

RELEVANCE

Excessive weight and inactivity are consistently linked with increased incidence of chronic diseases. More than 2/3 of adults and nearly 1/3 of children and teens are obese or overweight, and Texas ranks as the 11th most obese state in the nation.

In Brown County:

- 39% of adults are obese
- 26% of adults are physically inactive

Increased physical activity and improved eating habits have been associated with a greater ability to manage the complications of certain chronic diseases and delay the onset of the disease in individuals at risk. As a response, AgriLife has developed healthy lifestyle programs that can address these issues with an evidence-based approach through education.

VALUE STATEMENT

Obesity Prevention & Reduction

Texas A&M AgriLife Extension Service engages children and adults in programs that teach them how to eat nutritious foods and engage in regular physical activity to promote health and reduce their risk for obesity. The Texas public benefits through a healthier population, reduced healthcare costs, and increased productivity.

RESPONSE

The Brown County judge appointed the Family and Community Health Agent as the County Coordinator for Health and Wellness for county employees.

A Health and Wellness Committee (HWC) consisting of county employees and our Wellness Consultant from the Texas Association of Counties (TAC) was formed to promote and guide the county's health and wellness program.

PARTNERSHIPS & COLLABORATORS

- Commissioner's Court has continued the Wellness Incentive plan adopted in 2019.
- TAC to offer the Healthy County Program offered through BlueCross BlueShield of Texas
- Brownwood Fitness Gym

TARGET AUDIENCE

- This program is targeted to the **181 employees** on the county insurance plan.

*Due to a change in Texas A&M AgriLife Extension programming year, this report only reflects January - August 2023.

The **Healthy County program** is sponsored through BlueCross BlueShield of Texas and consists of 3 quarterly activity challenges. The goal of each challenge was to walk a minimum of 7,000 steps a day, 5 days a week for 6 weeks. For each challenge completed, the employee earns 3,000 Boomer Bucks that can be redeemed for \$15 Amazon gift cards.

Challenge	Number Completed
Heart to Heart	15
Tour de Texas	13
Mind over Matter	13
Total	41

Amanda Bundick, a member of the Health and Wellness Committee created **2 county contests**. Each winning team received rewards from other participants. In addition to providing friendly competition to stay physically active, participants of **Walking for School Supplies** donated 1 school supply for every 5 miles walked. We filled **19 backpacks** to give away.

Contest	Number Participated
Cinco de Mayo	25
Walking for School supplies	20
Total	45

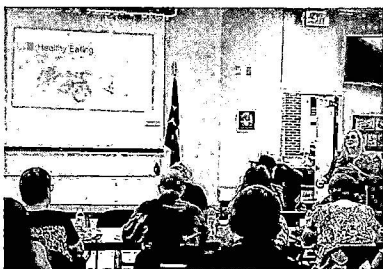
March 11, 2024
 (Exhibit #4)

RESPONSE

Brownwood Fitness, a local gym, offers county employees a membership at a discounted rate. The membership fee is paid through payroll deductions in the treasurer's office.

Livongo is a diabetes and/or hypertension management program that combines advanced technology with coaching to provide members with support.

Annual physicals -To encourage employees to get annual physicals the commissioner's court voted to reward them with an extra paid day off for getting a physical.



Two "Lunch n Learns" were offered.

- Lunch was provided using funds from 2023 employer rewards.
- Guest speakers presented health-related topics.

Sessions:

- May 25, 2023 - "Eating Healthy to Prevent Diabetes and Heart Disease" - the speaker was Lisa Dick, Health Director from Brownwood-Brown County Health Department.
- August 22, 2023 - "Show those Pearly Whites: Discover the Surprising Connection Between Dental and Physical Health" the speaker was Mark Zollitch, Wellness Consultant from TAC.

EVALUATION STRATEGY

Because Healthy County is a partnership with TAC the program year runs January -December, a retrospective post will be given to the participants in December 2023.

A program progress report was collected from the TAC Wellness Program Administrator. with the results below.

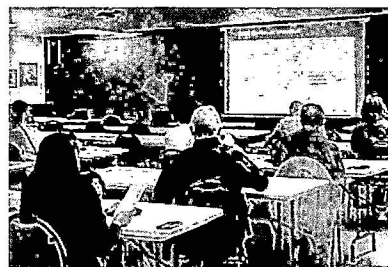
26 employees have memberships with Brownwood Fitness .

32 employees attended the first lunch n learn.

40 employees attended the second lunch n learn.

49 employees participate in the Livongo program.

63 employees have completed their annual physical.



ACKNOWLEDGEMENTS

Brown County Extension would like to extend its appreciation to the following:

- Brown County Commissioners and County Judge
- Health and Wellness Committee
- Mark Zollitch and the Texas Association of Counties
- Jana Brown and Painter and Johnson Financial Service
- Lisa Dick and Brownwood-Brown County Health Department
- Brownwood Fitness

\$3,150.00

TESTIMONIALS

The information I learned through the Healthy County Program saved my life!!!

"I didn't know I needed a colonoscopy once I turned 50. Mark Zollitch, from TAC, spoke at a lunch n learn about preventative care in 2020 and it being covered 100% by insurance, so I thought why not. I was shocked to learn I had cancer but we caught it at stage 0 and I was able to get the treatment I needed."

Greg Parrott

FUTURE PROGRAMMING

Healthy County will remain a focus for 2024. We will

- Continue our partnership with TAC and Brownwood Fitness
- Promote the quarterly physical challenge activities
- Offer county challenges
- Offer 3 lunch n learns
- Look for new ways to engage employees



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