



## Extension Education in Hopkins County

# Making a Difference

2017

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The Texas A&M AgriLife Extension Service has long been dedicated to educating Texans. Extension education evolved nationwide under the 1914 federal Smith-Lever Act, which sought to extend university knowledge and agricultural research findings directly to the people. Ever since, Extension programs have addressed the emerging issues of the day, reaching diverse rural and urban populations.

In Texas, all 254 counties are served by a well-organized network of professional Extension educators and some 100,000 trained volunteers. Extension expertise and educational outreach pertain to the food and fiber industry, natural resources, family and consumer sciences, nutrition and health, and community economic development.

## EXTENDING KNOWLEDGE Providing Solutions

Among those served are hundreds of thousands of young people who benefit annually from Extension's 4-H and youth development programs.

Texans turn to Extension education for solutions. Extension agents and specialists respond not only with answers, but also with resources and services that result in significant returns on the public's investment. Extension programs are custom-designed for each region of the state, with residents providing input and help with program delivery. Here are just a few highlights of Extension impacts on this county and its people.

### Hopkins County – Summary of 2017 Educational Contacts

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#### Educational programming:

- Educational program contacts 5,375 (as of October 31, 2017)
- In-depth program contacts 2,596 (as of October 31, 2017)

#### Contacts:

- Total contacts 32,358 (as of October 31, 2017)
- Newsletter contacts 17,093
- Social media posts 105

#### Volunteer Contributions

- Total volunteers 557 volunteers (to be updated)
- Total volunteer hours 3375 hours (to be updated)
- Total value (\$24.14 per hour) \$8,147.25

#### 4-H & Youth Program

- Organized clubs 5
- Special Interest Clubs (SpIn) 1
- Enrolled 4-H members 172
- Enrolled leaders 119
- School enrichment/short term 1,219

#### Media Outreach

- Newspaper columns 104
  - Special features/announcements 65
  - Downhome Living Magazine Hicks featured in health/wellness article
  - Northeast Texas Bridal Magazine Marriage Education workshop featured in each issue
  - Local radio/interviews 30 (KSST, News Notebook, KSCH, The Way)
  - Website outreach <https://hopkins.agrilife.org>
- Facebook – Family & Community Health – 168 followers  
Vet Science – 29 members

# Making a Difference

2017 Hopkins County Livestock and Forage Education (Tours, Trainings and Field Days)

*Developed by Dr. Mario A. Villarino, County Extension Agent for Agriculture and Natural Resources  
Hopkins County, Texas*

Relevance: Livestock and forage production is a 3.96 billion dollar industry in the Central Region. Livestock and forage enterprises are affected by climate and market variability. Hopkins County currently has more than 100,000 head of cattle with 27,000 head of dairy cattle. Due to environmental requirements of federal and state authorities, Hopkins County dairy operators must maintain environmental requirements for operation. This plan will collaborate with dairy (Dairy Farmers of America, Southwest Dairy Museum) and beef organizations (NETBIO) to determine and conduct educational efforts needed for the successful operation of livestock farms and ranches. Hopkins County livestock and forage producers and related agribusinesses effectively evaluated and adopted research-based technology applications and best management practices for sustainable and profitable livestock management systems presented in this plan. Livestock producers improved their knowledge of production and management systems to improve quality, profitability, and sustainability. This plan had the goal of providing educational experiences to 350 beef / hay producers, 150 private applicators, 60 dairy producers and 60 landowners/ranchers seeking private applicator accreditation.

Response:

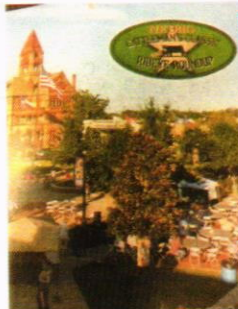
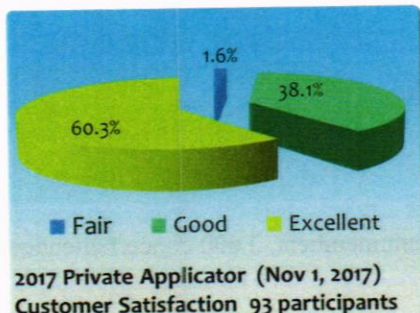
- Hay Clinic (with Holt)(4/6/2017-65 participants).
- 4 Private Applicator Trainings (New Applicants)(2/15, 5/17, 8/16, 11/29).
- 2 Result Demonstration (Use of biosolids in forage/hay production).
- Hopkins County Hay Show (10/5/2017).
- Beef Day NETBIO (10/6/2017)(220 educational session, 160 cooking team members, 2,600 concert attendees).
- 2017 Dairy Outreach Training (10/25/2017, 35 participants).
- 2017 Private Applicator CEU (11/1/2017, 93 participants).
- 3 Newsletters (5/6, 9/15, 11/6) (270 each).
- 12 forage/beef related newspaper articles.
- 4 Program Area Committee Planning Meetings (NETBIO)(Quarterly).
- 8 Taskforce meetings (Beef Day).
- Plan interpretation (Volunteers 11/9, Commissioner's Court 11/27, and mass media 12/5).

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**Results:** The Beef Program Area Committee (NETBIO) indicated the need of addressing consumer awareness of benefits of the beef industry as a priority for 2017. As a result, a program plan was created to provide forage and beef production (Hay Clinic, Hay Show, Newsletters, Private Applicator Trainings) and consumer awareness (Beef Day) that included a beef production awareness program (hosted at the Hopkins County Court House with 210 participants), a meat quality awareness component (Ribeye cook-off at the square with 160 cooking team members) and a public musical concert (2,600 attendees, 4 major sponsors) by Stoney Larue. The planning committee vision during 2017 was to provide an educational-entertaining model to promote beef, demonstrate attributes of beef as a culinary resource and to indicate the importance of local beef markets in the county economy. A series of evaluations (anecdotal (Facebook), direct interviews and electronic post evaluations) were conducted according to each event.

**Impact:**

- *My first time to this event. Had an awesome time!* (Beef Day) (2,115 likes in Facebook).
- *The steaks were delicious, friendly people. Everyone did a great job* (Beef Day) (Facebook).
- Understanding of laws and regulations was excellent (21%) and good (62.75%) (PAT CEU, 51 participants).
- Understanding of weed management was excellent (54%) and good (40%) (PAT CEU, 51 participants).
- 53% (29/54) of the attendees indicated the information related to weed management of hay was excellent (PAT CEU).
- 63% (45/71) of attendees considered the information related to pollinators was excellent (PAT CEU).
- 37% (20/54) of attendees considered the information related to pond weed control was excellent (PAT CEU).
- 60% (38/63) of the attendees indicated the program overall was excellent (PAT CEU).
- 90% (59/65) of attendees will benefit economically of the learned topics (PAT CEU).
- 93% (59/63) of the attendees considered the information provided by Extension to be good or excellent (PAT CEU).



**NETBIO**  
Cattleman Classic  
Ribeye RoundUp  
October 6, 2017

- 220 Attendees educational Presentation
- 41 Competition teams
- 1,200 Meals served
- 2,600 Concert attendants

**Private Applicator Certification**

\*4 sessions per year (quarterly).  
\*55 attendees

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# Making a Difference

## 2017 Hopkins County Youth Science of Agriculture

*Developed by Dr. Mario A. Villarino, County Extension Agent for Agriculture and Natural Resources  
Hopkins County, Texas*

Relevance: As today's youth are further removed from farming, their understanding of the importance of agriculture and how it impacts their daily lives diminishes. This Science of Agriculture (Ag Literacy/Awareness) program targets 4th grade students and teachers in Rains, Hopkins, Delta, Wood and Franklin Counties. The plan provided the following educational components: Educational support materials on Science of Agriculture, field trip to the Hopkins County Regional Civic Center, pre- and post-evaluation and information about 4-H opportunities for the participants and parents. During 2017 the plan included educational presentations in cattle milking, products and byproducts of the beef industry, dairy foods, 4-H, horse care, wildlife, small grains and cotton, poultry production, bee keeping, goat production and water conservation. This program targeted 900- 4th grade students in Wood, Delta, Franklin, and Hopkins Counties.

Response: To address the needs of agricultural education to school grade youth, this plan conducted the following activities:

- Ag in The Classroom Volunteer Meeting (October 2017): A working meeting after the 2015 educational event was held with presenters. Recognition for their support was expressed and comments/suggestions were taken. A definitive date was scheduled for 2017.
- Organizational Meeting for 2017 Ag in the Classroom (February, 2017). County Extension Agents from Hopkins, Delta, Franklin and Rains Counties and representatives of Rain-Hopkins Farm Bureau met to provide leadership for topic selection, volunteers and programmatic needs for the 2017 event.
- Ag-in-the-classroom program planning with Ag in the classroom committee (May 2017). A meeting with participant volunteers and presenters was conducted to describe the differences and adjustments to the 2016 program.

- Marketing/Promotion to Schools. An invitational letter to all elementary schools in the region was drafted and mailed to school superintendents and principals. A description of the program including the benefits for the children on their participation was included.
- A pre-event evaluation consisting of 18 questions was given to 50 participants attending the Sulphur Springs Elementary School during September 2017.
- Ag in the Classroom Event (October 3-4, 2017).
- A post-event evaluation consisting of 18 questions was given to 50 participants attending the Sulphur Springs Elementary School using a pre and post paired study design. Statistical Analysis was conducted using a T-Test (Paired based).
- Plan interpretation (Volunteers 11/9, Commissioner's Court 11/27, and mass media 12/5).

Results: A two-day session was held at the Hopkins County Regional Civic Coliseum October 3 and 4<sup>th</sup>, 2017. The topics included were: dairy farming, poultry, water conservation, promotion of 4-H, beef production, use of horses as therapeutic aides, small grains, cotton, healthy eating, goat farming, and honey production. The number of attendees was as follows: males: 376, females: 322, living in farms: 19, living in rural settings: 340, living in town: 339, Volunteers: 43. The questionnaires results indicated an average of correct answers of 11.94 pre training vs 12.75 post training ( $T$ -value: 1.38;  $P$ -value: 0.175; the comparison results were not statistically significant at  $p < 0.01$ ).

Impact: The importance of learning food and fiber production is critical to our society. Due to intense media awareness related to food and food supply, local markets remain as an economical alternative for families to purchase and produce their own food. This training provided an overview of the food production process displaying local producers and their products.

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EXTENDING KNOWLEDGE  
Providing Solutions

# Making a Difference

## 2017 Hopkins County Water Conservation and Preservation

*Developed by Dr. Mario A. Villarino, County Extension Agent for Agriculture and Natural Resources*

*Hopkins County, Texas*

Relevance: Water conservation is a critically important issue for residents throughout the state of Texas. Proper use of fertilizers and gardening chemicals is important to the long term health and safety of residents in the county. Programs that promote reduction of landscape waste and recycling will assist in maintaining land fill availability. These community-wide projects and activities include: creating and maintaining research and demonstration gardens; providing speakers bureaus, answer telephone inquiries, conducting workshops and short courses, and disseminating information via mass media and the Internet. In addition, Master Gardener volunteers provide thousands of service hours coordinating and managing educational programs and projects for Extension. Youth that are exposed to the art and science of gardening at an early age have the opportunity to experience and learn horticultural concepts and techniques which may lead to a vocation or a life-long hobby. The Hopkins County Master Gardener Program is a volunteer development program administered by Texas A&M AgriLife Extension Service is designed to increase the availability of horticultural information and leadership to improve the quality of life through gardening and horticultural projects. Program objectives are implemented through the training and recruiting of local volunteers, known as Master Gardeners. They aid Extension by conducting school garden projects; answering telephone requests for horticultural information; providing speaker bureaus, establishing and maintaining demonstration gardens; working with special audiences in the community; and designing and implementing community improvement projects, as well as coordinating Master Gardener projects. The principle goals of the Hopkins County Master Gardener program include: Environmental stewardship and Earth Kind Principles. Landscape irrigation in Texas accounts for up to 40-60% of the total residential water use during peak summer months. The goal of this plan was to increase the availability of specific horticultural information and improve the quality of life within communities and individuals through horticultural educational programs. Measuring the knowledge gained of horticultural best practices and Earth Kind practices by Hopkins County citizens and Master Gardeners is the first step toward ensuring that effective

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efforts are made by the Hopkins County Master Gardeners toward conserving and protecting natural resources through the use of environmentally-friendly landscape management practices. The objective of this plan was to educate 60 small acre farmers and gardeners in the implementation of earth kind principles and applications and 40 dairy producers in manure management education.

Response:

- 12 monthly master gardeners planning meetings.
- Go-Native Plant Sale (in collaboration of Hopkins County 4-H Exchange Program)(4/14).
- 40 Mass Media Publications related to gardening- water conservation.
- Master Gardeners Multicounty Training (60 hrs training).
- Kids Camp (4 sessions in horticulture).
- Skills Camp (1 session in butterfly habitat conservation/recycling).
- Dairy Outreach Program Area Fall Conference in Texas Watershed Stewardship.
- Plan interpretation (Volunteers 11/9, Commissioner's Court 11/27, and mass media 12/5).

Results: Water conservation is a major environmental concern during extremely high precipitation years. The adoption of water protection-water conservation principles becomes a challenge since environmental moisture is high. However, the adoption of water conservation principles is critical since water scarcity is not only related to *quantity* of water but also water *quality*. During 2017, specific educational efforts were directed to use of native plants in the landscape to protect water and reduce ecological chemical pressure in pollinators (bees and butterflies) in collaboration with Hopkins County Beekeepers Group. Five Master Gardeners Trainers completed their training and will be conducting their volunteer projects during 2017-2018.

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# Making a Difference

## 2017 Diabetes Education

*Prepared by Johanna Hicks, M.Ed.*

*Family & Community Health Agent – Hopkins County*

### Relevance:

According to the Centers for Disease and Control (CDC), approximately 29.1 million (9.3%) people in the U.S. have diabetes. Similarly in Texas, approximately 1.8 million (9.7%) have diabetes. In Hopkins County, approximately 3,575 of residents have been diagnosed with diabetes (10.5%). Unlike other chronic diseases, a person with type 2 diabetes can manage their disease by following a healthful eating pattern, regular physical activity, and developing skills needed to assist in controlling their blood glucose, rather than medication dependency alone.

Diabetes is not curable, but it is manageable. The burdens of diabetes mismanagement are disproportionately borne by those with little or no insurance coverage, lower literacy, poor or no English skills, lower educational and income levels, and poor access to transportation.

The Hopkins County Family & Consumer Sciences Committee identified diabetes education as a continuing need in Hopkins County. A Diabetes Coalition (consisting of local pharmacist, dietitian, nurse, certified geriatric health trainer, and Department of State Health Services staff member) took a leading role by assisting with teaching, marketing/promotion of the classes, and providing supplementary materials. Master Wellness Volunteers assisted with marketing, registration, survey implementation, tray preparations/cooking demonstrations, and wrap-up.

### Response:

The 2017 spring series of “Do Well, Be Well with Diabetes” featured 5 lessons: 1) How Food Affects Your Blood Glucose; 2) Are You Eating the Right Number of Carbohydrates? 3) Improving Your Blood Glucose with Physical Activity; 4) Improving Your Blood Glucose with Medication; 5) Celebrating Diabetes Control.

The newly revised “Cooking Well with Diabetes” series was held in the summer, and featured 4 topics: 1) Carbohydrate Foods; 2) Making Recipes with Fat Better for You; 3) Double-Pleasure Side Dishes – Reducing Sodium and Increasing Fiber; 4) Celebrating Sensibly with Diabetes.

I also had the privilege of leading a session for Wood County residents. Numerous one-on-one consultations were held in the Extension Office where individuals were given handouts and supplementary information to assist them in their diabetes management. Doctors are unable to have a lengthy discussion with their patients, so doctors have referred their patients to my office for non-diagnostic medical information.

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In addition, diabetes information was provided at the 55+ Health Fair and through the Sulphur Springs News Telegram (National Diabetes Awareness Month and four columns). An 8-issue e-newsletter was provided to individuals wishing to receive the series.

### **Results:**

- 1) "Do Well, Be Well with Diabetes" series: 12 participants completed the pre-and post- surveys
  - **Demographics:** 5 females, 7 males; average age - 67; 83% had never attended a diabetes class
  - **Adoption of practices:** 30 minutes of physical activity most days - 92%; limiting carbohydrates - 100%; will have dilated eye exam - 100%; will have doctor check feet - 100%
  - **Understanding:** knowing the recommended blood sugar ranges before and after meals - 100%; knowing the number of recommended carb choices - 100%; recognizing foods that are high and low in carbohydrates - 100%
  - **Ability to control diabetes:** prior to class, 50% rated their ability as fair, and 50% as good or very good. After completing the class, 100% rated their ability to control diabetes as very good or excellent.
  - **Economic impact:** based on potential health care cost savings, the financial impact is \$420,604
  
- 2) "Cooking Well with Diabetes" series: 12 participants, 10 completed pre- and post-surveys
  - **Demographics:** 9 females, 3 males; average age - 60; 80% had never attended a diabetes cooking class
  - **Adoption of practices:** 80% bake, broil or grill instead of fry; 100% more closely check the nutrition facts label; 100% mostly or always add extra vegetables to casseroles, soups, sandwiches and salads; 70% mostly or always use herbs/spices in place of salt in recipes
  - **Understanding:** 100% increased knowledge on meal planning; 100% increased understanding on making healthy choices when eating out
  - **Ability to control diabetes:** prior to class 30% rated their health as fair or very poor. After completing the class, 80% rated their health as good or very good
  
- 3) Wood County Session: 5 attended the session on Improving your Blood Glucose with Physical Activity.
  
- 4) Other diabetes outreach: 55+ Health Fair - 200 attendees; newspaper columns focusing on diabetes (2); radio promotion of diabetes series
  
- 5) Overall diabetes educational contacts - 210 which includes one-to-one consultations and planning/preparation meetings with Diabetes Coalition and Master Wellness Volunteers.

### **Future Implications:**

I will be working with an employee/doctoral student at the Christus Trinity Hospital in Sulphur Springs to implement "Sí, Yo Puedo Controlar Mi Diabetes" in 2018, targeting Hispanic audiences. Classes will take place at our Extension Office.

Additionally, the two diabetes series, "Cooking Well with Diabetes" and "Do Well, Be Well with Diabetes," are on the calendar for 2018. Marketing and promotion will be done through mass media, including newspaper, radio, social media, and flyers.

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**EXTENDING KNOWLEDGE**  
*Providing Solutions*

# Making a Difference

## 2017 Better Living for Texans/Family Nutrition Summary

*Prepared by Johanna Hicks, B.S., M.Ed.*

*Family & Community Health Agent – Hopkins County*

**Relevance:** 14.2% (1,881) Sulphur Springs households (county seat), 14.8% (47) Cumby households, 14.4 (38) Como households, 9.3% (104) North Hopkins Households, 6.7% (37) Sulphur Bluff households, 6.1% (35) and Miller Grove households receive food stamps, according to Statistical Atlas from the U.S. Census Bureau.

Hopkins County ranks 107 in health outcomes (based on length and quality of life), and 165 in health factors (based on health behaviors, clinical care, social/economic factors, and physical factors). This information comes from [www.Countyhealthrankings.org](http://www.Countyhealthrankings.org).

Hopkins County Family & Consumer Sciences Committee, along with the Community Health/Wellness Alliance, Master Wellness Volunteers, Sulphur Springs and Como-Pickton ISD School Health Advisory Councils, and community partners have expressed the need to continue addressing the topic of nutrition, physical activity, and over-all well-being. Several action plans have been implemented to meet the need.

### **Response:**

**Walk Across Texas** is an 8-week program to promote the healthy habit of walking and other physical activities. The goal is for participants in teams of 8 to log 833 miles (the distance from Beaumont to El Paso) during the 8-week period.

**Walk & Talk**, a spin-off of Walk Across Texas, is an 8-week program which promotes physical activity, but also has a nutritional element involved. Each week, a simple nutrition lesson or cooking demonstration, targeted toward low-income audiences, provides basic information to teach clientele about the importance of increasing fruit and vegetable intake, along with consumption of whole grains, low-fat dairy products, and lean proteins.

**Fresh Start to a Healthier You**, a 4-lesson series featuring MyPlate, Fight Bac (food safety), Fruits & Vegetables, and Stretching Your Food Dollar, was implemented. This lesson series is primarily targeted toward low-income audiences.

**Balancing Food & Play** was implemented in conjunction with United Health Care. A modified version was presented to attendees

**Better Living for Texans Newsletter** is monthly newsletter targeted toward low-income audiences, focusing on a variety of nutritional and physical activity topics, including a recipe with each edition.

**One-shot Nutrition Programs** (Pack and Safe & Healthy Lunch, Dining at the Dollar Store, Snacks and the Pre-school Child, etc.) provide basic nutrition information to groups of people, and often include cooking demonstrations, handouts, and question/answer period.

**Results:**

**1) Walk Across Texas:**

- 4 teams of local Weight Watchers participated in 2017
- 32 individuals
- 4,940.26 miles were logged
- Average age of participants – 61
- Economic impact: \$1,202,493 based on potential health care cost savings and net value for lost wages

**2) Walk & Talk:**

- 16 individuals completed a pre- and post-survey
- Two teams of Head Start parents
- Miles logged - 1,313.58 (as of November 15 – to be updated)
- Cooking demonstrations and nutritional lessons were taught prior to walking together each week.
- Incentive items were given at each session to reinforce concepts taught.
- Economic impact: to be determined

**3) Fresh Start to a Healthier You**

- 11 individuals completed the pre- and post-test
- Nutrition indicators that showed improvement from the pre-survey to post-survey were: making a list to avoid impulse buys (budgeting); comparing prices; proper handling of fresh produce; being physically active at least 30 minutes 5 days a week
- When asked to describe one practice adopted after attending classes, participants response was: budgeting; cutting back on sugary beverages and drinking more water; refrigerating perishable foods in a timely manner (temperature danger zone); shopping with a list; reading nutrition labels; including more fruits & vegetables in meals

**4) Balancing Food & Play**

- 26 individuals completed pre- and post-surveys
- Modified version of the curriculum focused on increasing physical activity, decreasing screen time, decreasing sweetened beverages, and healthy snacking
- Participants took part in a hands-on activity making their own cereal snack mix
- Improvements reported by participants: achieved at least 30 minutes of physical activity 77% (20); never or almost never drink regular soda 58% (15) decreased screen time 39% (10)
- Intent to adopt practices: wear a pedometer; get outside more and reduce screen time; watch sugar intake; drink more water and fewer sweetened beverages

**5) Better Living for Texans Newsletter:**

- 12 issues prepared in English and Spanish
- Posted on Extension website and distributed to all Hopkins County Schools, WIC, DSHS, Head Start, private schools, day care centers, Community Chest, and Hope's House
- Approximately 5,500 households receive the newsletter each month

**6) Family & Consumer Sciences Facebook Page:** features weekly updates from leading sources on, nutrition, health and wellness.

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**EXTENDING KNOWLEDGE**  
*Providing Solutions*

## Making a Difference

### 2017 Hopkins County "Kids' Camp: Fun, Food, Fitness"

*Prepared by Johanna Hicks, M.Ed.*

*Family & Community Health Agent, Hopkins County*

**Relevance:** According to the Texas Department of State Health services, 20.5% of 4th grade students are obese or overweight. Additionally, 20.9% live at or below poverty level. Hopkins County has a heart for youth, and Extension along with the Community Health/Wellness Alliance have been driving forces in addressing issues pertaining to nutrition, physical activity, and well-being.

Hopkins County ranks 107 in the state ([www.countyhealthrankings.org](http://www.countyhealthrankings.org)) for Health Outcomes, which include overall health, physical health, mental health, and low birthweight. The county ranks 165 concerning Health Factors, which include smoking, obesity, physical inactivity, primary care physicians and dentist ratio to patients, diabetic monitoring, children in poverty, children in single-parent households, severe housing problems, and preventable hospital stays.

The Alliance and Family & Consumer Sciences Committee identified the need to continue addressing childhood health by implementing the multi-day "Kids' Camp: Fun, Food, Fitness" for students in grades 1 thru 4, which focuses on nutrition, physical activity, and horticulture. This camp is targeted toward students in the SSISD.

**Response:** The Alliance developed "Kids' Camp: Fun, Food, Fitness" as a way to address these topics, primarily childhood overweight & inactivity. By reaching the children, parents also receive valuable information through the "trickle-up" effect. The three-week summer camp takes place three days a week from 9:00 a.m. to noon. 2017 was the seventh year for this camp. Topics are updated annually. Collaborators included:

Master Wellness Volunteers, Family & Consumer Sciences Committee, Master Gardeners, DSHS staff from Hopkins and Red River Counties, Sulphur Springs Fire Department, Rotary Club, Region VIII Education Service Center staff, Blue Blazes Drill Team, Jerry's Jump Zone, Better Living for Texans, Nurse, Texas Department of Transportation, and Community Action Network.

Due to space limitations, registration is limited to Sulphur Springs students, grades 1 thru 4. The majority of participants are from low-income families. Registration forms are distributed to the students through the school campuses in mid-May and returned to the Extension Office.

#### **Results:**

- Demographics: 21 white, 11 black, 10 Hispanic; 23 females, 19 males; 10 Blue Blazes Drill Team members; 3 Health/Wellness Alliance members; 5 Master Wellness Volunteers and Family & Consumer Sciences Committee members; 3 Master Gardeners; and numerous guest speakers/community partners
- Grades of participants: six 1<sup>st</sup> graders; eleven 2<sup>nd</sup> graders; sixteen 3<sup>rd</sup> graders; nine 4<sup>th</sup> graders
- Average daily attendance: thirty (some dates conflicted with Vacation Bible School, family vacations, etc.)
- Nine sessions, three hours each, including: MyPlate Foods groups; food safety & hygiene; hands-on food preparation; Walk Across Texas (minutes of physical activity logged for each participant; gardening; sun, water, fire, and weather safety; bullying; seat belt safety (roll-over convincer); t-shirt design, and yoga.

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- Evaluations were given during the last week to determine knowledge gained and intent to adopt practices.

**Knowledge gained: (27 evaluations returned)**

- 100% (27) were able to identify the dairy product from a list
- 100% (27) were able to name the five food groups
- 100% (27) identified 20 seconds, soap, and warm water as being the most effective way to wash hands
- 100% (27) stated that breakfast should be consumed every day
- 100% (27) correctly water as the best beverage when playing
- 100% (27) correctly identified safety procedures during storms
- 100% (27) were able to identify appropriate times to wash hands
- 100% (27) indicated learning something new at camp
- 93% (25) correctly identified EDITH (exit drills in the home) during a fire
- 93% (25) correctly identified a physical activity from a given list
- 93% (25) correctly identified 60 minutes as the goal for physical activity for kids
- 89% (24) correctly identified calcium as the nutrient in dairy products that strengthens bones

**Intent to adopt practices:**

- 100% (27) planned to drink more water and fewer sweetened beverages
- 100% (27) indicated they would consume more fruits and vegetables
- 100% (27) indicated they plan to use the recipes made at Kids' Camp
- 89% (24) indicated that they planned to turn off the TV while they eat

**Satisfaction:**

- 100% (27) of campers rated the camp as Super Fun
  - Campers logged 24,990 minutes of physical activity during the 3-week camp (reported)\*
  - Total miles = **1,249.5** (based on 20 minutes of continuous activity equaling 1 mile)
- \*Some data missing from several campers

**Learning incentives distributed to each camper:**

MyPlate stickers	Veggie Peelers	Refrigerator & oven thermometers
Pedometers	Snack cups with lids	Fight Bac magnets
Shopping pads	Nutrition spinners (game)	Inflatable beach balls
Insulated bags	MyPlate paper plates	Mini herb garden

- Booklets containing all camp recipes; tip sheets on weather, sun, water, and fire safety; and Master Gardeners information were distributed to all campers.
- Camp t-shirts provided by Community Action Network
- Friday snack packs with funds provided by the Rotary Club
- Gift cards from the fire department were given to 4 campers for their winning escape route designs
- Prizes for team sports and individual achievements

**Future Implications:**

Because of the continuing need for nutrition and physical activity education, the Community Health/Wellness Alliance, Master Wellness Volunteers, and Family & Consumer Science Committee has scheduled Kids' Camp for 2018.

Parent surveys indicated positive impact on the families, and parents fully supported continuation of the camp.

# Making a Difference

## 2017 Skills Camp

*Prepared by Johanna Hicks, M.Ed.*

*Family & Consumer Sciences Agent, Hopkins County*

**Relevance:** According to *Kids' Count Data Center*, 2015 statistics, the percentages of Texas children by the household's head education attainment are as follows: Not a high school graduate – 20%; High school diploma or GED – 45%; Associates Degree – 7%; Bachelor's Degree – 18%; Graduate degree – 10%. Additionally, the percentage of children who live in households whose parents lack secure employment is 28%. Statistics specifically for Hopkins County are not available, but we can predict that the numbers are similar.

The purpose of Skills Camp was to provide opportunities for youth in 5<sup>th</sup> and 6<sup>th</sup> grades to explore various skills, either as hobbies or careers, and to give them a better understanding of various fields of study. This was the third year for Skills Camp, which was planned, implemented, and evaluated by the Community Health/Wellness Alliance. My Alliance consists of individuals from the health field (Department of State Health Services), major industries (Grocery Supply, Lowe's), Master Wellness Volunteers, charitable organizations (Community Action Network/2-1-1), and volunteers-at-large.

The four-day camp was created by request of parents whose children had 'aged out' of "Kids' Camp: Fun, Food, Fitness", which has been implemented by the Community Health/Wellness Alliance for younger students since 2010. The 2017 Skills Camp was the 3<sup>rd</sup> year for this camp. Topics were selected as the result of the 2016 survey.

**Response:** The four-day summer camp was promoted through Sulphur Springs schools at the end of the school year. Due to the hands-on nature of the camp and physical space limitations, registration was limited to the first 12 applicants. All twelve attended each session.

Camp sessions provided were based on surveys from the previous year. Sessions were held at the Extension Office, with the exception of the first session (described below). Collaborators included a local artist, a retired Ag Teacher, a retired woodworker, and Master Wellness Volunteers. My co-worker, Mario Villarino, also helped in providing equipment for one of the sessions.

The camp followed a 3-hour per day schedule. Students were asked to pay \$15 (as able), in order to help defray expenses. Grade and ethnicity breakdown were: 5<sup>th</sup> grade – 6; 6<sup>th</sup> grade – 6; white – 7; black – 1; Hispanic – 4.

Alliance members and Master Wellness Volunteers assisted with each session.

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**Results:** The following sessions were held during the 2017 Skills Camp:

- Day #1 - Art: Students met at a local art studio, Brush of Class by Margo, and received guided instruction in creating a painting to keep. The subject was ice cream cones, in which each student was able to give it their own twist. Owner, Marcia Hinkeldey, provided instruction and bottled water for each student.
- Day #2 - Upcycling: This session involved creating pillows from shirts. Students were instructed to bring either a t-shirt or button up shirt to cut. I provided instruction on basic sewing skills (cutting with a rotary cutter, measuring, threading a sewing machine, filling a bobbin, etc.) Each participant completed their pillow. The second part of the upcycling session included making coasters from ceramic tiles, donated by a Master Wellness Volunteer. Using a decoupage medium and magazine pictures or paper shapes, each camper made four coasters.
- Day #3 - Woodworking: Mr. Dennis Sink (retired teacher, father-in-law of our current SSISD Superintendent), and Mr. Harold Bryant (retired Ag teacher), led the participants in building butterfly houses. Materials were donated by Lowes, Fix-and-Fee, and City National Bank. Each camper received a backpack with tools, goggles, tape measures, coozies, and other items. In addition, they used their creativity to individualize their butterfly houses with paint.
- Day #4 - Cooking: I took the lead in this session, assisted by Master Wellness Volunteers. Campers were given ingredients to make garlic cheese biscuits (baking), meat kabobs using an outdoor grill (pre-cooked sausage, bell peppers, onions, pineapple, and cherry tomatoes), banana boats using an outdoor grill (bananas, chocolate chips, and mini marshmallows), and fruit kabobs (strawberries, grapes, pineapple, mandarin oranges). This session also included knife safety, oven safety, and how to properly use an outdoor grill.

A survey was given on the final day, indicating the following:

- Favorite skill (in order): upcycling (6), art (3), woodworking and cooking tied with 2
- Other suggested topics (in order of popularity): photography (9), pottery (4), public speaking (4), leatherwork (2), and each receiving 1 vote were office skills, more baking, more art, and self-defense.
- Camp rating: Super Fun (12)
- New skills learned: sewing (5), upcycling (3), woodworking/nail gun (3), outdoor/indoor cooking (3)
- Intent to adopt practices learned: all 12 campers indicated they would use some of the skills learned during camp.

**Future Implications:** The Community Health/Wellness Alliance, assisted by FCS Committee and Master Wellness Volunteers, will plan the 2018 camp according to survey suggestions. Dates have been set for the summer.

**Acknowledgements:** In addition to the CHWA, Master Wellness Volunteers, and session leaders, appreciation is expressed to my intern, Aida Ugalde, for her assistance and to my co-worker, Mario Villarino, for his support during the woodworking session. We also appreciate the contributions of lumber, nails, tool aprons, tools, and other items from Lowe's, Fix-and-Fee, and City National Bank.

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# Making a Difference

## 2017 Community Resource Economic Development

*Prepared by Johanna Hicks, B. S., M.Ed.*

*Family & Community Health Agent – Hopkins County*

### Relevance:

The Hopkins County Extension staff, Leadership Advisory Board, Youth Committee, and Program Area Committees, along with Master Wellness Volunteers, Community Health/Wellness Alliance, Master Gardeners, and other volunteers, are a vital part of community & economic development in Hopkins County. Sulphur Springs is located along I-30 in East Texas, which brings visitors to the area throughout the year. With seven exits entering Sulphur Springs from the interstate, the community has taken great strides to promote tourism. Agents serve on several boards, with the purpose of strengthening partnerships and collaborations.

### Response:

- **Hopkins County Fall Festival Board:**

This event draws approximately 6,000 visitors annually. The Hopkins County Regional Civic Center, Sulphur Springs High School, and Buford Park serve as sites for the Arts & Crafts Show\*, Household Arts Contest\*, Pet Show, petting zoo, Senior Citizen's Day events, BMX Motor Sports, commercial exhibits, stew contest, 5-K run, children's entertainment, concert, food concessions, carnival, and other events. Visitors to the fair bring positive economic impact to the county through dining, lodging, and shopping in our establishments. Hopkins County Extension Service plays a major role in planning, implementing, and coordinating many of the Fall Festival events. (Events marked with \* have direct Extension involvement or leadership)

- **Hopkins County Dairy Festival Board:**

This event draws approximately 4,000 visitors annually. The Shannon Oaks Church grounds, Hopkins County Regional Civic Center and Civic Center grounds serve as the site. Highlights of the event include: ice cream freeze-off, Hot Air Balloon Festival\*, Dairy Show\*, Dairy Foods Contest\*, Salute to Hopkins County Dairy Producers\*, 5-K Milk run, Dairy Festival Queen competitive events and pageant, carnival, commercial exhibits, and grounds entertainment. Again, visitors to the county bring positive economic impact through dining, lodging, and shopping in our establishments. (Events marked with \* have direct Extension involvement or leadership)

- ***Cattlemen Classic Ribeye Roundup:***

The NETBIO sponsored educational programs, beef cook-off, and concert in Sulphur Springs, bringing 2,600 concert-goers to the downtown area. In addition, Extension provided banners on the beef industry and nutrition of beef products. 41 cooking teams competed, and 1,200 meals were served.

- ***8<sup>th</sup> Grade Career Day:***

Each year, area schools participate in the 8<sup>th</sup> grade LEAP Career Fair (Learning Endorsements and Professions), sponsored by Workforce Solutions of Northeast Texas. Texas A&M AgriLife Extension provides an exhibit and answers questions about our agency. Approximately 500 students take part annually. In addition, both Hicks and Villarino were asked to speak at the Sulphur Springs Middle School specifically for 8<sup>th</sup> grade classes, reaching about 220 students each.

- ***Other Networking Entities:***

- County Commissioners' Court
- Hopkins County Chamber of Commerce
- Hopkins County United Way
- Sulphur Springs Community Development Coordinator
- Paris Junior College
- Texas A&M University – Commerce (interns)
- Southwest Dairy Museum
- Hopkins County Civic Center
- School Districts (Sulphur Springs, Sulphur Bluff, Saltillo, Como-Pickton, Miller Grove, Cumby, North Hopkins)
- Private Schools (Water Oak, Sulphur Springs Christian Pre-school, His Kids, Bright Star)
- Tourism Department/ City of Sulphur Springs
- Community Chest Board
- School Health Advisory Councils (Sulphur Springs and Como-Pickton)
- Senior Citizen's Center
- NETBIO (Northeast Texas Beef Improvement Organization)
- NETLA (Northeast Texas Livestock Association)
- Mass media – 3 radio stations, 1 cable television network, 2 newspapers, social media
- Community Resource Coordination Group (CRCG)
- American Diabetes Association
- Professional Organizations: NCAAA – Villarino; NEAFCS – Hicks

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