



**Hopkins County
Livestock and Forage
Education**

- 4 Private Applicator Trainings
- 42 Newspaper articles.
- Private Applicator Newsletters.
- PAT CEU (Nov) (85 Attendees).
- DOPA Training (4 CEU).
- 4 Planning Meetings
- Ag the Classroom-water erosion (2019).
- Homeowner Septic System Training.
- 5 Master Gardener Meetings
- Dairy Farmers educational programs during COVID-Response.
- Implementation of CARES ACT (Producers).
- Manejo Lechero Podcast Series.
- Plan interpretation.



**Hopkins County
Agricultural Plan**

- 6 Veterinary Science Sessions (Monthly).
- 10 newspaper articles.
- 2 State Heifer Validation.
- NETLA Steer Validation.
- 3 Coalition Meeting.
- NETLA Swine Validation (Nov).
- District Dairy Judging Contest (Jan).
- HC 4-H Round Up (Virtual).
- NETLA Project visits (36)
- NETLA Junior Livestock Show (Feb).
- Ag in the Classroom (Oct 2019) (900 attendees).
- Goat and Lamb Showmanship Clinic
- Poultry Clinic (Nov)
- NETLA Dairy Show (June)
- Equine Club meetings
- Plan Interpretation



Hopkins County/Sulphur Springs Emergency Management

- Weekly/monthly meetings with EOC (virtual).
- Implementation of CARES ACT (County).
- Food Drives (2)
- Plan Interpretation.



**Hopkins County
4-H Grows**

- 4 Hopkins County Council Meetings.
- United Way Support.
- 4-H Gazette.
- TSC Paper Clover Campaign.
- National 4-H Week.
- School networking.
- Club chartering.
- Volunteer Trainings.
- 4-H Recognition Visit to Commissioner's Court.
- Virtual Public Speaking training
- Plan interpretation



**NEW
LANDOWNERS
OF HOPKINS
COUNTY**

Making a Difference

2020 Hopkins County Youth Health & Wellness In-depth Youth Summary

Prepared by: Johanna Hicks, M.Ed.

Family & Community Health Extension Agent, Hopkins County

Relevance:

According to <https://nccd.cdc.gov>, Hopkins County has a population of approximately 36,810, with 21% of children living in poverty. Additionally, 31% of adults are physically inactive, and 10% of the adult population has been diagnosed with type 2 diabetes which can have an effect on youth health and wellness.

Other factors that can be a detriment to youth health and wellness include adult obesity (31% of Hopkins County population), adult smoking (17%), and uninsured (22%). Through issue identification and planning meetings, these issues were the focus of programming efforts.

Response:

The Community Health/Wellness Alliance (23 members), Hopkins County Master Wellness Volunteers (10 active), and the Family & Community Health Committee (12 members) have been driving forces in addressing issues pertaining to nutrition, physical activity, and well-being. These groups identified the need to continue addressing childhood health in 2020. Due to COVID-19, our plans changed slightly, but valuable programs were put in place by partnering with the Sulphur Springs ISD summer camp program.

Additionally, Skills Camp, targeting students in grades 5 and 6 was revised to meet safety standards while still meeting the need to address the issue of inactivity among that age group by giving them projects to complete, and perhaps create a new hobby or even a career path.

- Partnership with Sulphur Springs ISD Summer Camp:
 - "Color Me Healthy" curriculum used
 - 109 cumulative total students in grades 1 thru 5 (average of 16 students, 2 teachers per session)
 - Nine lessons presented in seven 1½-hour sessions; Nutrition and physical activity were included in each session
 - Master Wellness Volunteers and Extension Assistant assisted in implementing programs
 - Seven issues of *Color Me Healthy* newsletter included recipes, tips for healthy eating, suggestions for incorporating physical activity into daily life, and more.
 - Photos posted on the Summer camp's social media page by the school.
 - Safety protocol followed (physical distancing, hand sanitizer, masks for presenters when in close proximity to students).

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

- Skills Camp:
 - Master Wellness Volunteers and the Alliance took part in planning topics and gathering materials.
 - Gab and go project kits were prepared for the following topics: 1) STEM - pizza box solar oven and coffee filter butterfly; 2) Upcycling - bath towel projects – towels provided by Clarion Pointe Hotel; egg carton planters; 3) Fun with Money provided by Alliance Bank; 4) Woodworking - tablet/I-Pad stand; and 5) Leatherwork - 4-H key fob. All materials necessary to complete the projects were included in each kit, including sewing needles, glue, etc.
 - Each kit also included daily life challenges: writing a letter; making a phone call; changing bed sheets and laundering them; sewing on a button; and cleaning their room by tossing, keeping, donating.
 - Daily Super Summer Salad recipes to make at home were provided with each kit by a Master Wellness Volunteer.
 - Attendance limited to 14 due to cost of materials. Students were not charged a fee.

Results:

Summer Camp

- Incentive items to reinforce the topics included:

| | | |
|------------------------------|---------------------------|--------------------|
| - Participation certificates | - jump ropes | - kids' market bag |
| - MyPlate plates | - Fruit/Veggie spin wheel | - milk cups |
| - Banded sports bottles | - pedometers | |
| - Reusable snack bags | - cool neck wraps | |
- A formal written evaluation was not feasible due to variations in attendance and safety measures (distribution of and collection of writing utensils, lack of tables) However, verbal feedback from question/answer sessions at conclusion of each lesson and direct observation were used to evaluate effectiveness.
- Students indicated learning:
 - recommended number of minutes of physical activity
 - importance of eating a variety of vegetables and fruits every day (MyPlate)
 - origin of foods and by-products, such as leather, soap, crayons, etc. (Path to the Plate)

Skills Camp

- Evaluation and check sheet for completed projects were included in the welcome packet
- 10 of 14 surveys were returned indicating:
 - Rating Skills Camp: 100% (10 of 10) indicated that the projects were Great (best ranking)
 - Skills learned: STEM- how solar energy works (100%); how to stain wood without chemicals (80%, 8 of 10); how to use cardboard egg cartons as seed starters (70%, 7 of 10); how to hand sew (70%, 7 of 10)
 - Life skills learned: making own cleaning solution (70%, 7 of 10); addressing an envelope/writing a letter (50%, 5 of 10); hand-sewing and sewing on a button (50%, 5 of 10). One student indicated learning **all** the life skills.
 - Prepared one or more Super Summer Salad Recipes: 60%, 6 of 10
- Testimonials:
 - *Every kit was an adventure!*
 - *Thanks for the great projects!*
 - *I experimented with different ingredients on one of the recipes – it turned out great!*

Future Implications: Dates for the 2021 Kids' Camp and Skills Camp have been planned. We will use survey feedback to plan topics and sessions.

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Making a Difference

2020 Hopkins County Diabetes & Chronic Disease Management

Prepared by: Johanna Hicks, B.S., M.Ed.
Family & Community Health – Hopkins County

Relevance:

According to the Centers for Disease Prevention and Control and www.countyhealthrankings.org approximately 10% of the adult population in Hopkins County have been diagnosed with diabetes – the same as the state of Texas (10%) and but higher than the U.S. (8.5%). Unlike other chronic diseases, individuals 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.

Other contributing factors to chronic disease include physical inactivity and obesity. 35% of Hopkins County residents reportedly are physically inactive and 31% have BMI over 30. Both of these figures are higher than the state and U.S. Diabetes and Chronic Disease Management have been on-going issues and are addressed in the following ways.

Response:

The Hopkins County Family & Community Health Committee (12 members) and Master Wellness Volunteers (11 active) identified diabetes education as a continuing need in Hopkins County during a pre-pandemic meeting.

Chronic Disease management in Hopkins County was addressed in the following ways:

- Do Well, Be Well with Diabetes 5-lesson series
- Diabetes Support Group
- Walk Through Texas history (spin-off of Walk Across Texas) 4-week series
- Mass Media contributions – newspaper (two papers), radio websites, social media (two outlets)
- Contact Tracing for COVID19

Do Well, Be Well with Diabetes:

- Due to COVID-19, only two spring sessions were held face-to-face, and the remaining sessions were held virtually (Teams). Eight individuals participated, and six completed the pre/post.
- Master Wellness Volunteers assisted with marketing, registration, and material distribution.
- Weekly packets were prepared and sent to participants including copy of power points, handouts, and recipes.
- For those unable to log on due to extenuating circumstances, contact was made weekly to check on progress.
- Fall session was held in partnership with Fannin County via Zoom. Two individuals from Hopkins County and completed the course.

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Diabetes Support Group (14 members):

- Two face-to-face meetings took place prior to the pandemic. The remainder of the year, diabetes newsletters, and frequent updates were e-mailed to members.

Walk Through Texas History/ Walk Across Texas:

I served as coordinator of this North East Texas district event. Four teams from the East Region participated in the series which took place in May, 2020. The goal is to achieve 416 miles through the virtual historic Runaway Scape path in Texas during this 4-week program.

Additionally, a Hopkins County Master Wellness Volunteer coordinated a team from the Hopkins/Rains Retired Teachers' Association for Walk Across Texas, which will end mid-December.

Mass Media contributions:

- All programs were marketed through mass media, with social media reaching 599 with diabetes education, 693 with general health and physical activity information, and 65 with Walk Through Texas History information. (data from Insights for Family & Community Health Facebook page)

Results:

Do Well, Be Well: 8 of 8 matched surveys returned (100%)

- 8 of 8 (100%) indicated learning the connection between carbohydrates and blood glucose
- 6 of 8 (75%) reported gaining confidence in managing diabetes
- 6 of 8 (75%) reported increased confidence in achieving 30 minutes of physical activity most days
- 5 of 8 (63%) reported improved overall health (3 remained the same at "good" or "very good")
- 5 of 8 (63%) reported increased confidence in spacing carbohydrates throughout the day.

National Diabetes Awareness Month:

- Newspaper columns, posts on social media, and radio website
- Exhibit in public library

Mass Media:

- News releases were submitted to the Sulphur Springs News Telegram, Community Chronicle, Front Porch News Texas Facebook page, Hopkins County Family & Community Health Facebook page, and KSST Radio website.
- Special emphasis: National Diabetes Awareness Month, National Heart Health Awareness Month, Reducing Sodium and Increasing Fiber in the Diet

Walk Through Texas History/ Walk Across Texas:

- 4 teams (15 participants) achieved 1,185 miles during the 4-week series
- Weekly recipes and e-mail encouragement were sent to all members
- 8 of 15 completed the wrap-up survey
- 8 individuals from the Hopkins/Rains Retired Teachers' Association registered for Walk Across Texas starting in November, logging 369 miles as of mid-November
- 16 individuals participated in Walk & Talk (reported in BLT/Family Nutrition summary)

Clientele feedback: (from DWBW)

- *"This series helped my understand what to watch for, how to eat better, understand the terminology, and not to be afraid!"*
- *"The materials helped me understand diabetes by teaching me about food and how it affects blood glucose levels. There was a lot of useful information presented to us."*

Future Implications: a multi-county team will implement Do Well, Be Well via Zoom in January. I have acquired a speaker for the session which I will be responsible for planning.

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EXTENDING KNOWLEDGE
Providing Solutions



Do Well, Be Well with Diabetes (in-person/on-line) - spring & fall

- 5-lesson series
- 8 graduates
- **Diabetes Support Group**
- 2 meetings until COVID
- Average attendance—7
- Newsletter & monthly contacts
- **National Diabetes Awareness Month**
- Mass media



- 4-H Foods & Nutrition
- 3 record books qualified for district
- 4-H Clothing & Textiles
- 4-H Public Speaking
- 4-H Gazette—6 issues
- National 4-H Week; Project Show; Christmas Card Design contest
- Food Challenge Team practices
- Foods project leader training
- County Council meetings
- Green Jacket Program



Master Wellness Volunteers

- 11 trained volunteers
- Hours logged in 2020 = **773** as of mid-November
- Reached 2,557 individuals
- *Volunteer Connections Newsletter*



BETTER LIVING FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION

2020 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

Healthy Snacking—Head Start Kids

- 175 students

BLT Newsletter

- 9 issues
- English & Spanish
- Reaches 5,000 households with each issue

COVID-19 Response

- Contact Tracing
- PPE pick up and delivery
- FEMA 100, 200, 700, 800 trainings
- Binax Rapid Testing Training



Marriage Education Workshop

- 2 couples completed the workshop
- Topics covered: marriage expectations, communication, conflict resolution, money management, goals
- Total savings to couples: \$120 (\$60 each)



WALK ACROSS TEXAS!
TEXAS A&M AGRILIFE EXTENSION

Walk & Talk Series

- 8-week series
- 18 participants
- Nutrition topics, MyPlate, Cooking Demonstrations, food safety & walking included in lessons
- Total miles logged = 2,909

Walk Thru Texas History

- 4-week series
- 3 teams
- 1,180 miles achieved
- Included weekly recipes
- **Walk Across Texas**
- Hopkins/Franklin Retired Teachers
- Miles still being logged for 2020



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
- Social media posts

Other Family & Community Health Impacts

- “Christmas Joys” holiday program —130 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
- Weekly newspaper columns
- Recipient of 2 state awards; 2 national awards, including *Extension Educator of the Year*
- Served on National Marketing/Communications Committee
- *Texas Extra* column contributor
- Family & Community Health social media posts on nutrition, health, money management, and youth development



Kids' Camp: Fun, Food, Fitness

- Partnered with SSISD
- 109 students in grades 1-5
- Color Me Healthy lessons

Skills Camp

- 5 project kits
- 14 participants in grades 5-6
- STEM, Upcycling, Fun with Money, Woodworking, Leath-er work