



Step Up & Scale Down

Texas Association of Counties - Healthy County 2016

Helping Texans
Better Their Lives

Relevance

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

- 36.5% of U.S. adults, and 32.4% of adults in Texas are obese.
- Only 50.9% of Americans achieve at least 150 minutes a week of moderate physical activity, and only 44.3% of Texans.
- Texans rank 10th 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 each 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 or online which 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

- 308 people from 39 counties across the state enrolled in the *Step Up & Scale Down* program.
- 272 participants completed the pre and post surveys. This survey assessed participants intent to implement targeted weight management behaviors as well as the extent to which the certain behaviors were adopted.
- 286 (75%) of the participants were female.
- Starting and ending weight was reported for 256 of the participants.
- The average weight loss was 6 pounds.



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Table 1. Change in targeted behaviors

Behavior	Beginning of SUSD	After SUSD ended	30 day follow up
TV/Video viewing 2 hours per day or less	58% (159/273)	73% (199/273)	74% (70/95)
Use calorie information at fast food restaurants “always or most of the time”	19% (52/267)	58% (155/267)	59% (55/94)
Plans meals and snacks “sometimes or always”	72% (194/269)	93% (250/269)	93% (89/96)
Fills ½ or more of lunch and dinner plate with fruits and vegetables	41% (103/250)	65% (162/250)	75% (69/92)
Average number of days per week breakfast is eaten	5.3 (n=204)	6.0 (n=204)	6.0 (n=94)
Average number of days per week physically active 30 minutes or more	3.2 (n=268)	4.4 (n=268)	3.7 (=94)

Table 2. Perceptions about health

Behavior	Beginning of SUSD Average number	After SUSD ended Average number	30 day follow up
Out of the past 30 days, the number of days one's physical health was not good.	3.0 days (n=262)	2.0 days (n=262)	1.5 days (n=94)
Out of the past 30 days, the number of days that one's mental health was not good.	4.0 days (n=262)	1.5 days (n=262)	1.0 days (n=94)
Out of the past 30 days, the number of days that poor health kept one from doing usual activities.	2.4 days (n=261)	1.2 days (n=261)	2.0 days (n=91)

Weight loss is a challenging process for most adults. Those participants completing the *Step Up & Scale Down* program showed evidence of the adoption of several habits including eating more fruits and vegetables, planning snacks, and using calorie information when eating fast food. In addition, their perception about physical and mental health improved resulting in a decrease in the number of days that poor health kept them from doing usual activities.

Participant Comments from Online Discussion Board

- “These past 12 weeks have made me focus more on my eating and exercise. I'm glad I signed up for this course. I have a ways to go on the weight but I'm making better food choices and have become more active.”
- “The last 12 weeks have gone by so fast, it sure hasn't seemed that long! There was so much good information in this program! Hopefully the lifestyle changes that we've learned to make will stick and we will continue to move toward our goals. I've lost about 10 lbs. over the course of this program.”

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