

# WALK THROUGH TEXAS HISTORY

## ABOUT

**Walk Through Texas History** is a four-week online program that promotes regular physical activity for adults. Participants track their progress as they work towards the goal of virtually traveling historical paths across Texas. The program is available year-round and features locally sponsored events and activities, which are facilitated by County Extension Agents. These events and activities help promote friendly competition with participants in the program.

### Relevance

Regular physical activity and weight control can significantly reduce the risk and impact of chronic diseases like heart disease, stroke, type 2 diabetes, cancer, high blood pressure, and depression, which account for 70% of deaths and 86% of U.S. healthcare costs.

### In Texas:



**35.8%**

adults are obese.



**15.9%**

children participating in WIC are obese.

**20.3%**

children ages 10-17 are obese.

**25.1%**

adults are in-active.

**22.9%**

high school students reported being physically active.

**64.9%**

high school students reported low physical education participation.



## RESULTS

*Walk Through Texas History Selected Outcomes (n=193)*

Average number of times per week participants took part in physical activity:	+1.4 (Pre: 3.6; Post: 5.0)
Average number of minutes participants took part in each physical activity:	+9.3 (Pre: 37.3; Post: 46.6)
Participants meeting physical activity recommendations:	+20% (Pre: 40%; Post: 60%)
Participants that reported no physical activity:	-12% (Pre: 22%; Post: 10%)



## 2022 RESPONSE:

**20 COUNTIES**

participated in Walk Through Texas History



**536**

Program Participants

**123**

Teams

**8**

Leagues

**40+**

THOUSAND  
miles logged

**94%**

Participants reported that they or their family benefited from the program.

## TESTIMONIALS

"Fun and the history information was really interesting. My husband and I worked as a team encouraging each other. That was fun! I spend a lot of time outdoors, so I felt like I was in my element walking. Great way to keep healthy."

"I gained from the Walk Through Texas History as the group met the milestones and I kept active for a purpose."

"It was motivating to earn steps for my team. I tried to walk more on some days than I might have otherwise."

"I participated because I love the support I received from teammates. I also loved that it is competitive, but not overly competitive."

"Learned a lot about Texas while participating in this program."

## FAMILY AND COMMUNITY HEALTH

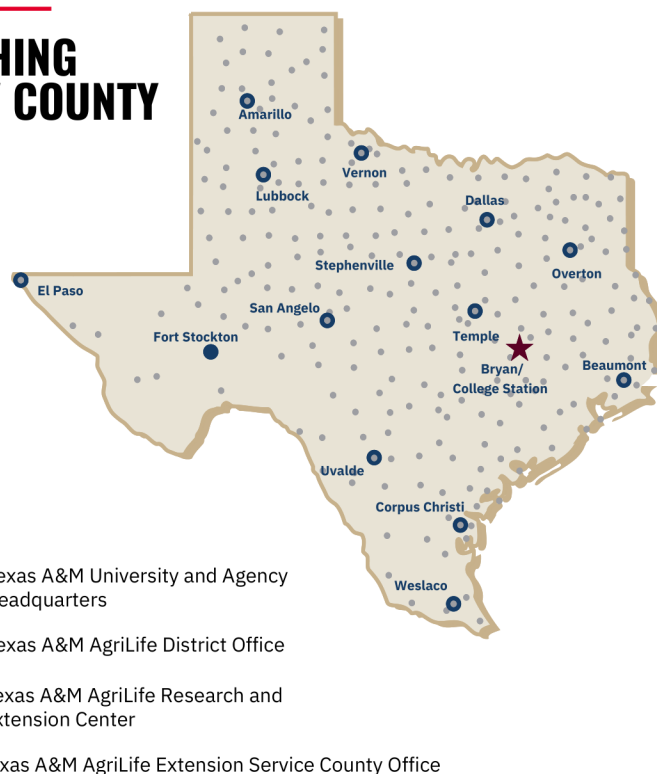
### *Advancing the Health of All Texans through Extension Education*

AgriLife Extension's FCH Unit helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities.

The goal of FCH is to encourage lifelong health and well-being for every person, family, and community.

Programs are developed by subject matter experts (Specialists) and delivered throughout the state by a network of local educators (County Extension Agents) and volunteers with support and leadership from Regional Program Leaders, Unit Heads, and the Extension Leadership Team.

## REACHING EVERY COUNTY



### Michael L. Lopez, DrPH

Extension Program Specialist II  
Family & Community Health  
Texas A&M AgriLife Extension Service

**Phone:** 979.321.5017

**Email:** mllopez@ag.tamu.edu