

A faint, light blue background image showing a classical building with columns and a large, modern glass and steel dome structure.

Family, Youth and Community Sciences
IFAS

National Association of
State Universities and Land Grant Colleges

Preventing Childhood Overweight and Obesity

Cooperative Extension: Making A Difference in Nutrition
and Fitness of Families, Youth and Communities!

Texas Plan of Work

1) Key Actions

- a) Texas has already launched a childhood obesity initiative focusing on 7 behaviors:
 - i) Increasing physical activity
 - ii) Decreasing screen time
 - iii) Portion Control
 - iv) Lowering sweetened beverage consumption
 - v) Engaged parenting
 - vi) Increasing family meals together
 - vii) Increasing fruit and vegetable intake
- b) Extension has conducted a series of agent trainings on the above issues
- c) Materials have been developed to assist agents/volunteers/community agencies in their efforts to address the problem
- d) Extension will expand efforts to collaborate with key partners (e.g.. WIC, Head Start, Schools, etc)
- e) Expand resource matrix and website

2) Steps

- a) Identifying evidence based curricula
- b) Expanding/modifying existing curricula for younger audiences (e.g. Walk Across Texas) Adding additional parenting components
- c) Exploring ways to evaluate programs for behavioral outcomes

3) Resources Needed

- a) Valid and reliable instruments to measure key outcomes
- b) Evidence based curricula (English and Spanish)
- c) Closer relationships with schools/administrators
- d) Funding
- e) Time

4) Potential Barriers

- a) Time constraints
- b) Agent overload
- c) Lack of funding
- d) Lack of buy-in from staff/agencies/schools
- e) Lack of consistency in evaluation (not being able to aggregate data)

5) Barrier Deterrence steps

- a) Use common evaluation instruments/curriculum
- b) Prioritize
- c) Collaborate/share responsibility for programming

6) Intended outcome of Actions

- a) Increased physical activity among young children, youth and their families
- b) Decrease in sedentary activities (e.g. TV, computer usage)
- c) Portion control
- d) Increased family meals together
- e) Decrease in sweetened beverage consumption, including soft drinks

7) Evaluation

- a) Behavior change in the above areas
- b) Need to think long-term

