

CENTER FOR GERONTOLOGY

FALL RESEARCH FORUM



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Texas GROW! EAT! GO!
**Using Family-focused Garden,
Nutrition and Physical
Activities to Prevent
Childhood Obesity
Preliminary Outcomes –
Combined Cohorts**

OCTOBER 23, 2015
11:00AM - NOON
FRALIN AUDITORIUM

The Texas! Grow! Eat! Go! project focuses on decreasing childhood obesity among 3rd grade students. This randomized controlled trial with 4 treatment groups, assessed the independent and combined effects of 2 school-based interventions: a school-garden and nutrition program, *Learn! Grow! Eat! Go!*, and a physical activity program, *Walk Across Texas*, with an evidence-based school environment program - Coordinated Approach to Child Health (*CATCH*) as control on children's diet and physical activity behaviors and body mass index (BMI). Twenty eight low-income schools in five Texas counties participated (n= 1508 children; 1169 parents) participated in two cohorts.

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