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FOR IMMEDIATE RELEASE

DALLAS COUNTY ANNOUNCES COUNTY-WIDE PHYSICAL ACTIVITY CAMPAIGN: EVERY STEP COUNTS

Dallas, TX - March 26, 2026 – Dallas County Health and Human Services (DCHHS) and Texas A&M AgriLife Extension announces the launch of Every Step Counts, a county-wide physical activity campaign to promote physical activity, health and wellness for Dallas County residents.

The Every Step Counts campaign promotes increased physical activity as part of DCHHS' efforts to address obesity, heart disease and other chronic conditions in Dallas County. Nationwide, most youth and adults do not meet recommended activity levels, at least 150 minutes per week for adults and 60 minutes per day for youth ages 5–17, with only one in four adults and one in five youth achieving these guidelines.

“At DCHHS, we are committed to making the healthy choice the easy choice for every resident” said Dr. Philip Huang, Director of DCHHS. “Every Step Counts is about helping Dallas County residents take simple, everyday actions to improve their health and build a healthier community together.”

Chronic disease remains among the leading causes of death in Dallas County, with heart disease and cancer consistently ranked as the leading causes of death across all groups in the county. Sedentary lifestyle increases risk of all-cause mortality and risk for multiple chronic conditions including overweight and obesity, diabetes, high blood pressure, heart disease, stroke and certain cancers. Regular physical activity can reduce risk for these conditions, as well as reduce risk for dementia and depression, help maintain a healthy weight, and improve sleep, brain function and quality of life.

Every Step Counts is DCHHS' call to action for all Dallas County residents, organizations, and community leaders to challenge ourselves and each other to move more while having fun and celebrating happy, healthy lives.

How to Participate:

- **Choose your move** - walking, gardening, dancing or anything that gets your heart pumping. One minute, five minutes, 15 minutes or more - every step counts.
- **Share pics, videos and updates on social media** to let friends, family and your community know how you're getting active, your favorite activity(s), how it helps you and invite them to join

to help prevent chronic disease and improve health and well-being. Use the hashtag #EveryStepCountsDCHHS and tag Dallas County Health Human Services on Facebook, Instagram and X.

- Grab your crew, form a team, and **register to join the physical activity challenge**. Log miles and physical activity minutes to compete for prizes!
- Visit [Every Step Count's website](#) to get started! On this website you'll find access to [local trails](#), [DCHHS and other community events](#) and connect to TX A&M AgriLife's [Howdy Health platform](#) to start tracking your activity!

Looking Ahead:

DCHHS plans to continue Every Step Counts as an annual campaign to take place each year in recognition of World Physical Activity Day April 6 through the end of National Physical Fitness and Sports Month in May. The goal is to increase physical activity through social media engagement and peer encouragement, support access to local trails via the DCHHS Trail Finder, participation in DCHHS' and local partners' free physical activity-themed community events, and the physical activity challenge, with teams logging walking miles and physical activity minutes through Texas A&M AgriLife Extension's Howdy Health platform.

To learn more about how to participate, or to share information about free local physical activity events, contact EveryStepCounts@dallascounty.org.

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