Relevance
Obesity continues to be a critical issue throughout Texas. There are many long-term consequences associated to obesity, including an increased risk for diabetes, heart disease, stroke, and several forms of cancer. According to the Centers for Disease Control:

- 34.9% of U.S. adults, and 31.9% of adults in Texas, are obese.
- Only 31% of Americans achieve at least 300 minutes a week of moderate physical activity, and only 24.8% of Texans.
- Texas ranks 11th in the nation as the state with the highest adult obesity rates.
- According to the National Weight Control Registry:
  - 55% of successful weight loss participants lost weight with the help of some type of program.
  - 78% reported eating breakfast every day.
  - 75% weigh themselves at least once a week.
  - 62% watch less than 10 hours of television per week.
  - 90% exercise about one hour per day.

Response
Step Up and Scale Down is a 12-week weight management program that was designed to address two factors behind the obesity issue: physical activity and diet. Targeted toward adults, the program was offered in a group setting that allows participants to support and encourage each other. Many counties pair this program with Walk Across Texas! to emphasize the role of physical activity in maintaining health and preventing chronic disease.

Results
- 492 people from 40 counties across the state enrolled and completed the Step Up and Scale Down program.
- 341 completed the pre and post survey. This survey assessed participants’ intent to implement targeted weight management behaviors as well as the extent to which the certain behaviors were adopted.
- 383 (78%) of participants were female.
- Starting weight was reported for 302 out of 341 participants.
- The average weight loss was 6.4 pounds (n=302 pre/post) and 5.9 pounds/.9 pounds (n=150 pre/post/30 day follow up).
- BMI was 33.9/32.9 (n=302 pre/post) and 31.6/30.6/30.5 (n=150 pre/post/30 day follow up).
- Evaluation data indicated there was evidence of the adoption of several habits that may lead to more positive health benefits down the road.
Changes in Targeted Behavior

- 72% (239) indicated they watched two hours or less of TV/video per day at the end of the series, as compared to 55% (183) at the beginning (n=330)

- 62% (198) use calorie information at fast food restaurants “always” or “most of the time” post-series, compared to 24% (78) at the beginning (n=321)

- 30% (95) indicated they always plan meals and snacks post-series, compared to 9% (28) pre-series (n=322)

- 50% (155) now fill half of their lunch and dinner plates with fruits and vegetables at completion, versus 21% (65) at the beginning of the series (n=309)

- Participants reported the average consumption of sweetened beverages consumed went from 1.37 per day to .53 per day at the completion of the series (n=316)

- Participants reported being active for 30 minutes or more on an average of 3.2 days when the program began, and increased to 4.4 days by the end of 12 weeks (n=341)

Perceptions about Health

- At the beginning of the series, participants reported an average of 3.4 days out of the past 30 days that their physical health was not good. This dropped to 2.3 days after the series ended (n=306)

- At the beginning of the series, participants reported an average of 4.6 days out of the past 30 days that their mental health was not good. This dropped to 2.1 days at the completion of the series (n=310)

- Participants indicated 2.8 days on average out of the past 30 days that poor health kept them from doing usual activities, and 1.4 days of the past 30 at the series completion (n=305)

Participant Comments

- “I am more conscious about the foods I eat. I’ve learned not to cut out food groups such as carbs, but eat in moderation and use the MyPlate model.”

- “Since the beginning of the class, I have lost one pant size and exercise at least 30 minutes, five to six times a week and I try to eat healthier at each meal.”

- “In the 12 weeks, I have cut back on soda and eat smaller portions. I learned how to read nutrition labels and healthy recipes. I lost 8 lbs. in 12 weeks!”

- “This program has changed my life. I am now able to walk into the grocery store and choose healthy options for myself and my family”