

# The Steps Program in San Antonio, Texas

Funding Period: 2004–2009

CDC's Steps Program funds states, cities, and tribal groups to implement community-based chronic disease prevention programs to reduce the burden of obesity, diabetes, and asthma by addressing three related risk factors: physical inactivity, poor nutrition, and tobacco use. Steps-funded programs are showing what can be done locally in schools, work sites, communities, and health care settings to promote healthier lifestyles and help people make long-lasting and sustainable changes that can reduce their risk for chronic diseases.

## Background

The Steps Program in San Antonio is helping build healthier communities in Bexar County by focusing programmatic efforts on people most affected by chronic diseases, especially racial and ethnic minority groups. The intervention area shares boundaries with the San Antonio Independent School District (SAISD), which encompasses approximately 79 square miles and has about 316,000 residents. In this district, 76% of residents are Hispanic or Latino, 14% are non-Hispanic white, 9% are non-Hispanic black or African American, and 1% are members of other races. In 2005, just over 17% of Bexar County residents lived below the federal poverty level. Ninety percent of the approximately 57,500 students in the district are classified as economically disadvantaged.

## Spotlight on Success

In 2005, the Steps Program in San Antonio collaborated with SAISD and other partners to implement an Asthma Action Plan project for asthmatic children who are required to take medication at school. SAISD now has about 400 asthma action plans on file, compared with 20 plans on file at all campuses in prior years. During the 2005–2006 school year, 450 peak flow meters and 500 spacers were distributed to students who did not previously have access to them at school. In a survey of school nurses, 57% strongly agreed that students who received spacers for use at school benefited, and 53% agreed that having the action plans improved their ability to manage those students' asthma symptoms. Read this success story in *The Steps Program in Action*, available at [www.cdc.gov/steps/success\\_stories/pdf/san\\_antONIO.pdf](http://www.cdc.gov/steps/success_stories/pdf/san_antONIO.pdf).

## Community Partnerships

The San Antonio Steps Program partnerships consist of key partners and coalitions that focus on the prevention and control of chronic diseases and associated risk factors. The following groups help guide the design and implementation of interventions in the Steps Program: departments of health, public works, planning, and parks and recreation; various other governmental and county agencies, including the Bexar County Metropolitan Planning Organizations; SAISD school district personnel; local health organizations; faith-based organizations; private-sector participants; YMCAs; and local nonprofit organizations.

## Contact

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