



2021 FCH Highlights

Healthy County Wellness Program is a free program through BlueCross BlueShield that offers many different avenues to get and stay healthy.

- Challenges through TAC
 - 34 participated 31 completed Step into the New Year
 - 33 participated 22 completed Time to Climb
 - 33 participated 20 completed County vs County
 - 28 participated 19 completed Move for Meals
 - 25 employees earned various amounts for Amazon gift cards totaling **\$1,275**.
 - A total of 70,433,983 steps and 29,929.3 miles were walked during the 4 challenges.
- **Wellbeing Management** – health and wellness programs saved over **\$100,383**.
- **Livongo** - digital health platform that empowers people with chronic conditions to live better and healthier lives. 99 employees are enrolled in diabetes or hypertension programs, up 341% from 2020.
- **Lunch n Learn** - Mark Zollitch our Wellness Consultant from TAC was our speaker
 - Healthy County 101 – 59 attendees
 - 5 Keys to Effective Weight Loss – 34 attendees
 - Sleep 101 - 22 attendees

During the Healthy County 101 presentation Mark talked about the free health screenings (annual physical, breast cancer screening, cervical cancer screening and colorectal cancer screening) that were offered. Collectively the “preventive screening compliance” were up 24.4% from 2020 and above the state compliance rate.

- **911 Memorial Climb** – 16 people climbed 110 flights of stairs or walked the equivalent miles to "Never Forget" those First Responders that lost their lives on 9/11.
- **County Contests** - 57 participants in the 4 county contests offered. In addition to providing friendly competition to stay physical active, participants of Reindeer Games donated **432 food items** to Good Samaritan food pantry in 2020.
- **Readiness for Duty** – is based on the Texas Department of Public Safety Physical Fitness Program. Brown County was selected to be part of the pilot group and received a Concept 2 Rowing machine, valued at \$1,025.
- Brown County earned **\$3,360** as employer rewards to fund the program for 2022.
- A total of **\$4,635** awarded to Brown County.

Childcare Conference was a multi-county event that provided training for people who work in the childcare industry. Specialists from AgriLife and local professionals were the presenters. There were **22 childcare providers** or directors who provide care for **389 children** enrolled in **7 childcare centers** or family day homes. A total of **132 clock hours** were provided to childcare professionals seeding to meet state mandated training requirements established by the state of Texas.

December 13, 2021
(Exhibit #9)

Food Handler's is a 2-hour program, which is accredited by the Department of State Health Services, providing training for front-line food service workers on the basic principles of food safety.

- 14 sessions
- 131 participants

Food Protection Management is a two-day certified food manager program that prepares food service workers to sit for the state Certified Food Manager exam.

- 3 sessions
- 12 participants, 100% passing rate

Texas Extension Educators Association (TEEA) The mission of the TEEA is to work with the Texas A&M AgriLife Extension Service to strengthen and enrich families through educational programs, leadership development, and community service.

- 3 clubs, 29 members
- 2020-2021 year
 - 2 scholarships
 - 5,694 hours of community service
 - Good Samaritan, Brown County Youth Fair, 4-H and other club activities
 - \$246,805 total value of their services

Walk Across Texas! is an 8-week physical activity challenge where teams walk 832 miles, the distance across Texas. Healthy County partnered with Brown County 4-H to co-sponsor this program.

- 153 participants
 - Participants aged 6 to 87 competed in this challenge.
- **22,107.6 miles**, we walked across Texas almost 27 times.
- If the 122 adult participants completing the program continue walking at the same level as during WAT! they have the potential to save a collective \$594,920 in future health care costs by avoiding type 2 diabetes and by reducing work absences.
- Weekly newsletters were sent to participants and posted on Facebook to educate on healthy lifestyles.

Media

- Newsletters – 20
 - Walk Across Texas! – 8
 - General FCH - 12
- News Articles – 62
- Facebook pages – 2
- Followers - 372
- Facebook posts – 402