



PreK4



Newsletter

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Let's begin... HEALTHY again!

We're All in this Together!

PSJA and LA JOYA ISD have joined forces with UTRGV with the intention of decreasing childhood obesity in the Rio Grande Valley.

The UTRGV Department of Health & Human Performance was awarded a grant through the Supplemental Nutrition Assistance Education Program (SNAP-Ed). The goal is to educate and motivate preschool children to increase physical activity and consumption of fruits, vegetables, and whole grains.

The STEPS/SNAP-Ed is a three-year project set to begin school year 2022-2023; with consented Pre-K4 students who will be followed until their 1st grade.

DHR Health is a new partner to focus on the Adult Healthy Program section only.

PSJA & La Joya Pre-K4 students and their parents are invited to participate in and consent to the STEPS/SNAP-Ed project. Consent to a healthy experience!

Contact us for more information: STEPS office (956) 665-2127

The University of Texas
Rio Grande Valley

STEPS

SOUTH TEXAS EARLY
PREVENTION STUDIES (STEPS)
SNAP - ED PROJECT

STEPS

FREE school health
program opportunity
Encourages physical
activity and healthy eating

Activities

- Fitness (PACER)
- Health Knowledge
- Healthy Dieting
- Body Mass Index

Goals

- ✓ Decrease childhood obesity and prevent chronic illnesses such as type 2 diabetes and heart disease

Benefits

- FUN Learning for children
- Performance Report Card for parents
- Incentive for consented participants

School Staff Involved

- Teachers
- P.E. Coaches
- School Principal
- Parent Educators
- Child Nutrition Services

Read, Sign, and Return the STEPS SNAP-Ed Consent Form Today

Project sponsored by:

- TEXAS Health and Human Services
- DHHR Health
- COLLEGE

For more information:
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STEPS PROJECT ACTIVITIES

**Is your child eating
their fruits and
vegetables at
school?**

Served

Consumed



Students will Participate in

- Fitness
- Body Mass Index (BMI)
Height & Weight
- Health Knowledge
- Bienestar School
Health Program
- EdTech
(selected schools)



FYI: Overweight and obese

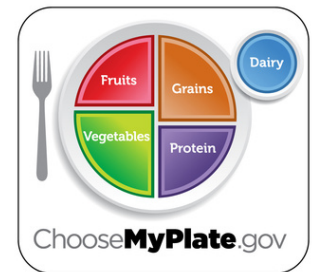
DALLAS (KDAF) published an article stating — A new WalletHub study has ranked **McAllen, Texas**, as the most overweight and obese city in the nation.

According to their study, more than 40% of American adults are obese. Those extra pounds have inflated the costs of obesity-related medical treatment to about \$190 billion a year and annual productivity losses due to work absenteeism to around \$4.3 billion.

The top 10 most obese and overweight cities are:

McAllen, TX
Memphis, TN
Knoxville, TN
Mobile, AL
Jackson, MS

Birmingham, AL
Little Rock, AR
Shreveport, LA
Augusta, GA
Baton Rouge, LA



DON'T be a STATISTIC!
Let's get physical today!

Increase physical activity, eat more fruits, vegetables, and whole grains, and drink plenty of water.



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