



# PRAIRIE VIEW A&M UNIVERSITY

A Member of The Texas A&M University System

## Choose Health: Food, Fun & Fitness Program and Summer Meals Implemented in Falls County

**July 31, 2018** –The Falls County Prairie View A & M University Cooperative Extension Program partnered with Unique Pieces INC. to implement Choose Health: Food, Fun and Fitness and Summer Meals Programs at Falls County Boys and Girls Club. Rosondra Hartsfield, Family and Community Health Agent, implemented the Choose Health: Food, Fun and Fitness Curriculum. The lessons focused on topics such as sugary drinks, the benefits of incorporating fruits and vegetables to a daily eating regimen, nutrition label reading, among others. Audrey Hayes, President of Unique Pieces INC. provided **(100)** healthy snacks daily at 10:00 a.m. and 2:00 p.m. for youth at the Falls County Boys and Girls Club.

As a result, **1, 500** healthy snacks were served and **50** youth expressed their desire to make an effort to eat healthier.

The obesity rate of Texans between ages 10-17 in 2016 was reported to be at 33.3%, holding the 15th position in the state. Poverty is a significant factor in poor nutrition. In Falls County, for example, 24.5 % of households are living below the poverty line versus 22.5% in the state of Texas.



Rosondra Hartsfield, Family and Community Health  
Extension Agent, Falls County  
(254)883-1413  
RLHartsfield @ag.tamu.edu



**PRAIRIE VIEW  
A&M UNIVERSITY**  
COLLEGE OF AGRICULTURE  
AND HUMAN SCIENCES

Cooperative Extension Program

The members of Cooperative Extension Program will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout PVAMU Cooperative Extension Program.

[www.pvamu.edu](http://www.pvamu.edu)

Cooperative Extension Program  
P.O. Box 519, MS 2001 Prairie View, Texas 77446-0519  
Phone (936) 261-5137 Fax (936) 261-5143