

### January/February 2019

- Conducted first extension program, Cooking Well with Diabetes at the Jim Hogg County Nutrition Center.  
Total of 7 Participants were provided
- Walk Across Texas Kick-Off Rally February 16, 2019 at the Hebbronville Elementary Walking Trail. Total of 17 participants
- Growing and Nourishing Healthy Community Gardens at St. James Episcopal Church, 6 participants



### March/April/May 2019

- Learn Grow Eat Grow at Hebbronville High School, 93 students participated
- Maintain No Gain “lose what you’ve gained”, 8 participants
- Maintain No Gain/Growing and Nourishing Healthy Community Gardens, 17 participants



### June/July/August 2019

- Walk Across Texas Kick-off for JHCISD ACE Summer Program, over 60 participants
- Choose Food, Fun & Fitness (CHFFF) for JHCISD ACE Summer Program, 50 participants
- Partnered with Driscoll Health to host 5<sup>th</sup> annual Back to School Health Fair with over 400 contacts in outreach



### September/October/November 2019

- Conducted 7 Walk Across Texas Kick-Offs for all JHCISD students and employees, reaching over 1,000 students & employees and increasing physical activity levels.
- Partnered with and received sponsorship from Driscoll Health to conduct Dinner Tonight at the American Legion for Jim Hogg County residents. Over 50 people in attendance and 35 graduates.



### December 2019

- Interpretation for our Walk Across Texas Youth & Adult Champions. Honored adult team "Fast Feet" at JHCISD Schoolboard Meeting, & 8<sup>th</sup> grade youth champions at the Jr. High Gym

