Walk Through Texas History

TEXAS A&M AGRILIFE EXTENSION

Program Brief

Extending Knowledge | Providing Solutions

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:

36% adults are obese

25% adults are in-active

3.8 reported poor physical health days (last 30 days)

5.1 reported poor mental health days (last 30 days)

Results

Walk Through Texas History Selected Outcomes (n = 219)

Percent of participants that say **their health is Good, Very Good, or Excellent.**	+2% (Pre: 85%; Post: 87%)
Average number of times per week participants took part in **moderate or vigorous** intensity physical activity or exercises.	+0.41 (Pre: 3.97; Post: 4.38)
Average number of minutes participants took part in each **moderate or vigorous** intensity physical activity or exercise.	+3.58 (Pre: 44.21; Post: 47.79)
Percent of participants **meeting physical activity recommendations** (equal to or greater than 150 minutes per week).	+8% (Pre: 48%; Post: 56%)

FY2025 RESULTS

30
TEXAS COUNTIES PARTICIPATED

693
ADULT PROGRAM PARTICIPANTS

40,380
MILES LOGGED

217
TOTAL NUMBER OF TEAMS FORMED

28
LEAGUES ACROSS THE STATE OF TEXAS

91%
OF PARTICIPANTS REPORTED THAT THEY OR THEIR FAMILY BENEFITTED FROM PROGRAM

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TESTIMONIALS FROM PARTICIPANTS:

"I was able to benefit from this because since I knew I was going to be logging my hours I made sure to really get my steps in. I would also skip on taking the elevator and instead take the stairs. Additionally, I would sometimes park further away from the store I was going to, just to be able to get some more steps in."

"I found myself benefitting because I felt some competition in getting a good number of steps in to get my team ahead of other teams in the league. It was very fun and easy to help keep us motivated as well so walk more than taking a car or bus when we could, so I was able to get some more steps in making me healthier."

"My family and I benefitted from participating in Walk Through Texas History because we could go on walks in the afternoon to meet my goals. I was also able to be more competitive with tracking in my steps to beat the other teams that were participating. I was able to meet my activity goal through my apple watch every day and meet my standing goal. This was overall a great benefit for my health."

"I enjoyed the opportunity to learn about specific historical sites within Texas. Also enjoyed walking with my teammates and tracking our miles while being outdoors."

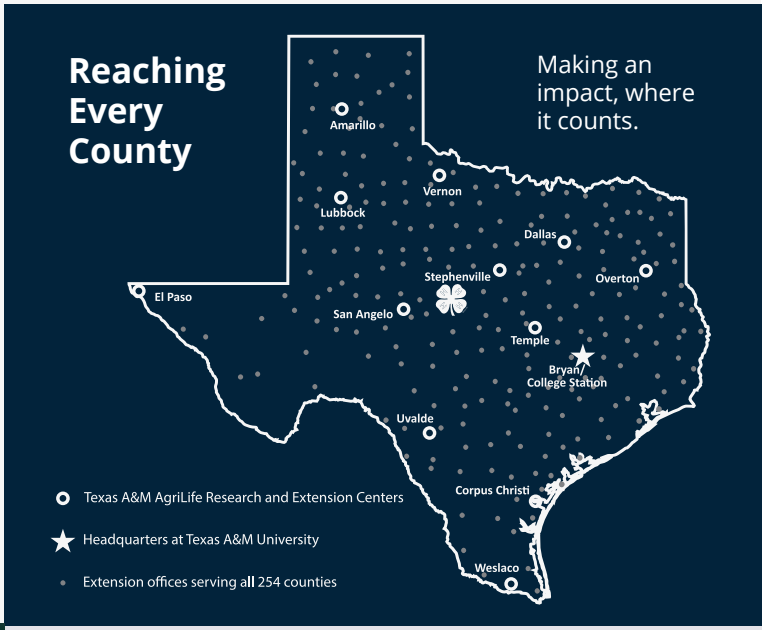
Family and Community Health

Helping Texans Thrive, One Healthy Choice at a Time

AgriLife Extension's FCH unit helps Texans better their lives through science-based educational programs designed to improve the overall health and well-being 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.



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