

**2020 Baylor County Learn, Grow, Eat & GO! In-depth Plan Summary**

***Joy Self, CEA-FCH, and Josh Kouns, CEA-ANR***

# Relevance

The extreme frequency of childhood obesity in Texas is cause for concern because it is linked to adverse health concerns for children and their families. Schools are distinctively positioned to have an encouraging impact on children’s knowledge and behaviors associated with obesity. For example, vegetable exposure plus school gardening has been shown to improve consumption of fruits and vegetables. Adding more frequent and more vigorous physical activities during school has been shown to improve student fitness and weight. The home environment is also an important influence on a child’s eating and activity behaviors. The greater the frequency of vegetable consumption and physical activity by parents, the greater the consumption of these foods and exercise by their children. Child obesity rates among low-income children in Texas range from 10% to over 20%. In Baylor County, poverty is prevalent with 29% of children burdened with this substandard lifestyle. This astounding program helps in engaging schools and families which is essential to accomplishing prevention endeavors.

***An interdisciplinary approach to reducing child obesity through the* Learn, Grow, Eat & GO! *curriculum (a modification/revision of the Junior Master Gardener “Nutrition in the Garden”), and the Coordinated Approach to Child Health program.***

# 

# Response

agc:protect:share:jchivvis:ElectronicTemplateUpdates_2013NewLogo:ValueStatements_2012Rev:IndividualStatements:ValueAddedStatements2012_Obesity.wmfThe 2020 program year was unlike any other as Texas A&M AgriLife Extension Service along with other agencies, organizations, families and individuals responded to a different work, school and home environment due to the global response to the Coronavirus Disease 2019 (COVID19) pandemic. With its network across the state, Texas A&M AgriLife Extension Service was able to respond at the local, regional and state level with virtual educational efforts designed to reach individuals and families with resources and education to help them continue with aspects of their daily life related to health, safety, agriculture and youth development. Although our educational activities, outcomes and impacts may look different for 2020, we continue our efforts ***to help Texans better their lives.***

# 

# Results

Learn Grow Eat & Go! did not take place due to schools going to virtual classrooms in the spring semester. Preparations are underway to conduct the program in the spring of 2021.

# Acknowledgements

Texas A&M AgriLife Extension Service in Baylor County would like to acknowledge the partnership of Seymour Elementary second grade teachers and principal, the Baylor County Family and Community Health and the Baylor County Agriculture Committees who assisted with planning and implementing this program.

*Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.*

*The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating*

**AgriLifeExtension.tamu.edu**