

S U M M E R 2 0 2 3



ENVIRONMENTS

The official newsletter of
Texas A&M AgriLife Extension's
Working on Wellness Environments

**TEXAS A&M
AGRI LIFE
EXTENSION**

WHAT'S INSIDE

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WELCOME!

BY: VALERIE JAUREGUI

Welcome to the Working On Wellness Environments Summer Newsletter! After 5 years of triumphs, hurdles, and collaborations, the WOW-E program has completed its final month. Together with WOW-E your dedication, time, and commitment has pushed your community's goal of becoming a more healthy community.

In this issue, you will find a recap of all workshops completed in the fall and spring. As always, you can reach out to us if you have any questions or would like to submit items for the next newsletter.

WOW-E Team

Year 5 in Review



EAGLE PASS DEMONSTRATION

City staff, public works, local planners, an engineer, and youth completed a connectivity demonstration where they pilot-tested a crosswalk from their school to the neighborhood as well as a bike lane.

https://www.youtube.com/watch?v=dPeluEW_Mfo



PARKS MAINTENANCE WORKSHOP

Parks and Recreation staff in Eagle Pass, TX requested a parks maintenance workshop to understand best practices and create a maintenance plan.

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TEXAS APA PANEL

Eagle Pass Planning Director Placido Madera, Roma Planning Director Joe Garza, and Ann Bagley of Bagley Associates LLC, participate in a rural planning panel at TX APA in El Paso, TX. Panelists discussed rural planning, capacity, and the importance of understanding readiness for sustainability.



ROMA DEMONSTRATION

A bike lane was pilot-tested in Roma, TX with the help of local partners including the city mayor, public works, law enforcement, fire department, and community volunteers.

[Click here to see the video!](https://www.youtube.com/watch?v=yXuWUv7_mFs)
https://www.youtube.com/watch?v=yXuWUv7_mFs



ROMA HEALTHY CONCESSIONS

The City of Roma passed a healthy food policy at all of their city buildings, parks and recreation centers, and little league games. The policy will not remove unhealthy food items, but will give the opportunity for healthy food items to be available.

The city of Roma in partnership with the little league also pilot-tested a healthy concessions where patrons were able to purchase items like fresh fruit, gatorade zero, and baked chips.

To learn more about the healthy food policy visit [this link](#).

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ROMA STORYWALK EVENT

As part of the WOW-E Community Challenge 2022, Roma Planning Director, Joe Garza submitted a proposal to conduct a StoryWalk pilot-test in Roma Municipal Park with the help of two local librarians, Sonia Barrera, and Ana Pena. After working together to identify supplies needed, establish partners and their roles, plan installation and maintenance, and create plans for communication and evaluation, the StoryWalk was kicked off in December with about 150 Roma ISD students and their teachers. Due to the positive response from the community, project partners hope to plan a more stationary StoryWalk installation. Until then, the pilot-test will continue and a new book was featured in the park on February 1st!

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ACTIVE PEOPLE HEALTHY NATION CAMPAIGN

The Active People Healthy Nation Campaign is in full swing! This campaign is currently being pilot-tested in Starr and Maverick County.

If you are interested in learning more about the campaign, or what parks and amenities are near you for usage, visit [Tx.ags/parks](https://www.tx.ags/parks)

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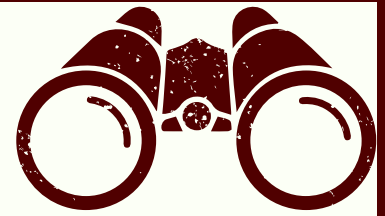


STARR COUNTY SUMMIT

Starr County participated in the 2023 County summit. Participants from organizations such as city departments, parks and rec, civic organizations, and youth summit participants reflected on their community work and sustaining PSE efforts in their community.

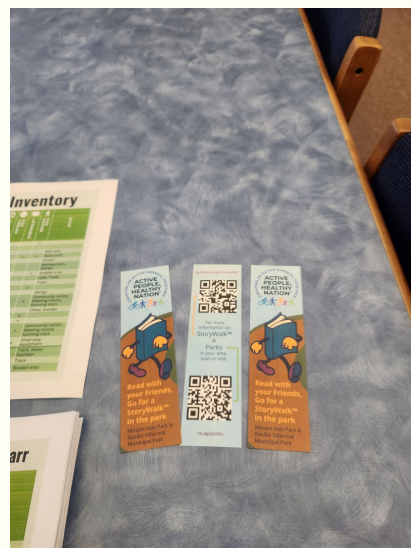
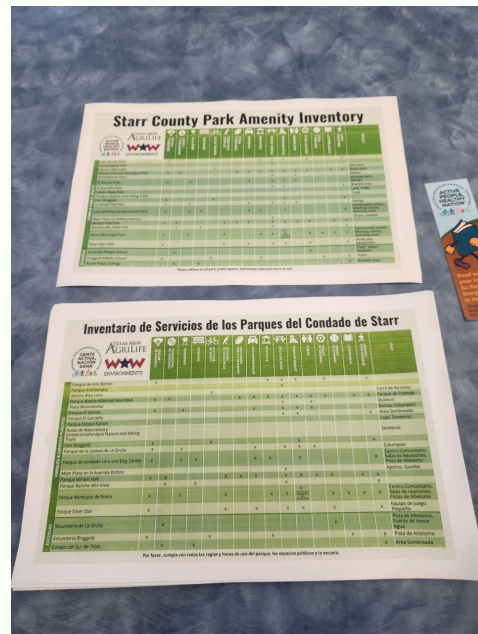
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Active People Healthy Nation Campaign



By: Kelsey Coats

At the end of July, WOW-E launched its Active People Healthy Nation (APHN) communication effort in Starr County. APHN is a CDC initiative aimed at getting 27 million Americans active by 2027. Lack of knowledge of places to be active is one reason people report not using their parks, bike lanes, walking paths, or sidewalks to be active. That's why WOW-E's APHN effort is providing tools to support people finding parks and amenities in their communities where they can be active. The campaign is ongoing; Watch your community for more resources, like billboards, maps, posters, and cues around to help you learn about local active infrastructure. For more information, visit tx.ag/parks.





Thank you!
COMMUNITIES AT WORK



RESOURCES



INTRODUCTION TO HEALTH COMMUNICATION PLANNING COURSE

Are you interested in learning about creating health communication plans? Texas A&M Agrilife Extension has a course on health comm planning free for WOW-E counties. Read more [here](#).

ACTIONABLE PUBLIC HEALTH STRATEGIES TO BOOST COMMUNITY WELL-BEING WITH SAFE ROUTES TO PARKS

This resource provides actionable strategies and inspiring examples for public health agencies to take an active role in their communities' Safe Routes to Parks efforts. Find more information [here](#).



PHYSICAL ACTIVITY FOR ALL WOMEN

Physical activity is important for all women throughout their lives. Read on for ways you can change your physical activity routine to fit your needs based on your age, stage of life, or physical abilities. Read more [here](#)

MOVING MATTERS!

Moving Matters for Your Health
Taking care of yourself is one of the most important things you can do for you and your family. One way to do that is to get regular physical activity. Increased physical activity can improve your sleep, reduce stress, and lower your risk of heart disease, stroke, some cancers, and type 2 diabetes. We are joining other local and national organizations in supporting the Moving Matters campaign, part of the Active People, Healthy NationSM initiative, to help promote the benefits of physical activity, encourage people to find small ways to incorporate movement into their day, and remind people that physical activity can be fun. Visit cdc.gov/MovingMatters to learn more about the campaign and explore ways to get moving!



HOW SHOULD PHYSICAL ACTIVITY MAKE YOU FEEL?

Howdy Health, an initiative of Texas A&M Agrilife Extension has a mini video on how you feel before and after physical activity matters. Watch it [here](#)!

Moving matters for my health.



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