

# **WALK ACROSS TEXAS!** and **WALK N TALK**

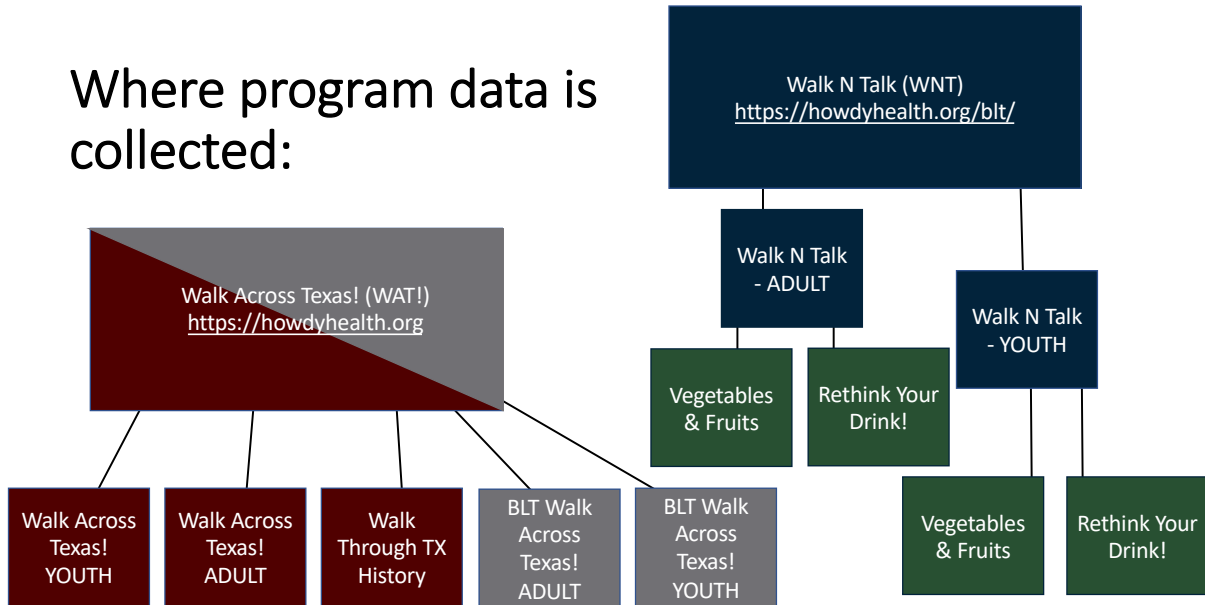
## Explained for BLT Programming



To start -

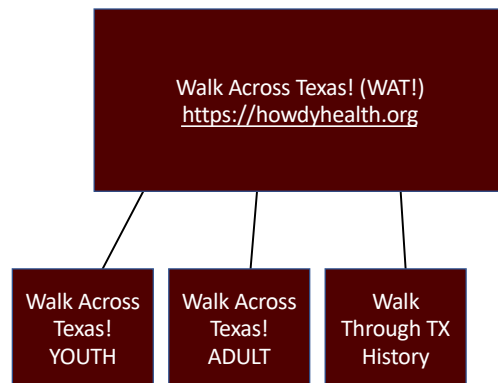
- It is important to think about these programs separately:
  - **Walk Across Texas! (WAT!)**
    - Adult
    - Youth
    - **Walk Through Texas History**
  - **Better Living for Texans Walk Across Texas! (BLT WAT!)**
    - Adult
    - Youth
  - **Walk N Talk (WNT)**
    - Adult
    - Youth

## Where program data is collected:



## WALK ACROSS TEXAS!

- **Who is WAT! for:** all adults or youth!
- **What is needed for participation?**
  - *Adults:* each participant needs an email address and an individual Howdy Health account
  - *Youth:* participants do not need anything *only the team captain needs an email address and Howdy Health Account*
- **How is this program tracked:** This program is created and implemented through the Walk Across Texas! Howdy Health system.
  - *Adults:* each participant logs individual mileage on Howdy Health account
  - *Youth:* team captains log mileage for entire team



**NOTE: THESE ARE NOT BLT PROGRAMS**

## BLT WALK ACROSS TEXAS!

- **Who is BLT WAT! for:** all adults or youth that are BLT eligible
- **What is needed for participation?**
  - *Adults:* each participant needs an email address and an individual Howdy Health account
  - *Youth:* participants do not need anything *only the team captain needs an email address and Howdy Health Account*
- **How is this program tracked:**
  - First, an agent must create a **BLT WAT! League** using the **NEW online BLT System** - <https://howdyhealth.org/blt/>
  - *The agent will receive a league code which then differentiates between BLT WAT! and WAT! on Howdy Health*
  - **Once the code is created – BLT WAT! is THE same as WAT! - Participants are still responsible for creating, joining, and entering mileage via Howdy Health.**
    - *Adults:* each participant logs individual mileage on Howdy Health account
    - *Youth:* team captains log mileage for entire team

Walk Across Texas! (WAT!)  
<https://howdyhealth.org>

BLT Walk  
Across  
Texas!  
ADULT

BLT Walk  
Across  
Texas!  
YOUTH

**NOTE: BLT WAT! is the same as WAT! but with a BLT indicator for report purposes**

## BLT WALK ACROSS TEXAS! Recap:

- BLT WAT! **begins** in the BLT System to create a BLT WAT! League:  
<https://howdyhealth.org/blt/>
- Once created, everything else is handled within Howdy Health:  
<https://howdyhealth.org> (league creation, team creations, participant mileage entries, etc.).

## Limitations for Adult BLT WAT!

- Individuals **are** required to register and create an individual Howdy Health account. If your adult BLT audience does **not** have access to technology, **it is not recommended to do an Adult BLT WAT!** – the Walk N Talk program is suggested instead.
- Conducting a community wide Adult BLT WAT! program would be difficult. It will be easier if you already have an active audience with access to technology.

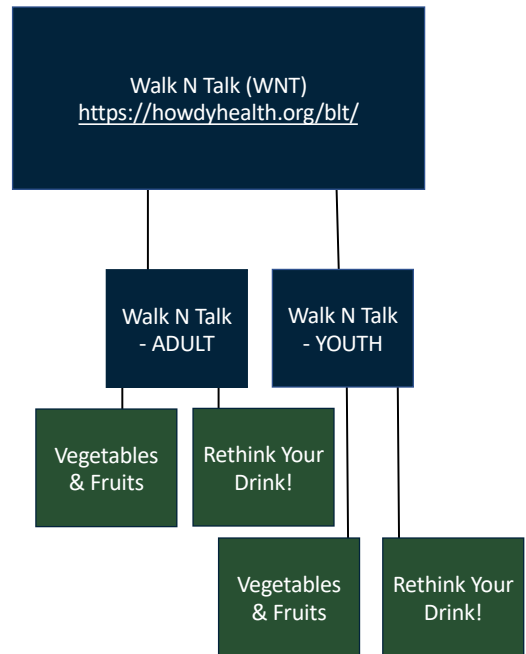
## Examples of potential Adult BLT WAT! sites:

- Due to the technology limitation Adult BLT WAT! groups are going to be specific and audiences you know will have technology for example: Job training sites where likely everyone has an email, parent groups within schools, young parents/new moms.
- **Youth BLT WAT!** does not have the same challenges due to the Team Captain only having to log miles.

## WALK N TALK (WNT) -

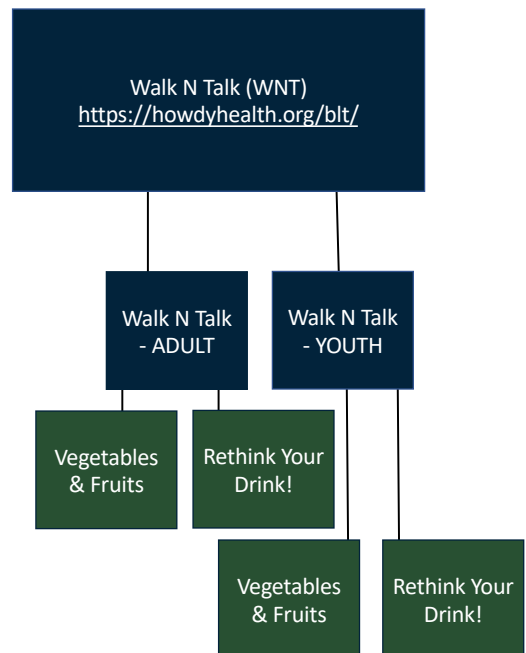
- This version is a face-to-face education program series delivered in a discussion format with a BLT approved target audience.
- **Agents log all data into the BLT System.**
  - Individual Mileage/Step Log allows for paper tracking between class times and agents can download from online.
  - Individual Mileage/Step Log is used for both program topics and all ages.

**NOTE: AGENTS LOG MILEAGE FOR EACH PARTICIPANT – THE PARTICIPANT DOES NOTHING ONLINE**



## Two versions of WALK N TALK: *Vegetables and Fruits* and *Rethink Your Drink!*

- **Vegetable and Fruit:** This version has flexibility in choosing fruits and veggies for the educational experience in the session.
  - **Resources include:**
    - Participation waiver
    - Instructor's Motivational Interview Outline and Questions (Vegetable-Fruit Curricula Format)
    - Individual Registration (pre-survey) Form (for all ages)
    - Wrap-up (post-survey) Form (for all ages)
    - Fruit Fact Sheets
    - Vegetable Fact Sheets
- **Rethink Your Drink!:** Participants will learn about healthy beverage options.
  - **Resources include:**
    - Participation waiver
    - Rethink Your Drink! Educator's Guide
    - Individual Registration (pre-survey) Form - adult
    - Wrap-up (post-survey) Form – adult
    - Individual Registration (pre-survey) Form - youth
    - Wrap-up (post-survey) Form – youth



## WALK N TALK Recap:

- This is program meets face-to-face for 8 weeks.
- Each week is composed of some physical activity and educational piece.
- It is like BLT WAT!, but the agent logs all mileage on BLT System.

## Online Resources

- <https://howdyhealth.org/blt/> - NEW BLT System for BLT Data Entry:
  - For agents only - login/password is needed
  - Used to create **BLT WAT! Leagues**
  - Used to create/enter **Walk N Talk** data
- <https://howdyhealth.org> - For WAT! and BLT WAT!

USDA is an equal opportunity provider and employer.  
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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