

WALK ACROSS TEXAS

ABOUT

The **Walk Across Texas program** is an eight-week community program for adults and youth that encourages regular physical activity. Teams track their progress as they virtually walk 832 miles across Texas. Local events are held by county Extension agents, and the program is available year-round. Since 1996, the program has had over 695,000 participants and contributed to an estimated economic impact of over \$2.45 billion. It has also been recognized as a Best Practice Physical Activity 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.



2022 RESPONSE:

133 COUNTIES

participated in Walk Across Texas



37,287

... program participants

1,764

adult teams with

11,800 participants

497

youth teams with

25,487 participants

RESULTS

Walk Across Texas Adults Selected Outcomes (n=3,630)

Average number of times per week participants took part in physical activity:	+1.1 (Pre: 3.6; Post: 4.7)
Average number of minutes participants took part in each physical activity:	+10.7 (Pre: 34.9; Post: 45.6)
Participants meeting physical activity recommendations:	+16% (Pre: 42%; Post: 58%)
Participants that reported no physical activity:	-12% (Pre: 20%; Post: 8%)

2.59
MILLION
miles logged

TESTIMONIALS

"Walk Across Texas provided structure and goals for my fitness journey. Though life got in the way at times, it was easy to jump back in to this program and complete challenges. I am thankful this program got me to walk more. I feel better mentally, physically, and have more energy."

"The program gave me the opportunity to record and keep track of how much activity I was doing. By being in the program I felt more accountable because the team was depending on me to do my best. I have now set up a habit of recording my activity which I will continue to do and will now hold myself accountable. Thank you, Walk Across Texas!"

"Our family lives all over Texas and with WAT! we were able to take on 832 miles together, have fun, get healthier and keep in touch."

FAMILY AND COMMUNITY HEALTH

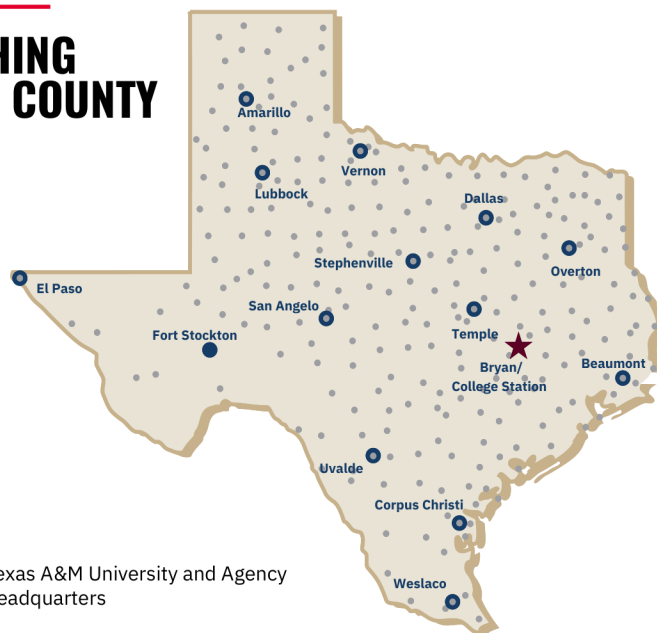
Advancing the Health of All Texans through Extension Education

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



- Texas A&M University and Agency Headquarters
- Texas A&M AgriLife District Office
- Texas A&M AgriLife Research and Extension Center
- Texas A&M AgriLife Extension Service County Office



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