

Texercise

Active Living Working Group



TEXAS
Health and Human
Services

Texas Health and Human Services

HHS oversees the operation of the health and human services system. HHS has responsibility for strategic leadership, administrative oversight of Texas health and human services system programs, and provides direct administration of some programs.

HHS oversees:

- ◆ Eligibility Determination
- ◆ System Planning and Evaluation
- ◆ Policy Development and Rule-making
- ◆ Ombudsman Services



Demographics

Texas

- ◆ 2nd largest state in the US
- ◆ 265,000 square miles
- ◆ 27+ million residents, second largest population in the US
- ◆ 6 Texas cities have populations greater than 500,000
- ◆ 25 largest U.S. cities: Austin, Fort Worth, and El Paso are in there!
- ◆ 17.6% of residents live below poverty level



Demographics: Older Texans

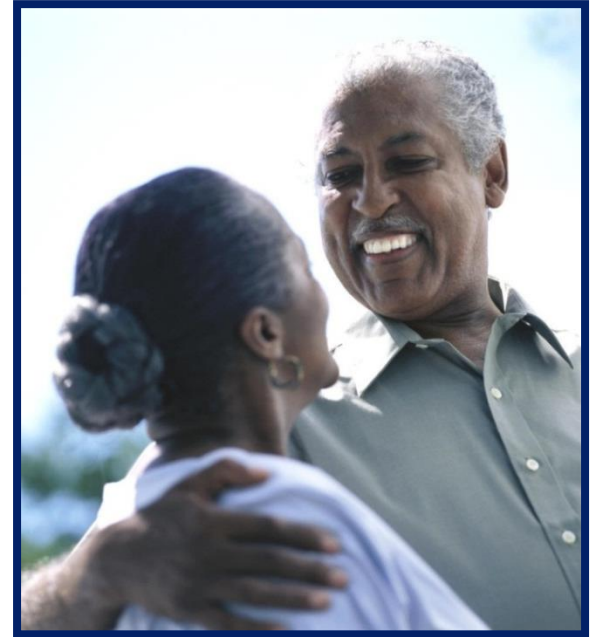
- ◆ Third-largest population of adults 60+ in the U.S.
- ◆ Between 2015 and 2030 this population is expected to increase 67%.
- ◆ 10% of adults 18-64 have a disability,
41% of adults 65 and over have a disability.
- ◆ An increasing aging population means an increasing number of people with disabilities and chronic health conditions.



Age Well Live Well

In 2050, 17.4 percent of Texans will be aged 65 and over.

The **Age Well Live Well** campaign provides resources and tools to help individuals and communities address the challenges associated with aging and create opportunities for living well.



Age Well Live Well

The **Age Well Live Well** campaign provides resources, tips, tools and expertise to help Texans:

- ◆ **Be Healthy:** by improving the physical health of older adults, their families and the community at large.
- ◆ **Be Connected:** by providing opportunities for Texans to get engaged in local activities and volunteer.
- ◆ **Be Informed:** by creating awareness of aging-related issues and resources offered through Age Well Live Well partners, HHS and the aging and disability network.



Be Healthy

High cost of inactivity:

- ◆ In 2013, 38 percent of Texans 65 and older were overweight and 27.6 percent were obese.
- ◆ By 2030 the Texas adult obesity rate will reach 57.2 percent.
- ◆ Preventable illness makes up approximately 80% of the burden of illness and 90% of all healthcare costs.
- ◆ People who participate in physical activity on a regular basis lower their risk of developing a chronic disease by 30–50%.



Texercise

A statewide health promotions initiative of HHSC that educates and involves individuals and communities in physical activities and proper nutrition.

Texercise provides tools and resources to assist with making healthy lifestyle changes.

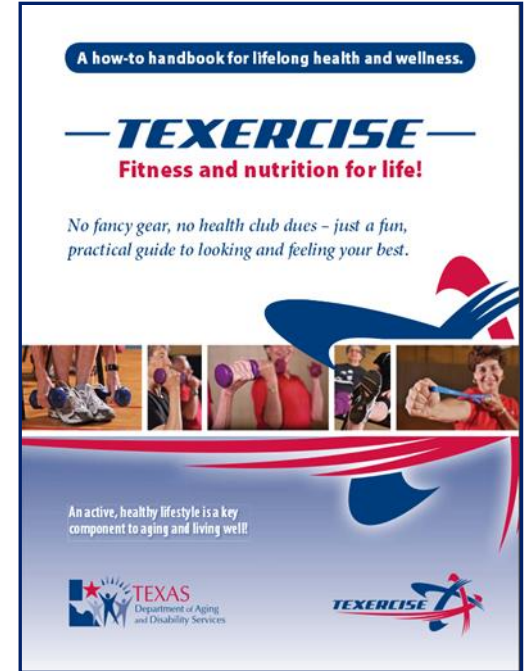
- ◆ **Educational** resources to help create understanding of the importance of a healthy diet and regular physical activity.
- ◆ **Motivational** resources to encourage participation and adoption of healthy habits.
- ◆ **Recognition** resources to formally recognize participants efforts.



Texercise

Texercise resources include:

- ◆ Handbook
- ◆ Exercise DVD
- ◆ Fact Sheets
 - ◆ 12 fitness
 - ◆ 8 nutrition
- ◆ Website (www.Texercise.com)



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Texercise Programs

Texercise provides organizations and communities with easy to implement programs to bring people together and offer shared support in healthy activities.

- ◆ Texercise Classic
- ◆ Texercise Select



Texercise Classic

Texercise Classic is a 12-week program that brings people together in groups to engage in physical activity. Classic can be lead by anyone and allows for any physical activity to be used.

Classic coordinators receive:

- ◆ Coordinator Kit
- ◆ Fact Sheets
- ◆ Texercise DVD
- ◆ Event Flyers

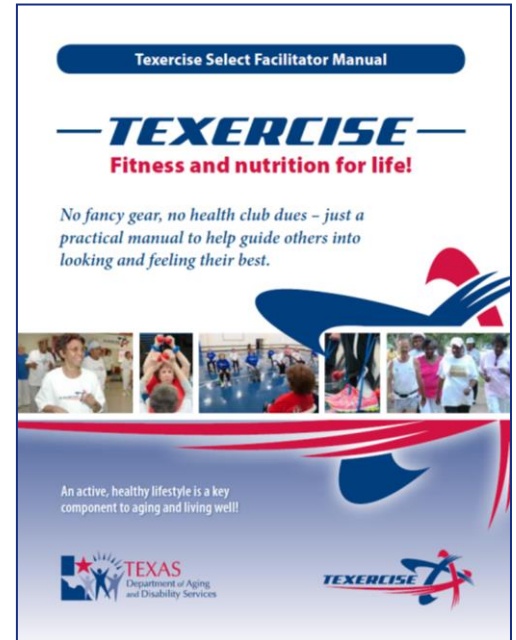


Texercise Select

A free, 10-week evidence-based program that requires at least one trained facilitator to lead sessions.

Select Facilitators receive:

- ◆ Online training
- ◆ Select Facilitator Manual
- ◆ Fact Sheets
- ◆ Texercise DVD
- ◆ Event Flyers



Contact Information

Texercise

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