

# Exercise and Wellness

Exercise and Wellness

## V(A). Planned Program (Summary)

### 1. Name of the Planned Program

Exercise and Wellness

## V(B). Program Knowledge Area(s)

### 1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
724	Healthy Lifestyle	100%		100%	
<b>Total</b>		100%		100%	

## V(C). Planned Program (Inputs)

### 1. Actual amount of professional FTE/SYs expended this Program

Year: 2008	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	8.2	0.0	0.0	0.0
<b>Actual</b>	8.7	0.0	0.0	0.0

### 2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c 117900	1890 Extension	Hatch	Evans-Allen
	0	0	0
1862 Matching 117900	1890 Matching	1862 Matching	1890 Matching
	0	0	0
1862 All Other 726503	1890 All Other	1862 All Other	1890 All Other
	0	0	0

## V(D). Planned Program (Activity)

### 1. Brief description of the Activity

A local coalition will recruit participants and provide leadership to implement Walk Across Texas! Teams of eight or classes of children at schools will be recruited to walk for six to eight weeks. Teams and classes are challenged to walk regularly for eight weeks, reporting their mileage on <http://walkacrosstexas.tamu.edu>, to achieve the goal of walking the approximate 830 miles across Texas on a map that allows comparisons of teams and class progress. Participants are personally recruited as well as groups like worksites, schools, churches and clubs using free media time.

### 2. Brief description of the target audience

Walk Across Texas! is open to anyone wanting to increase their physical activity level if they live in a community with a AgriLife Extension educator.

**V(E). Planned Program (Outputs)**

**1. Standard output measures**

**Target for the number of persons (contacts) reached through direct and indirect contact methods**

	<b>Direct Contacts Adults</b>	<b>Indirect Contacts Adults</b>	<b>Direct Contacts Youth</b>	<b>Indirect Contacts Youth</b>
<b>Year</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>
<b>Plan</b>	15300	47500	6650	0
2008	23004	113995	11873	0

**2. Number of Patent Applications Submitted (Standard Research Output)**

**Patent Applications Submitted**

**Year Target**

**Plan: 0**

**2008: 0**

**Patents listed**

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Plan</b>	0	0	
2008	0	0	0

**V(F). State Defined Outputs**

**Output Target**

**Output #1**

**Output Measure**

# of group educational sessions conducted.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	650	570

**V(G). State Defined Outcomes**

<b>O No.</b>	<b>Outcome Name</b>
1	Increased number of miles walked per week at week one compared to week eight.

**Outcome #1**

**1. Outcome Measures**

*Not reporting on this Outcome for this Annual Report*

**2. Associated Institution Types**

**3a. Outcome Type:**

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
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**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
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**V(H). Planned Program (External Factors)**

**External factors which affected outcomes**

Public Policy changes

**Brief Explanation**

Participation in Walk Across Texas is supported by many groups advocating for people to increase their physical activity level. Increasing physical activity is stressed as an important way to control weight for adults and children as well as a way to reduce the risks of chronic disease. We continue to support WAT delivery in Title 1 schools with pedometers funded by the Cancer Prevention and Research Institute of Texas to encourage student participation. New guidelines for physical activity in schools also encourages participation in our program.

**V(I). Planned Program (Evaluation Studies and Data Collection)**

**1. Evaluation Studies Planned**

Before-After (before and after program)

**Evaluation Results**

In 2008, 100 Texas counties participated in Walk Across Texas. 25,689 total adults and youth registered statewide. Of this total, 17,744 adults registered in the team version and 7,945 youth participated in school teams. 12,299 of the adults participating in the team version finished the entire 8 week program. Mileage increased significantly from 21.5 miles in week one to 26 miles in week eight.

**Key Items of Evaluation**