

**SPRING 2023**



The official newsletter of  
Texas A&M AgriLife Extension's  
Working on Wellness Environments

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## WELCOME!

**BY: VALERIE JAUREGUI**

Welcome to the Working On Wellness Environments Spring Newsletter! WOW-E participants had a productive fall, with many more workshops and Action Institutes to look forward to. From demonstrations to site visits, WOW-E participants were at work creating healthy communities. In this issue, you will find a recap of all workshops completed in the fall and spring. As always, you can reach out to us if you have any questions or would like to submit items for the next newsletter.

WOW-E Team

# FALL RECAP!



## EAGLE PASS DEMONSTRATION

City staff, public works, local planners, an engineer, and youth completed a connectivity demonstration where they pilot-tested a crosswalk from their school to the neighborhood as well as a bike lane.

[https://www.youtube.com/watch?v=dPeluEW\\_Mfo](https://www.youtube.com/watch?v=dPeluEW_Mfo)



## NACDEP PRESENTATION

The WOW-E team received the cross-team program award from the National Association of Community Development Extension Professionals. The team presented on its multi-disciplinary approach to community development.



## YOUTH SUMMIT PROJECT

A group of youth who participated in the WOW-E Youth Summit in summer 2022, went through a Mini-Design Charrette process where they completed a site inventory of a park they are wanting to reclaim. The group also identified partners, resources, and identified next steps.

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## ROMA DEMONSTRATION

A bike lane was pilot-tested in Roma, TX with the help of local partners including the city mayor, public works, law enforcement, fire department, and community volunteers.

[Click here to see the video!](https://www.youtube.com/watch?v=yXuWUv7_mFs)  
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## PARKLAND DEDICATION

John Crompton met with city planning staff, parks and recreation staff, and the Planning & Zoning Commission in Eagle Pass, Texas to begin the process of updating their Parkland Dedication Ordinance.


To learn more about Parkland Dedication Ordinances, click here to receive a digital copy of Dr. Crompton's Parkland Dedication publication

<https://agrilifelearn.tamu.edu/s/product/parkland-dedication-optimizing-an-underutilized-resource/01t4x0000040i8mA>

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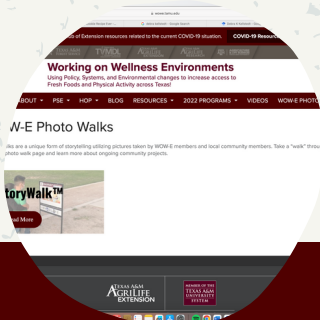
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## ROMA STORYWALK EVENT



As part of the WOW-E Community Challenge 2022, Roma Planning Director, Joe Garza submitted a proposal to conduct a StoryWalk pilot-test in Roma Municipal Park with the help of two local librarians, Sonia Barrera, and Ana Pena. After working together to identify supplies needed, establish partners and their roles, plan installation and maintenance, and create plans for communication and evaluation, the StoryWalk was kicked off in December with about 150 Roma ISD students and their teachers. Due to the positive response from the community, project partners hope to plan a more stationary StoryWalk installation. Until then, the pilot-test will continue and a new book was featured in the park on February 1st!

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## PHOTOWALKS KICKED OFF

In November, WOW-E started their Photo Walk series on their website. Photo Walks help tell community stories through pictures.

See our Photowalks here:  
<https://wowe.tamu.edu/wow-e-photo-walks/>

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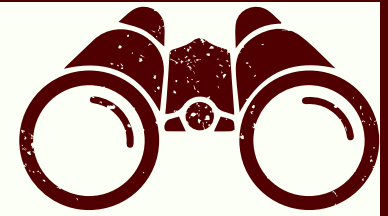
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## PRESENTATION

At Rio Grande City's January Commissioners meeting, the City's Planning Director, Gilbert Millan presented to the commission about the WOW-E program and provided updates about the projects occurring within the community. In order to keep the City's leaders informed and engaged in the WOW-E efforts, he reminded the commissioners about the WOW-E program scope and goals, outlined past projects, and provided status updates about those that are still underway. The commissioners enjoyed learning about the ways in which the WOW-E program has supported the community thus far, and are excited to see what is accomplished through their future efforts.

# Workshops in Eagle Pass



## Eagle Pass Pop Up Play Workshop

City staff from the City of Eagle Pass and their partners attended a Pop-Up Play workshop where they brainstormed, collaborated, and created plans to re-activate spaces to promote play throughout the community. By increasing access to pop up play, residents will have increased access to physical activity.



## Eagle Pass Parks Maintenance Workshop

Having completed an AgriLife Parks Maintenance training, City of Eagle Pass Parks Department and Public Works staff will meet to discuss and evaluate current conditions and maintenance practices and revised their maintenance plan. Residents are more likely to use parks that are well kept.



Information @ (830) 773-7781 Planning Department.

# THIS WEEK!

The City of Eagle Pass is working to add active infrastructure (for example crosswalks, signage, and bike lanes) to make the community safer and more connected. This demonstration will help plan future street designs.

**READ FOR MORE INFORMATION** →

**TEMPORARY TRAFFIC CHANGES COMING TO BIBB AVE DEC 1**

- Protected pedestrian lane on the east side of Bibb Ave
- Bike lane on 2nd Street
- Crosswalks on Bibb Ave & 2nd St
- Wayfinding along Bibb Ave & 2nd Street

SEE A MAP OF THE PILOT TEST →

**CONCEPT DESIGN OF PILOT TEST CHANGES ON BIBB AVE**

This is the new parking lane.

**CONCEPT DESIGN OF PILOT TEST CHANGES ON BIBB AVE NEAR EAGLE PASS JUNIOR HIGH**

This is the protected pedestrian walking & biking lane. This is the new parking lane.



ase complete the survey to help us improve the health and safety of our community

City of Eagle Pass is working to add active transportation infrastructure (for example sidewalks, crosswalks, signage, bike lanes) to make the community safer and more connected. Please take a few minutes to give your input to help plan future street design

ciudad de Eagle Pass esta trabajando para agregar infraestructura de transporte activo (por ejemplo, banquetas, cruces peatonales, señalizacion y carriles para bicicletas) para que la comunidad sea mas segura y este mas conectada. Tomese unos minutos para dar su opinion y ayudar a planificar futuros diseños de calles.

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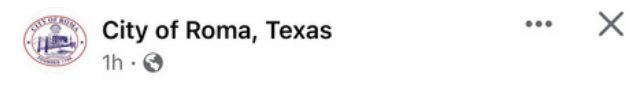
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## TEMPORARY TRAFFIC CHANGES COMING DECEMBER 3

### Athens Street Bike Lane Demonstration

WOW-E

**IN YOUR LOCAL MEDIA!**



The city staff with members of Texas A&M AgriLife Extension Office-Working on Wellness Environments (WOW-E) division were in town doing a follow up visit and confirming inspection on the bike lane and also the Story Walk at the park. Discussions were also made of more opportunities for community wellness that Agrilife may offer.

#WOWE #HOP4Health #MOVINGMATTERS #ActivePeople



Ayuda a planificar futuros diseños de calles escaneando este codigo para informarnos sobre su entorno para caminar y andar en bici

# PLEASE NO PARKING ON THE EAST SIDE OF ATHENS STREET

**STARTING DEC 2**

The bike lane pilot test will start on Dec 3 along the shoulder of Athens Street. We need cars moved to the west shoulder (adjacent to the houses).

# RESOURCES



## INTRODUCTION TO HEALTH COMMUNICATION PLANNING COURSE

*Are you interested in learning about creating health communication plans? Texas A&M Agrilife Extension has a course on health comm planning free for WOW-E counties. Read more [here](#).*

## ACTIONABLE PUBLIC HEALTH STRATEGIES TO BOOST COMMUNITY WELL-BEING WITH SAFE ROUTES TO PARKS

*This resource provides actionable strategies and inspiring examples for public health agencies to take an active role in their communities' Safe Routes to Parks efforts. Find more information [here](#).*



## PHYSICAL ACTIVITY FOR ALL WOMEN

*Physical activity is important for all women throughout their lives. Read on for ways you can change your physical activity routine to fit your needs based on your age, stage of life, or physical abilities. Read more [here](#)*

## MOVING MATTERS!

*Moving Matters for Your Health*  
*Taking care of yourself is one of the most important things you can do for you and your family. One way to do that is to get regular physical activity. Increased physical activity can improve your sleep, reduce stress, and lower your risk of heart disease, stroke, some cancers, and type 2 diabetes. We are joining other local and national organizations in supporting the Moving Matters campaign, part of the Active People, Healthy Nation<sup>SM</sup> initiative, to help promote the benefits of physical activity, encourage people to find small ways to incorporate movement into their day, and remind people that physical activity can be fun. Visit [cdc.gov/MovingMatters](http://cdc.gov/MovingMatters) to learn more about the campaign and explore ways to get moving!*



## HOW SHOULD PHYSICAL ACTIVITY MAKE YOU FEEL?

*Howdy Health, an initiative of Texas A&M Agrilife Extension has a mini video on how you feel before and after physical activity matters. Watch it [here](#)!*

## Moving matters for my health.



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