



# HEALTHY SOUTH TEXAS

## 2019-2020 Criteria for Year 1 Designated Schools

### What is Healthy South Texas?

Healthy South Texas combines the expertise of the Texas A&M Health Science Center with Texas A&M AgriLife Extension Service's statewide community education outreach to improve overall health and wellness in communities.

### What are the goals of Healthy South Texas?

This initiative aims to improve health education and health outcomes in communities. Education is provided on nutrition, healthy food preparation, and regular physical activity to reduce preventable diseases and their consequences relating to diabetes, asthma, and infectious disease.

### What is the Healthy South Texas Recognized School designation?

Your school can become a Healthy South Texas Recognized School by meeting certain criteria with participation in Texas A&M AgriLife Extension Service programs to demonstrate the school commitment to supporting and encouraging students, staff, and parents with healthy lifestyles.

### Criteria:

#### School Wide:

- Walk Across Texas for adults AND youth.

#### Youth: (choose two or more)

- Learn Grow Eat & Go
- Dinner Tonight Jr.
- Choose Health, Food, Fun & Fitness
- Path to the Plate Youth Expo

#### Adult: (choose one or more)

- Maintain No Gain Holiday program
- Cooking Well with Diabetes
- Mobile Cooking School
- Step Up Scale Down
- Health Talk Express Series
- Cooking Well Exploring Cultures
- Cooking Well for a Healthy Blood Pressure

### What do you receive as a Recognized School?

- Better Health for students and families
- Proclamations made at School Board meeting and/or Commissioners Court meeting
- Large Banner to hang outside school campus (4x6)

**For more information, contact: Angie Sifuentes, County Extension Agent-FCH**