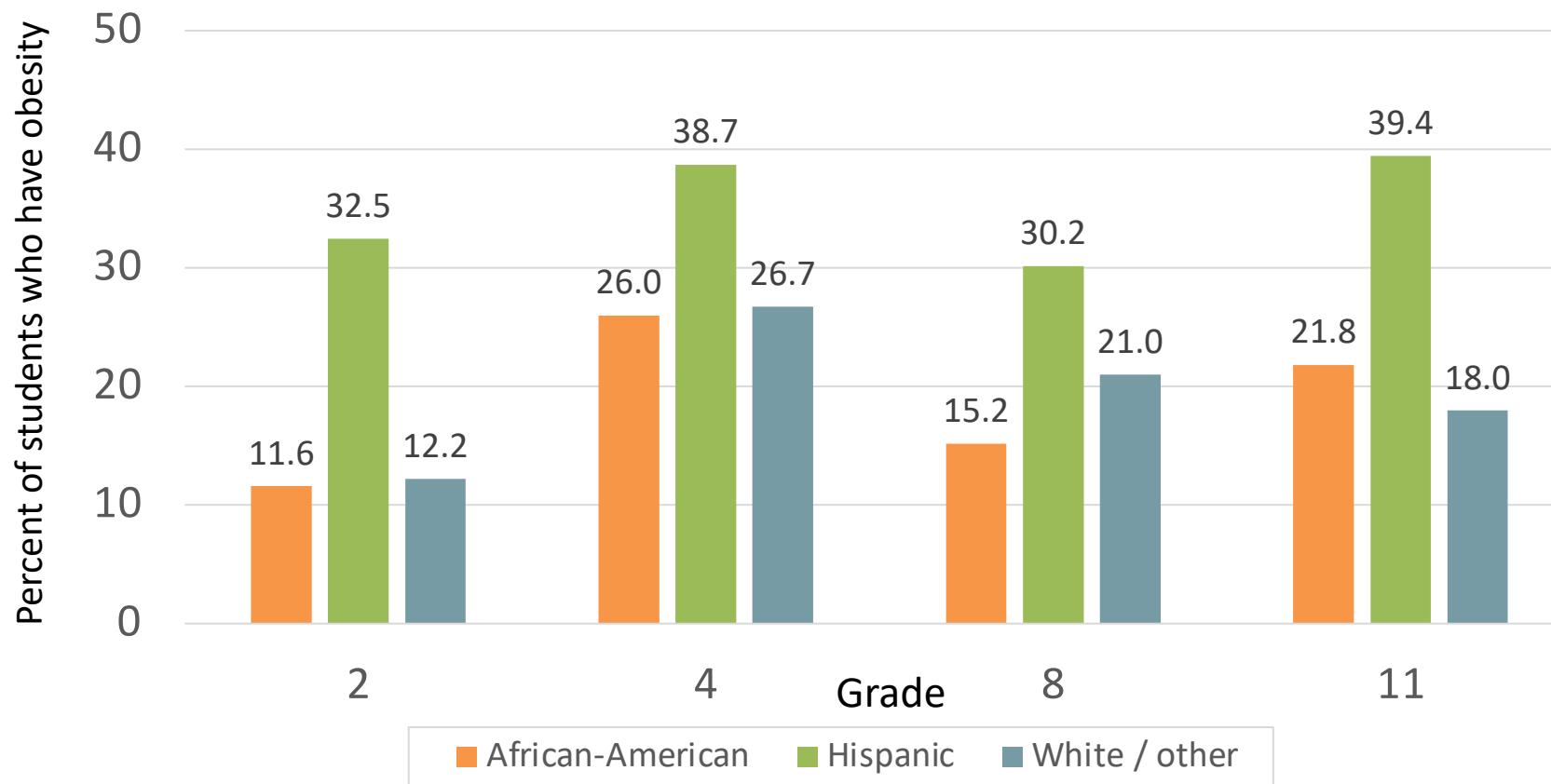
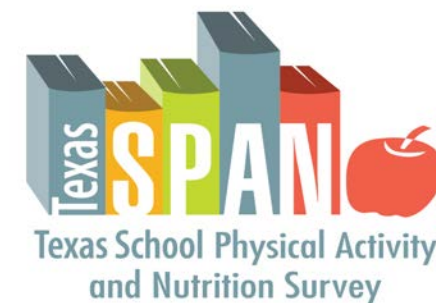
Weight Status by Grade Level (2019-2020)



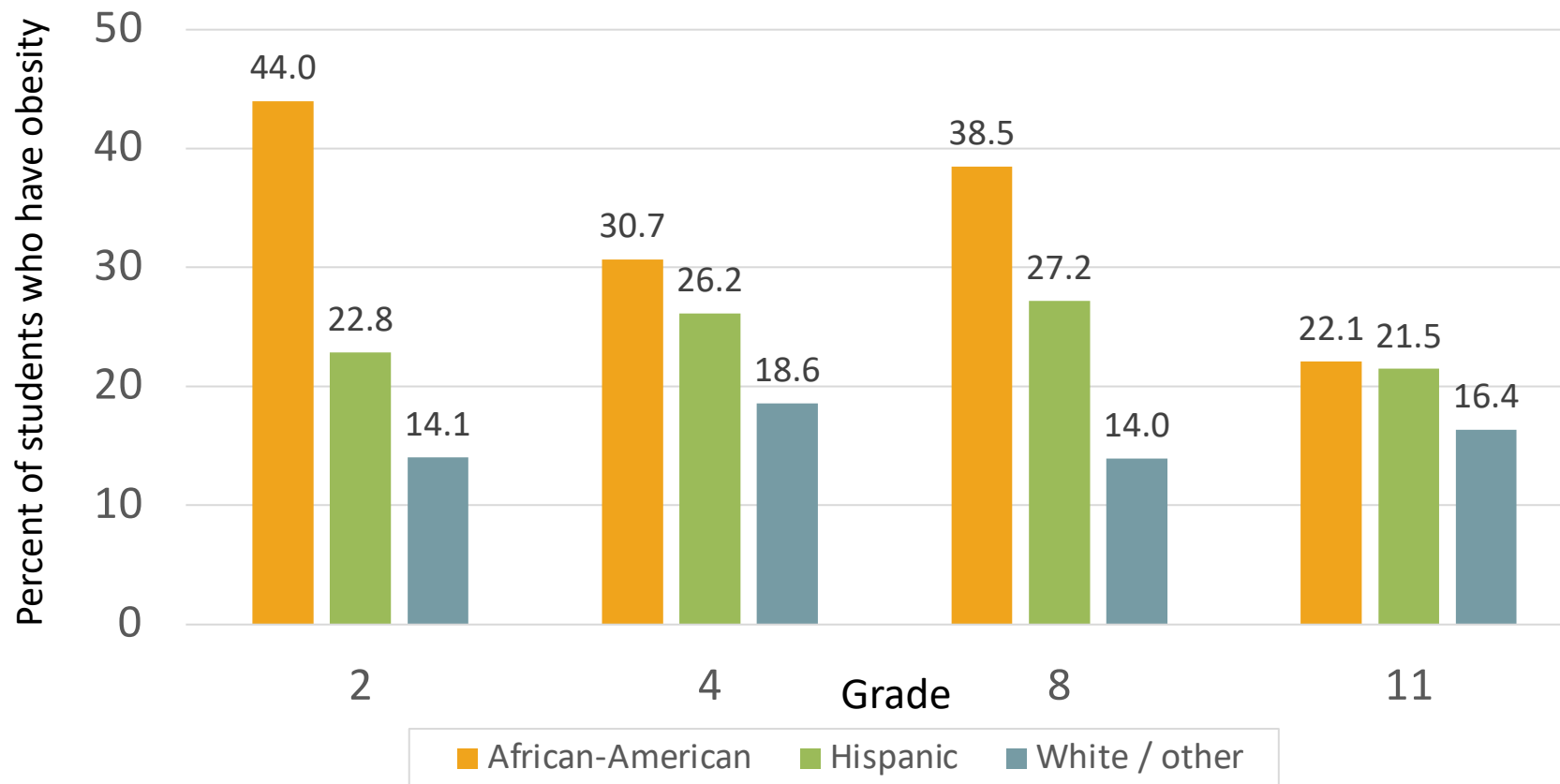
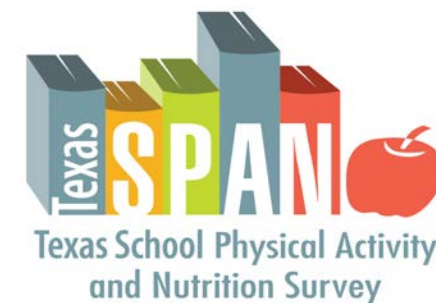
Obesity by Border County by Grade (2019-2020)



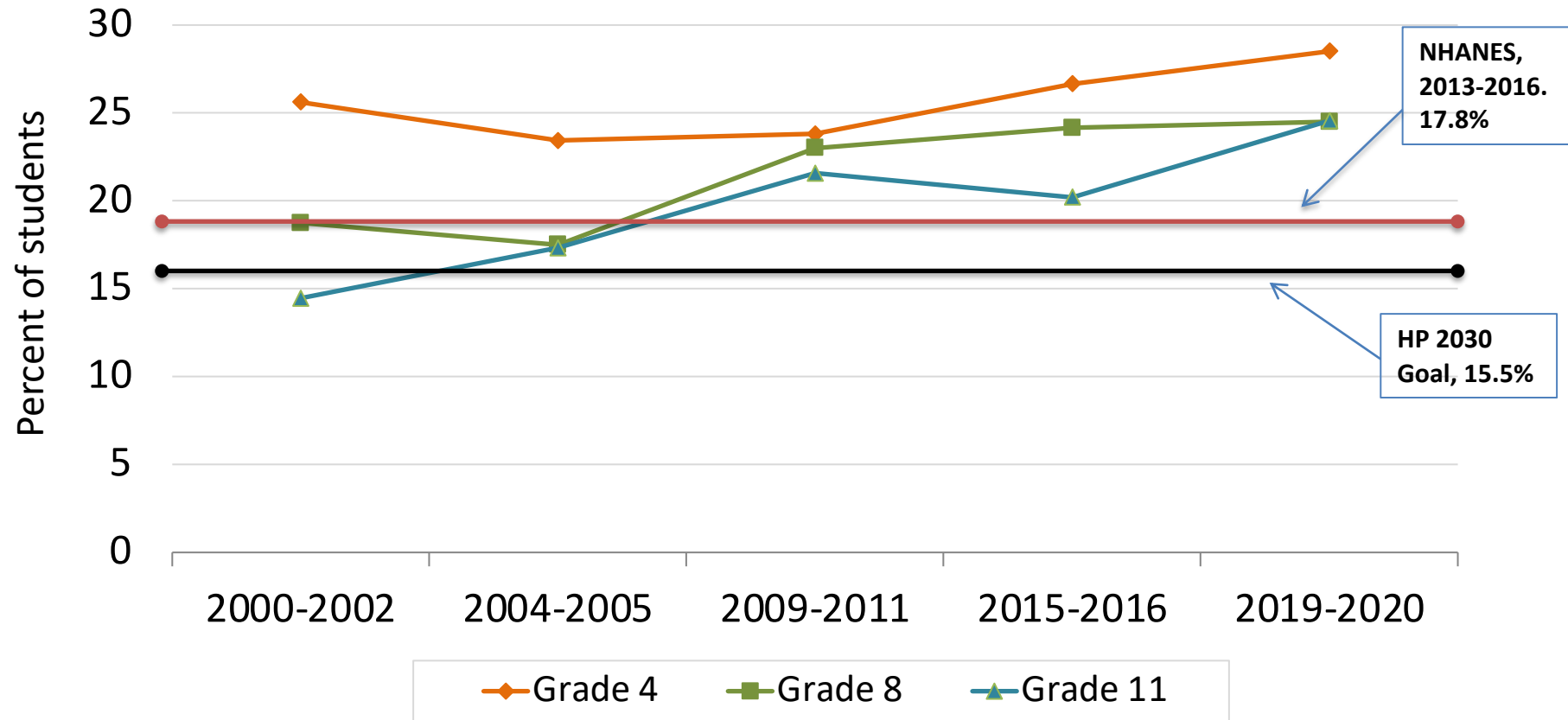
Obesity Among Boys by Grade and Racial/Ethnic Group (2019-2020)



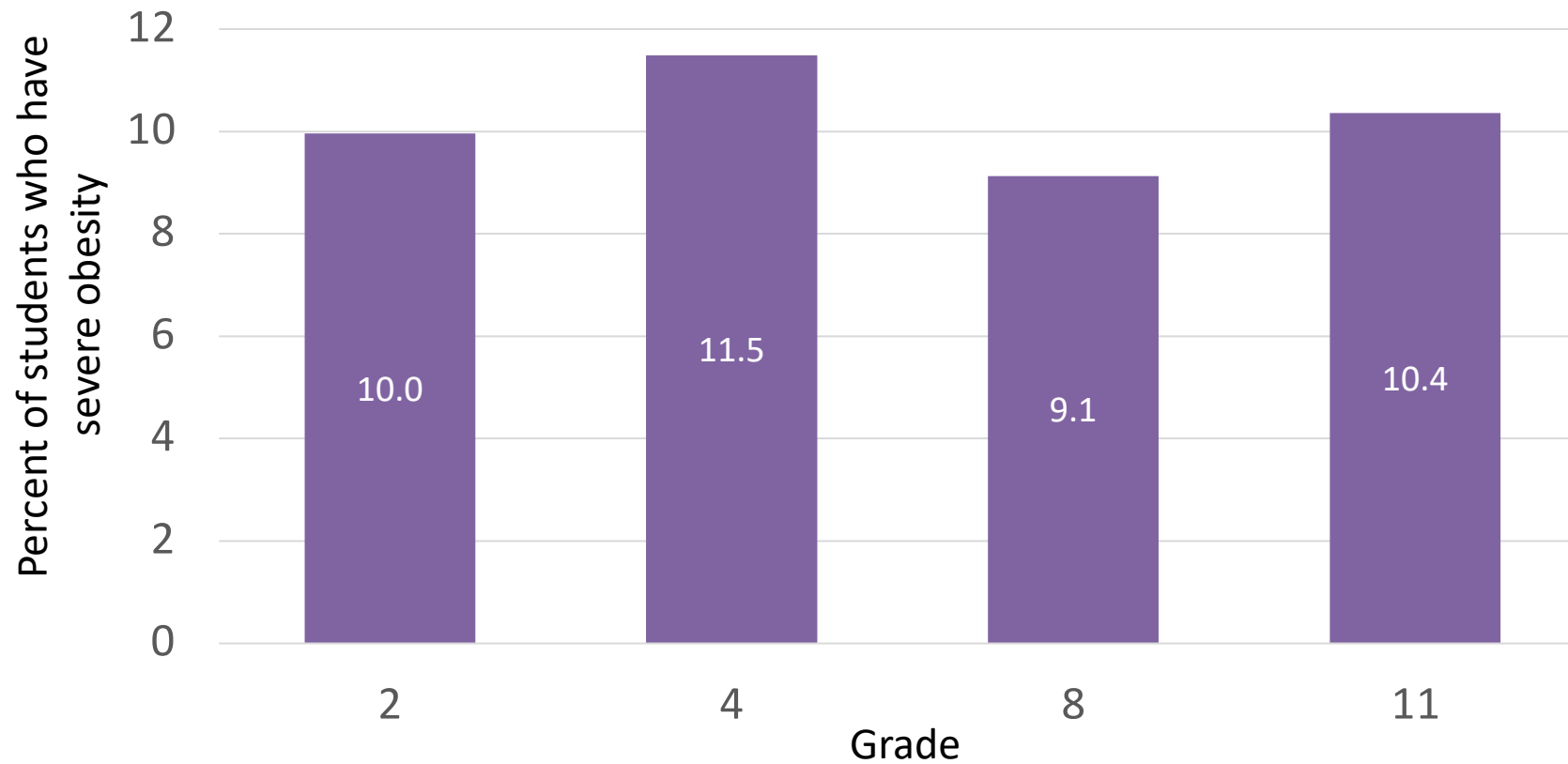
Obesity Among Girls by Grade and Racial/Ethnic Group (2019-2020)



Trends in Child Obesity in Texas (2000-2020)



Children with Severe Obesity in Texas (2019-2020)

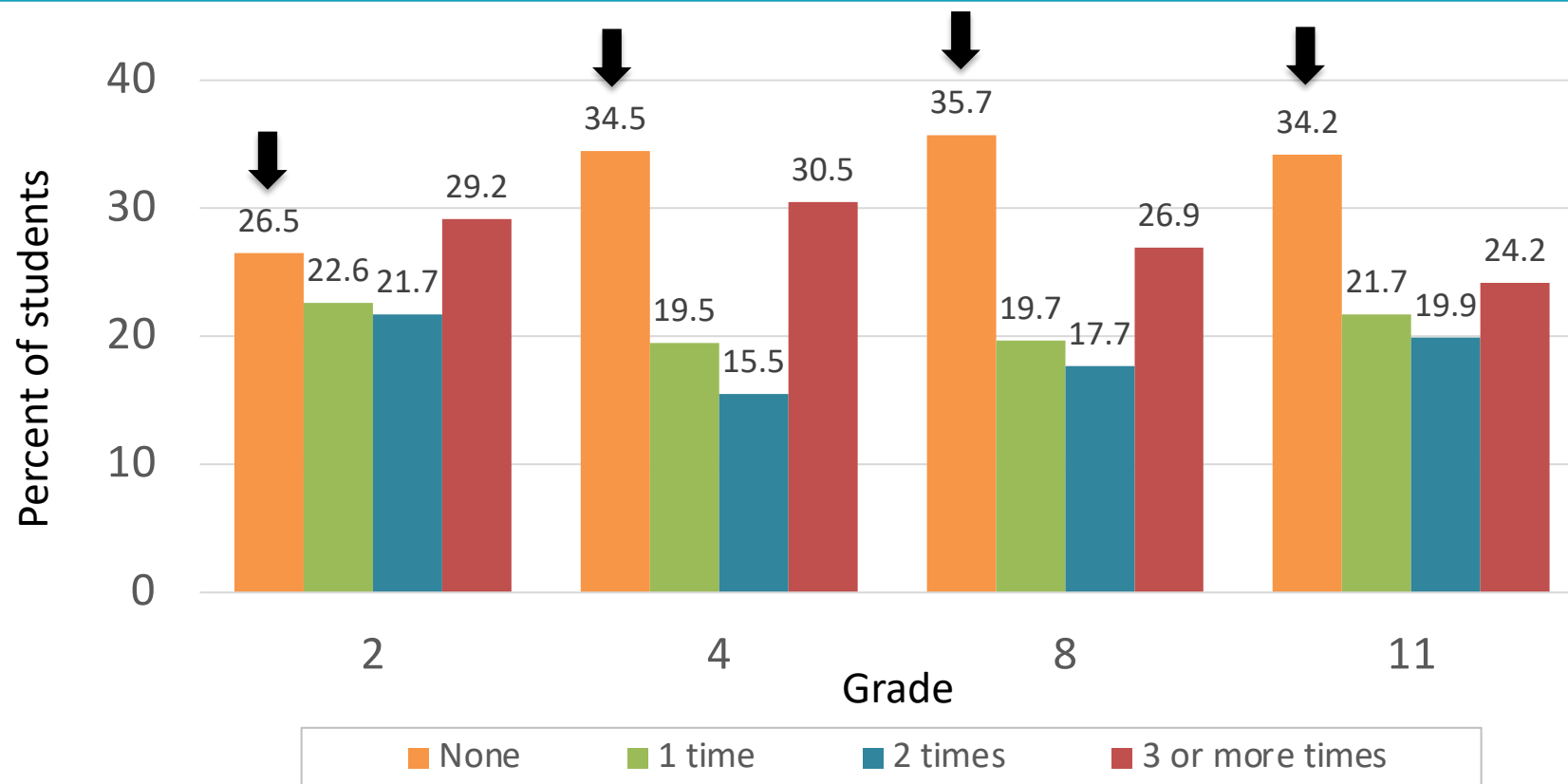
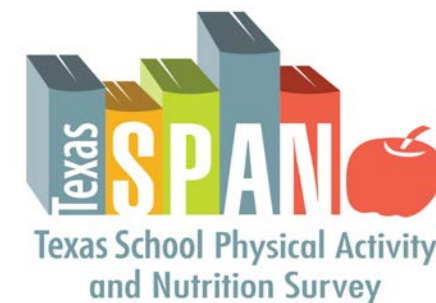


Dietary “Yesterday” Questions



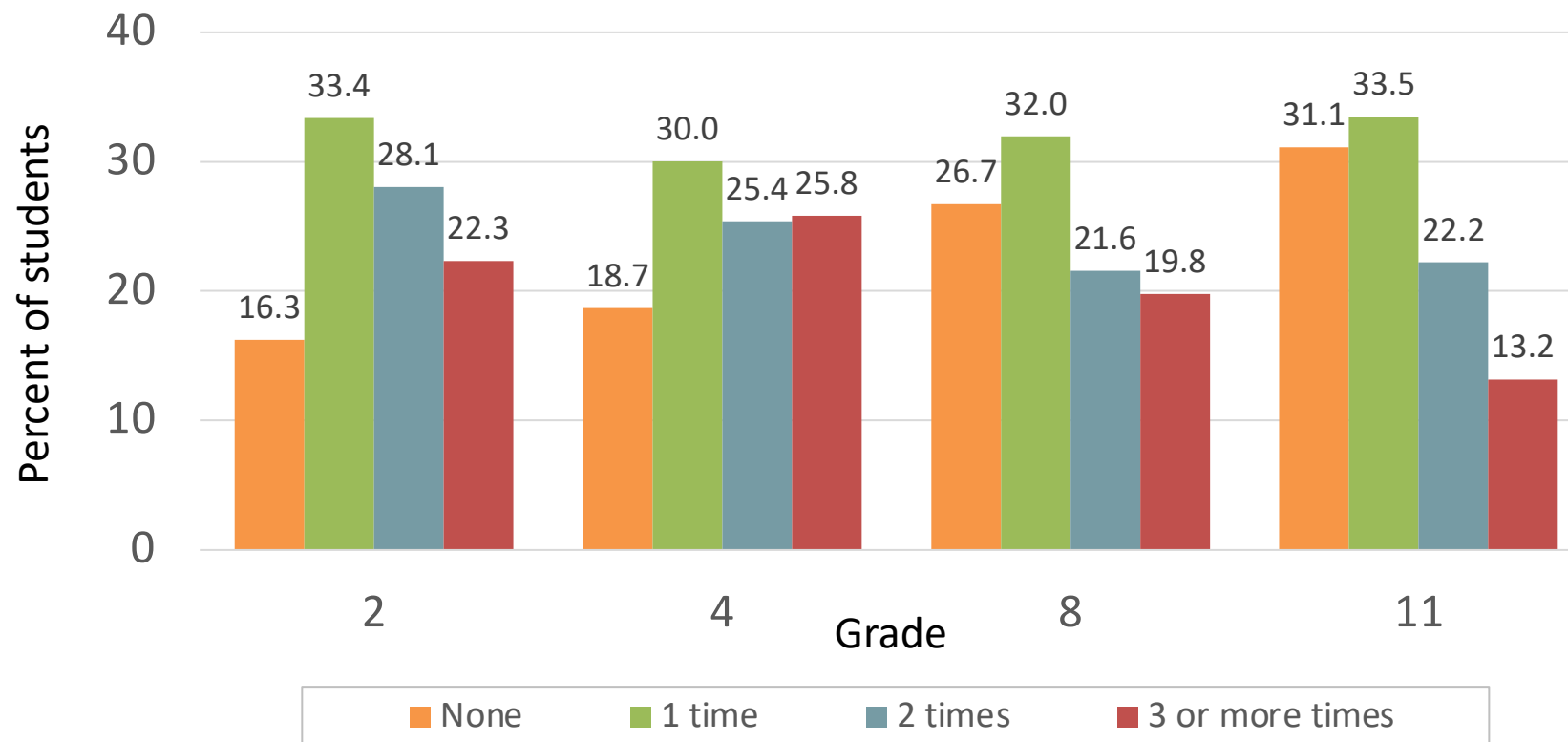
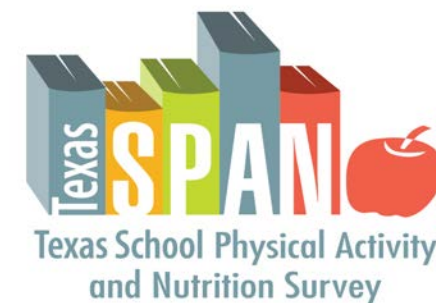
- Some diet-related questions in the survey ask the students questions about “yesterday”.
 - For 2nd grade, parents of students were asked about “yesterday” behaviors
- These questions cannot provide information about individual behaviors, since these questions are about one day of intake.
- However, if we look at the aggregate results, we can get estimates of the entire group.

Number of Times Vegetables Were Consumed per Day by Grade, 2019-2020



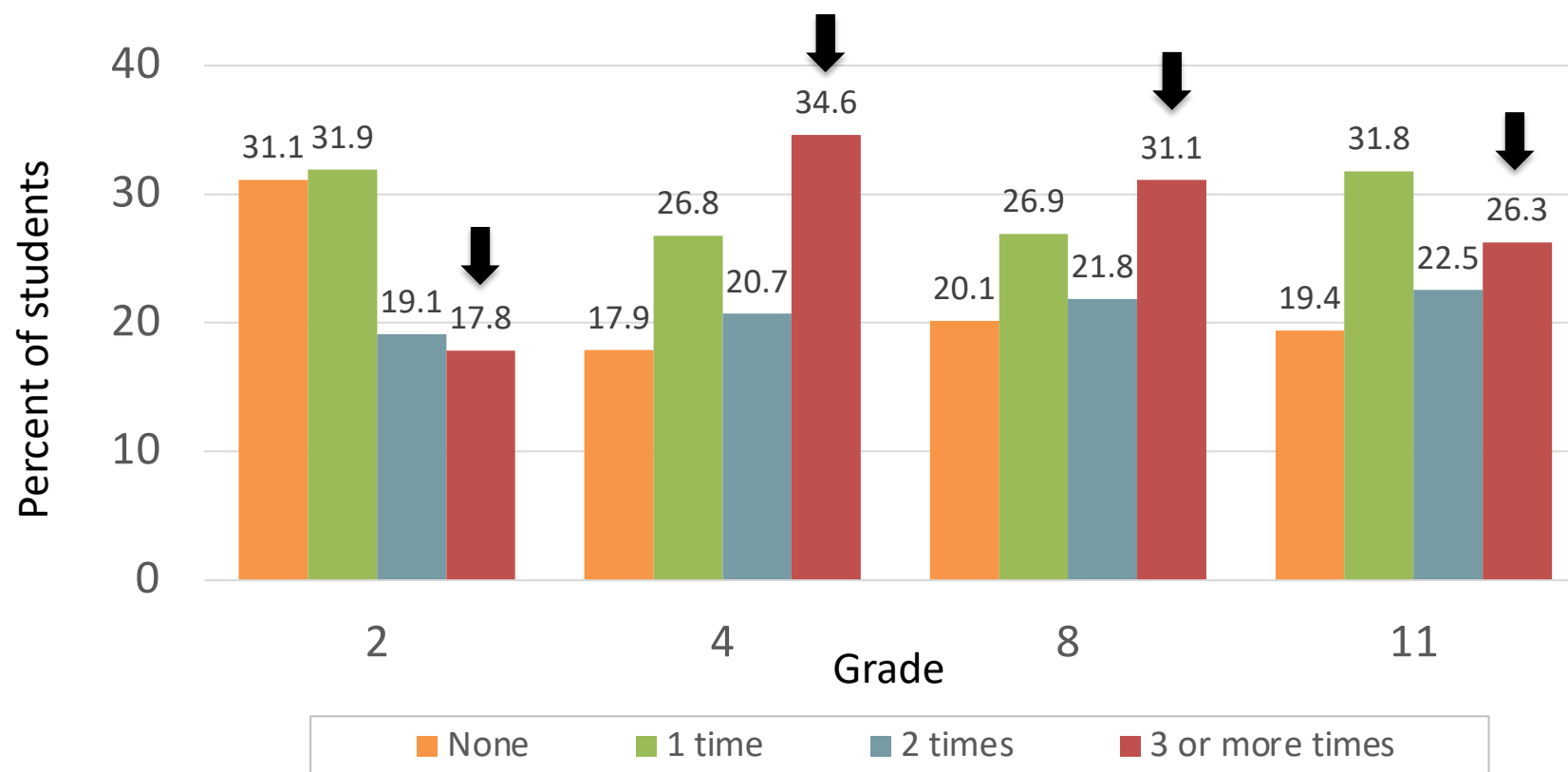
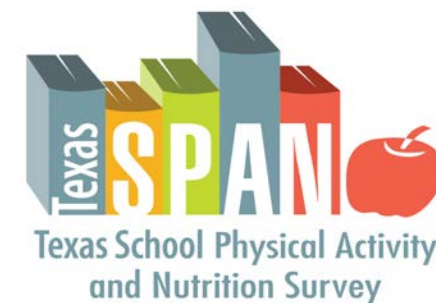
Includes starchy, yellow/orange, green, other vegetables, and beans/legumes

Number of Times Fruit* Was Consumed per Day by Grade, 2019-2020



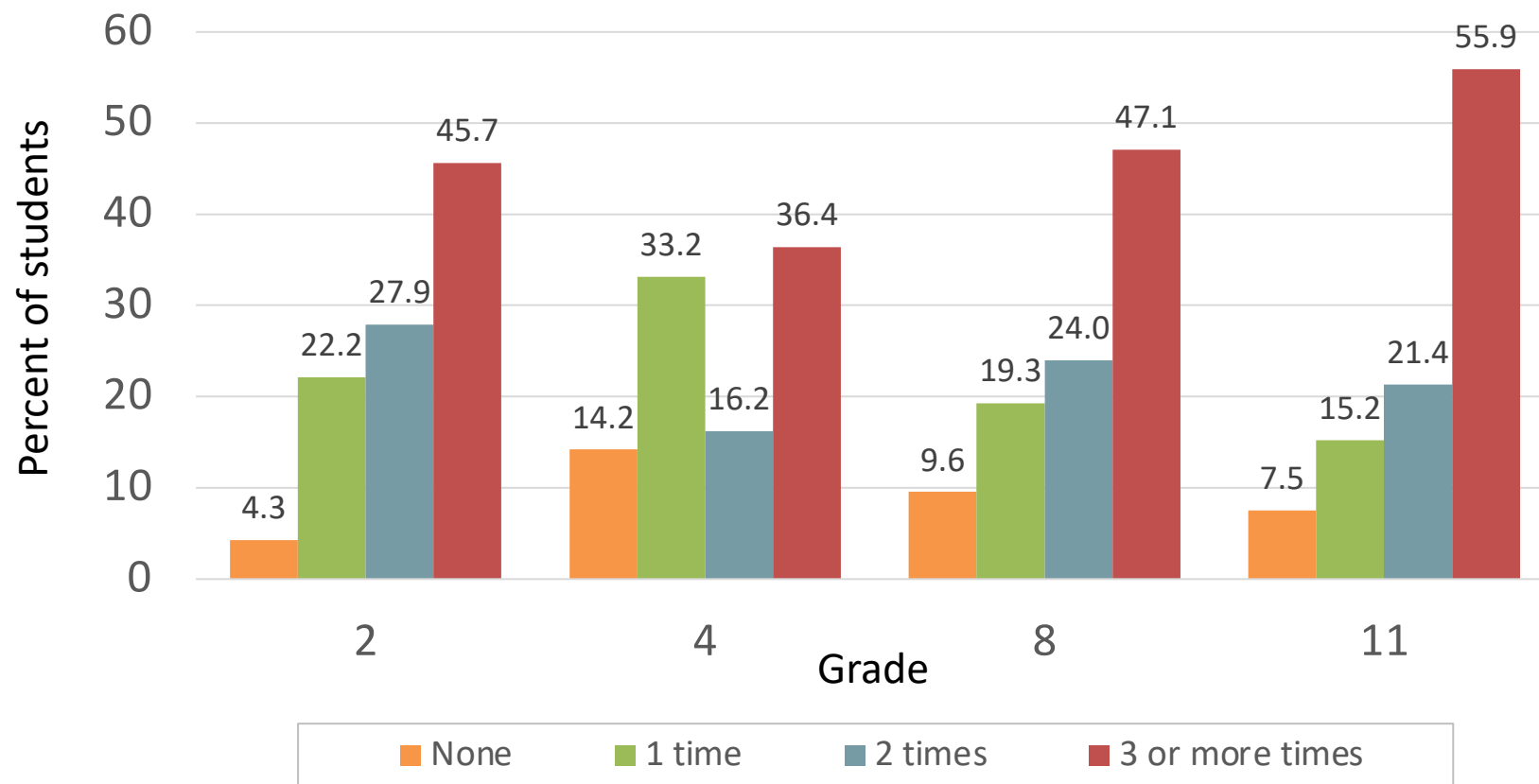
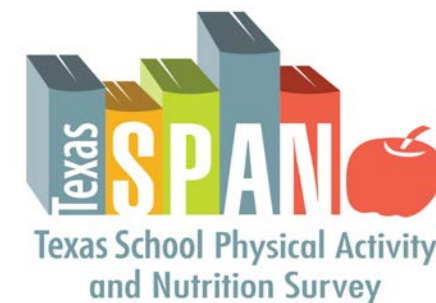
*Computed as consumption of fruit plus fruit juice.

Number of Times Sugary Beverages* Were Consumed per Day by Grade, 2019-2020

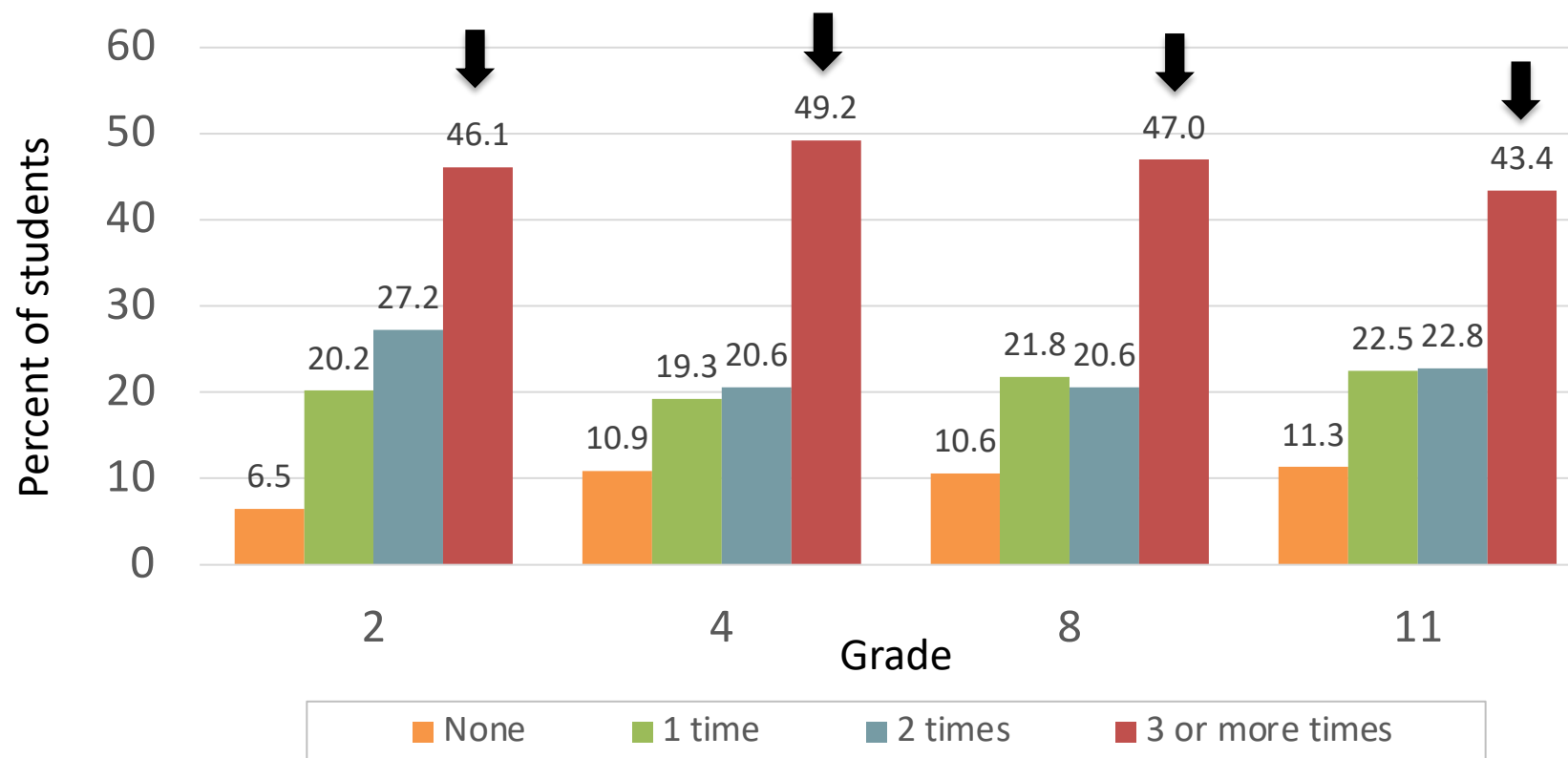
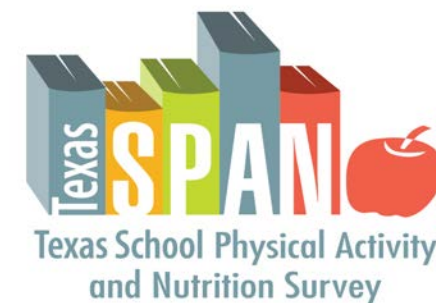


*Computed as consumption regular sodas, coffee/tea with sugar, fruit drinks, flavored milks, and energy drinks

Number of Times Water Was Consumed per Day by Grade, 2019-2020

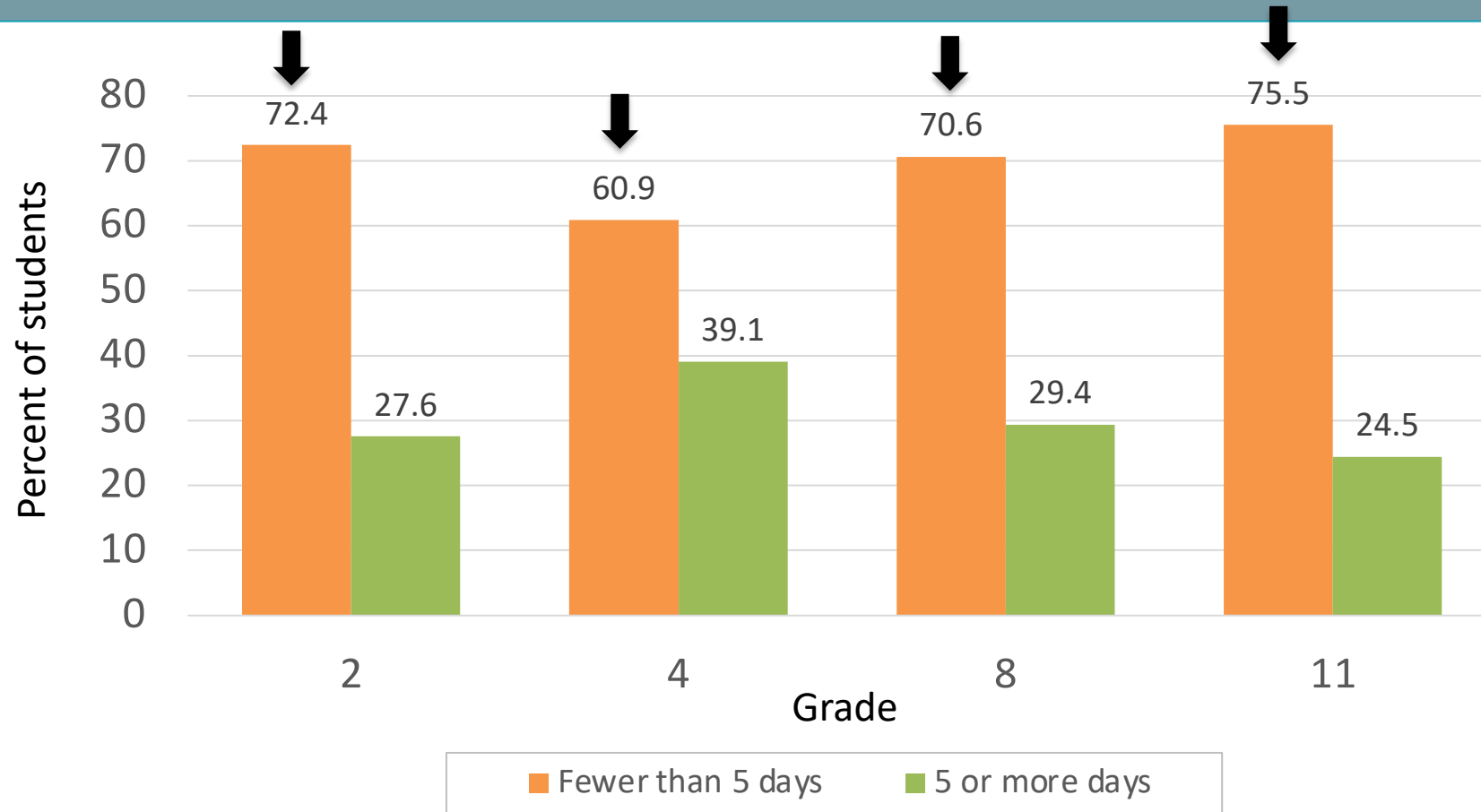


Number of Times Sweet and Savory Snacks* were Consumed per Day by Grade, 2019-2020



*Computed as consumption of candy, frozen dessert, cakes, French fries/chips, and snack bars

Last week, on which days were you physically active for a total of at least 60 minutes per day?



Conclusions – the Bad News



- School children in Texas have high rates of obesity.
 - **Need to increase our focus on child obesity prevention across all grades.**
 - **Approximately 10% of Texas children have severe obesity.**
- Approximately 30% of children do not consume vegetables and 25% do not consume fruits daily.
- About 45% of students eat 3+ snack foods per day.
- About 30% of school children drink 3+ sugary beverages per day.
- About 70% of school children are not meeting minimum physical activity guidelines.

Conclusions – the Good News!



- ~45% of students drink 3 or more glasses of water a day.
- A significant number of students help prepare meals at least sometimes, and this number increases in higher grades.
- Texas SPAN 2019-2020 provides data that can inform interventions.
- More data to come...

What can Texas do to Address Obesity?



- Access to healthy, affordable foods and food environments
- Access to safe opportunities and environments for physical activity
- Access to effective prevention programs and treatment/management of obesity

"Alone we can do so little, together we can do so much." --*Helen Keller*

Thank You!



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