



**Hopkins County
Livestock and Forage
Education**

- 4 Private Applicator Trainings
- 36 Newspaper articles.
- Private Applicator Newsletters
- PAT CEU (Nov) (115 Attendees).
- Beef UP Program (May).
- Rib-Eye Round UP (1200 attendees).
- 3 Grassland Tour (April-Oct).
- Dairy Tour (with TDA).
- Plan Interpretation (Nov-Dec).



**Hopkins County
Water Conservation**

- DOPA Training (4 CEU)
- 4 Planning Meetings
- Kids Camp (Water Camp)
- Ag the Classroom-water erosion.
- Grassland tour day- Pond ecology
- Homeowner Septic System Trainings
- 12 Master Gardener Meetings
- Plan interpretation



**Hopkins County
Agricultural Plan**

- 12 Veterinary Science Sessions (Monthly)
- 2 State Heifer Validation
- NETLA Steer Validation
- 6 Coalition Meeting
- NETLA Swine Validation (Nov)
- District Dairy Judging Contest (Jan)
- District Livestock Judging (April)
- HC 4-H Round Up
- NETLA Project visits (36)
- NETLA Junior Livestock Show (Feb)
- Ag in the Classroom (Oct) (900 attendees)
- Goat Clipping Clinic (Feb)
- Goat and Lamb Showmanship Clinic
- Poultry Clinic (Nov)
- NETLA Dairy Show (June)
- Equine Club meetings



Multi-County Camp

- Multi-County Camp (100 attendees.)



**Hopkins County
4-H Grows**

- 6 Hopkins County Council Meetings.
- United Way Support.
- 4-H Gazette.
- TSC Paper Clover Campaign.
- National 4-H Week.
- School networking.
- Club chartering.
- Child Protection Conference.
- Volunteer Trainings.
- 4-H Recognition Banquet.
- 4-H County Christmas Party.



**Hopkins County
Technology Transfer**

STATE OF HEALTH REPORT

Hopkins County, 2019

Quality of Life



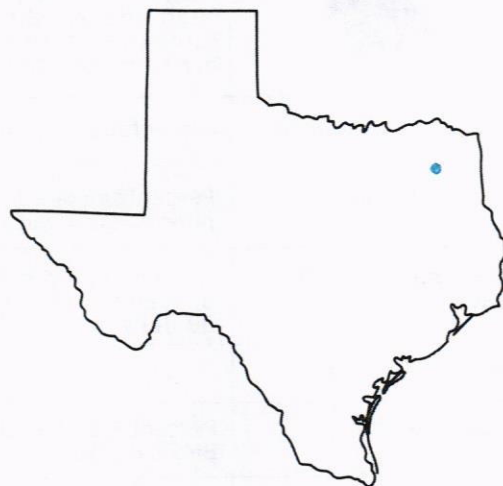
18%

of adults report being in fair or poor health



3.7

the average number of days per month that adults feel mentally unhealthy



Cardiovascular Deaths

57



Per 10,000 adults compared to 44 per 10,000 adults in TX

Nutrition + Physical Activity



31%

of adults are obese



29%

of adults are physically inactive



6.8

county score on the food environment index

Uninsured + Poverty

21%





of those under age 65 are uninsured, compared to 19% in Texas



21%

of children are living in poverty

National and State Comparisons

Measure	Description	U.S.	Texas	County
Health Outcomes				
Premature death	Years of potential life lost before age 75 per 10,000 population	670	670	780
 Cardiovascular deaths	Total cardiovascular disease deaths per 10,000 population; includes coronary heart disease, heart attack, heart failure, cardiac dysrhythmia, hypertension, and all strokes	42.6	43.7	57
Diabetes prevalence	Percentage of adults diagnosed	8.4%	10%	12%
Poor or fair health	Percentage of adults reporting poor or fair health	16%	18%	18%
Poor mental health days	Average number of mentally unhealthy days reported in past 30 days	3.8	3.4	3.7
Health Factors				
Adult obesity	Percentage of adults reporting a BMI over 30	28%	28%	31%
Physical inactivity	Percentage of adults reporting no leisure-time physical activity	23%	24%	29%
 Food environment index	On a scale from 0 to 10 (with 0 being the worst value), the quality of food environment based on % of population who are low income and do not live close to a grocery store and those without access to a reliable source of food during the past year	7.7	6.0	6.8
Adult smoking	Percentage of adults who are current smokers	17%	14%	14%
Uninsured	Percentage of population under age 65 without health insurance	11%	19%	21%
Children in poverty	Percentage of children under age 18 in poverty	20%	22%	21%

Source: <https://nccd.cdc.gov/DHDSPTAtlas/Reports.aspx> and countyhealthrankings.org

\$ 90%

of the country's **\$2.7 trillion** annual health care expenditures are for people with largely preventable chronic diseases and mental health conditions.¹

The Case for Prevention

- At least 7 of the top 10 leading causes of death in the U.S. and Texas are preventable chronic diseases.¹
- 80% of chronic diseases could be prevented through **FOUR** key lifestyle factors: a healthy diet, adequate physical activity, a healthy body weight, and not smoking.^{2, 3, 4}

Source: 1. CDC (2017). Chronic Disease Overview. <https://www.cdc.gov/chronicdisease/overview/index.htm>. 2. Ford, E. S., Bergmann, M. M., Klinger, J., Schenckweiler, A., Welken, C., & Boring, M. (2018). Healthy living is the best revenge: Findings from the European Prospective Investigation into Cancer and Nutrition-Potsdam study. *Archives of Internal Medicine*, 158(15), 1355-1362. 3. McKeown, T. W., & Phipps, W. H. (1993). Actual causes of death in the United States. *Journal of the American Medical Association*, 270(18), 2207-2212. 4. Willet, W., & Marks, J. S. (2000). Diet, & Cancer. D. F., & Giovannucci, E. L. (2001). Actual causes of death in the United States. 2000. *JAMA*, 285(18), 1238-1245.

Texas A&M AgriLife Extension is an equal opportunity employer and program provider.

For more information, contact your local Family and Community Health Extension Agent:

**TEXAS A&M
AGRI LIFE
EXTENSION**

**Johanna Hicks, jshicks@ag.tamu.edu
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Do Well, Be Well with Diabetes

- 5-lesson series
 - 7 graduates
- ### Cooking Well with Diabetes
- 4-lesson series
 - 8 graduates
- ### Diabetes Support Group
- Newly formed February, 2019
 - 10 meetings
 - Average attendance—78
- 100% increased understanding of how to manage diabetes in 2 or more areas
- ### National Diabetes Awareness Month
- Mass media



- 4-H Foods & Nutrition
- 4-H Record book workshop
- 4-H Clothing & Textiles
- 4-H Public Speaking
- Multi-County Camp—95
- 4-H Gazette—6 issues
- National 4-H Week; Project Tour Day; Project Show
- Food Challenge Team
- Consumer Decision Making Team



Master Wellness Volunteers

- 12 trained volunteers
 - Hours logged in 2019 = 680.75
 - Reached 7,893 individuals
 - *Volunteer Connections Newsletter*
- 6 or more issues per year



BETTER LIVING FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION

2019 Family & Community Health Highlights

Prepared by Johanna Hicks, FCH Agent—Hopkins County

Fresh Start to a Healthier You

- 4-lesson series
- 12 graduates
- Participants increased fruit & veggie consumption

Be Well, Live Well 4-lesson Series

- 7 participants
- ### Color Me Healthy—Head Start Kids
- 175 students

BLT Newsletter

- 9 issues
 - English & Spanish
 - Reaches 5,500 households with each issue
- ### Thrive By Five Money Management
- 15 participants



Marriage Education Workshop

- 5 couples completed the workshop
- Topics covered: marriage expectations, communication, conflict resolution, money management, goals
- Total savings to couples: \$300 (\$60 each)



WALK ACROSS TEXAS!

Walk & Talk Series

- 8-week series
- 18 participants
- Nutrition topics, MyPlate, Cooking Demonstrations, food safety & walking included in lessons
- Miles logged each week
- Youth component reached 40 students



Kids' Camp: Fun, Food, Fitness

- 3-week summer camp
- 42 students in grades 1-4
- Focus on nutrition, physical activity, horticulture, safety, bullying, stranger danger, etc.
- Miles logged: 806.65 in two weeks

Skills Camp

- 4-day camp
- 12 participants in grades 5-6
- Woodworking, baking, pet care, and photography

Other Family & Community Health Impacts

- "Christmas Joys" holiday program for 4 groups—300 attendees
- Fall Festival Board—coordinator for Arts & Crafts Show and Creative Arts Contest
- Community Chest Board, Community Resources Coordination Group
- Sulphur Springs & Como-Pickton School Health Advisory Council member
- Douglass ECLC School Advisory Board member
- Regional Childcare Conference: partnered with Paris Junior College—75 participants
- Car Seat Distribution event—32 child safety seats distributed
- Civic Club presentations—65 attended
- "Get A Taste for Reducing Food Waste" pilot county—5 participated
- Weekly newspaper columns
- Recipient of 2 state awards: served on Publicity Committee for State Conference
- Served on National Marketing/Communications Committee
- 2 Back-to-School Fairs, reaching 2,000



DINNER TONIGHT
TEXAS A&M AGRILIFE EXTENSION

- Social Media Posts featuring tips, recipes, and food safety



Path to the Plate

- Better Living for Texans program
- Ag-in-the-Classroom sessions
- Social media posts



Hopkins County 4-H



Chartered Clubs

- Infinity 4-H
- Miller Grove 4-H
- Hopkins County Equine Club
- Vet Science Club
- Archery Club

Clinics

- Texas A&M Horsemanship Clinic
- Hopkins County Steer & Heifer Showmanship Clinic
- Hopkins County Lamb & Goat Showmanship Clinic
- District Horse Judging Clinic

Archery

- 6 members
- Competes all around the State of Texas
- Competes at major shows such as State Fair of Texas and Houston Livestock Show

Livestock Shows

MAJOR SHOWS

- West Texas State Fair
- 4 States Fair
- East Texas State Fair
- State Fair of Texas
- Heart O' Texas Fair
- Fort Worth Livestock Show
- San Antonio Livestock Show
- Houston Livestock Show
- San Angelo Stock Show
- Rodeo Austin Livestock Show

JACKPOT WEEKEND SHOWS

- Clarksville, TX
- Winnboro, TX
- Pittsburg, TX
- Canton, TX
- Commerce, TX
- Mount Pleasant, TX
- Paris, TX
- Golden, TX
- Sulphur Springs, TX
- Gilmer, TX

Competitions

- Food Show
- Fashion Show
- District 4-H Roundup
- Consumer Decision Making
- Public Speaking
- Livestock Skill-a-thon
- Food Challenge
- Dairy Judging
- Horse Judging

Summer Camps

- ULTRA Leadership Camp
- Multi-County Camp

Jessica Taylor
Hopkins Co. Assistant CEA

December 21, 2019

Hopkins Co. Civic Center Indoor Arena

9:30am - 3:30pm

(If you would like a T-Shirt, they need to be pre-ordered by Dec. 1st for \$10)

Topics to be Covered:

- SHOWMANSHIP** (how to properly lead, set feet, and present your animal)
- NUTRITION** (how to properly feed your show animal)
- HAIR/SKIN CARE** (how to care for the hair & skin of your animal)
- HOOF CARE** (discuss hoof care/trimming)

Hopkins Co. Steer/Heifer Showmanship Clinic

Drinks & Lunch Provided
by Infinity 4-H Club for \$5



**Bring your own Animals
they need to be:

- Halter Broke
- Show Stick Broke
- Ready to Learn With

-HOWEVER, if the instructors think your animal is a danger to you or others, they will be removed from the arena!!

Please RSVP by December 10th to:

Jessica Taylor- Assistant CEA Hopkins Co.

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Cell: 903-517-7592

Email: jessica.taylor@ag.tamu.edu

TEXAS A&M
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