This study demonstrated:

- A high prevalence of obesity, increased waist circumference, elevated high normal or high blood pressure readings, severe back pain, inadequate sleep, and ergonomic work hazards among Hispanic high school students in south Texas.
- Trusted leaders and the school infrastructure are essential to follow, conduct & strategize interventions.
- Community involvement in translating epidemiologic evidence into sustainable physical activity plans, and improved school and the community health professionals’ knowledge & skills.
- Feasibility of conducting future epidemiologic studies among adolescent farmworkers and their families, as well as interventions, incorporating a promotora model.