

Building Healthy Communities Events Held at UTRGV Community Hubs

In March and April of 2018, the UTRGV Community Hubs in partnership with UTRGV Community Engagement and College of Health Affairs hosted a Building Healthy Communities event. This event brought together all areas of the community to place a spotlight on the epidemic of diabetes and related metabolic disorders in the Rio Grande Valley.



Community members from Hubs located in Alton, La Victoria, and Alamo participated in Wellness activities conducted by UTRGV faculty. Dr. Zelma Mata from the Department of Health and Human Performance, conducted a fun-filled activity for over 50 children from the Texas Migrant Program. Dr. Mata also led community members in physical activities for individuals with limited mobility, using furniture commonly found in people's homes.



In addition, cooking demonstrations of healthy, simple, and affordable recipes were conducted by Dr. Christopher Ledingham, Norma Beardwood, Laura- Zelda Villarreal, and Rachel Villarreal. Ingredients for the recipe were donated by Wal-Mart and HEB.

Other services provided through this event included health screenings conducted by the UTRGV School of Medicine's Unimóvil mobile clinic. In addition, UTRGV Men's Basketball Team and Coach Lew Hill, spoke on the importance of addressing diabetes and the measures we can take to prevent the progress of the disease. Also, South Texas Literacy Coalition provided over 100 books for all ages to the residents of Alamo.

Finally, UTRGV College of Education P-16 Outreach and UTRGV Recruitment attended to offer literature on university admission, financial aid, and degree plans.

The goal of initiatives such as this event, is to bring awareness of UTRGV resources that may help bridge the gaps of the needs in these communities.

