

Texas Grow! Eat! Go!

Using Family Focused Garden, Nutrition and Physical Activity Programs to Reduce Childhood Obesity

10% to over 20% } RANGE OF CHILD OBESITY RATES AMONG LOW-INCOME CHILDREN IN TEXAS

1. Vegetable exposure plus school gardening has been shown to improve consumption of fruits and vegetables.
2. Adding more frequent and more vigorous physical activities during school has been shown to improve student fitness and weight.

Schools can have a **POSITIVE IMPACT** on children's knowledge and behaviors related to obesity.



Goal: Improve physical activity and eating behaviors of children.

Implementing Extension programs- Walk Across Texas and Junior Master Gardener's Learn! Grow! Eat! Go! curriculum.



10 weeks of classroom lessons	School gardens	Student garden journals	Fresh vegetable tastings in the classroom
Recipe demonstrations in the classroom	Physical activities at home and school	Take home family stories	Family engagement—garden kick-offs, and work-days, and cooking programs

RESULTS

Evaluating the Extension programs- Walk Across Texas and Junior Master Gardener's Learn! Grow! Eat! Go! curriculum when used with school CATCH programs.

Increases in moderate and vigorous daily physical activity	Increases in student vegetable exposure and preference	Decreased consumption of sugar sweetened beverages	Increased self-efficacy to consume healthy beverages
Increases in healthy family meal practices	Increased knowledge about nutrition	Increased knowledge about plant science	734 3rd grade students

Self-reported pre-post test with control group. Interventions were implemented with students in 82 3rd grade classes at 16 schools in Texas.

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