

RELEVANCE

Livestock and forage production are a 3.96 billion dollars 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.

RESPONSE

This plan collaborated 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.

This plan had the goal of providing educational experiences to 350 beef producers, 150 private applicators, 60 dairy producers and 60 landowner seeking private applicator accreditation.

The plan included the following activities:

- Hopkins-Rains Hay Show (with Soil Conservation Board) (15 Participants).
- Saltillo Hay Show (with Saltillo FFA).
- Field Day for Producers and Grasslands Managers (20 Participants).
- 4 New Pesticide Applicators Trainings (quarterly).
- Cattle Trail in Beef Day (76 Participants).
- Dairy Outreach Fall Conference (13 Participants).
- Pesticide Private Applicator CEU (82 Participants).
- 34 Press releases (digital and printed media).
- Result Demonstration in pre-conditioning of beef cattle.
- 1,255 Telephone consultations.
- 357 Site visits.

Evaluation Strategy

Retrospective post evaluation surveys were utilized to measure knowledge gain and adoptions of best practices for the evaluated programs.

- 100% (76/76) participants completed the evaluation for the Cattle Trail.
- 100% (13/13) participants completed the evaluation for the Dairy Outreach Fall Conference.
- 95% (19/20) participants completed the evaluation survey for Field Day for Producers and Grasslands Managers.
- 85% (70/82) participants completed the evaluation survey for Pesticide Private Applicator CEU.

VALUE

Livestock Production

Texas A&M AgriLife Extension programs targeted to large- and small-scale livestock producers help generate safer food and fiber products with maximum efficiency. The result is quality, consistent, affordable products and industries that support the state's rural economies.

\$3.96 billion

Generated by the beef industry in Central Region.

1K

Beef producers consigned pre-conditioned cattle in Hopkins County



RESPONSE

The Hopkins County Beef Program Area Committee successfully designed and implemented a livestock and forage plan for Hopkins County. The plan included educational activities for forage producers (hay shows, field days, pesticide applicators trainings) and educational opportunities for dairy and beef producers. During 2021, the plan included a consumer awareness component (cattle trail) to increase consumers awareness of the economic and environmental impact of the beef industry in Hopkins County. Because of the constant growth of the Beef Industry, thirty-four mass media press releases were published covering beef and forage education topics using social and printed media to educate county residents.



RESULTS

2021 Field Day for Producers and Grasslands Managers

- 95% (18/19) indicated an economic benefit of managing grasslands.
- 90% (17/19) learned the role of pastures for upland birds.
- 79% (15/19) indicated an environmental benefit for managing grasslands.
- 74% (14/19) Indicated increase learning in rotational grazing.
- 72% (13/19) learned proper water management in grasslands.
- 72% (13/19) learned new methods of grass utilization.

2021 Cattle Trail

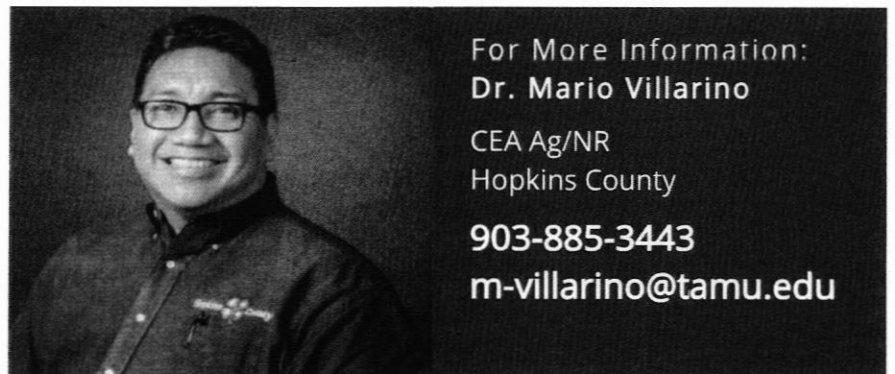
- 99% (75/76) have a better understanding of the value of beef ranchers in their daily life.
- 97% (74/76) have a better understanding of the path beef takes to get to the consumer's plate.

2021 Dairy Outreach Fall Conference

- 92% (12/13) indicated an increase in understanding on at least one program item.
- 85% (11/13) indicated an increase in understanding of fly control in manure.
- 85% (11/13) indicated an increased in understanding the importance of beef on dairy to improve value of calves.
- 69% (9/13) indicated an increase in understanding of manure management technology.
- 78% (7/9) indicated intention to adopt fly control strategies in dairy systems.
- 73% (8/11) indicated intention to adopt practices to improve the value of calves.
- 67% (6/9) indicated intention to adopt environmental stewardship practices.
- 62% (8/11) indicated intention to adopt manure management strategies.

2021 Pesticide Private Applicator CEU

- 87% (52/70) learned the biology and control of armyworms (38% knowledge increase).
- 85% (51/70) learned better ways to calibrate a sprayer (40% knowledge increase).
- 82% (50/70) learned the impact of soil fertility in herbicide treatment programs (38% knowledge increase).
- 80% (49/70) learned the history of integrated pest management (36% knowledge increase).
- 70% (42/70) learned new laws and regulations (28% knowledge increase).



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Result Demonstration

Comparison of sale prices of preconditioned cattle under two (60 Days vs 45 Days) pre-conditioning cattle protocols in northeast Texas

Cooperator: Northeast Texas Beef Improvement Association

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

Summary

This Result Demonstration compared pre-conditioned cattle sale prices (averages) during five consecutive years using a 45 Day preconditioning protocol and cattle sale prices during 2021 using a 60 Day pre-conditioning protocol. The results indicated a significant difference between beef prices of preconditioned cattle (+ \$59.27) during 2021 when compared to all other previous years (average).

Objective

The objective of this applied research was to identify the impact of extended preconditioning period (60 vs 45 days) of similar pre-conditioned cattle sold in comingled cattle auction format in Hopkins County.

Materials and Methods

A total of 213,952 pre-conditioned cattle (45 Day protocol) were comingled, sorted in groups and sold to the highest bidder in an auction format setting in six bi-monthly sales during five consecutive years (2016-2020). 23,217 pre-conditioned cattle (60 Day protocol) were comingled, sorted in groups and sold to the highest bidder in an auction format setting in six bi-monthly sales during 2021.

Results and Discussion

The cattle numbers pre-conditioned and sold during NETBIO sales were as follows:

Year	Sample size	Preconditioning protocol	Average sale price per head
2016	34,889.00	45 Days	\$862
2017	47,270.00	45 Days	\$859
2018	46,597.00	45 Days	\$834
2019	44,905.00	45 Days	\$787
2020	40,291.00	45 Days	\$764
2021	23,217.00	60 Days	\$823

Table 1: Average sale prices averages (USD) of cattle under two pre-conditioning protocols.

In the 1990s, Extension Specialists at Texas A&M University developed a set of standardized calf health management protocols to guide producers in adding value to calves. Since weaning and shipping are both stressful events in a calf's life, the time lapse between weaning and shipping is important. By separating these stressors, the immunosuppressive impacts of each event are not combined, which reduces overall stress. Therefore, separating weaning and shipping, when combined with a sound vaccination protocol, further enhances the value of calves and is rewarded in the marketplace. To seize economic benefit of pre-conditioning programs, a partnership between Texas A&M AgriLife Extension-Hopkins County, a group of organized beef producers and the Sulphur Springs Livestock Auction created the Northeast Texas beef Improvement Organization (NETBIO) and implemented periodical preconditioned cattle auctions. After 18 years of yearly sales, and because commissioned cattle numbers surpassed handling capacity of auction barn, bi-monthly sales were implemented in 2016. After a difficult year for the local beef industry during 2020 and as a response to national and state stocker sales trends, the NETBIO adopted the 60 pre-conditioning days protocol to be implemented in 2021. Average sale price comparison between cattle sold in 2021 under a 60 Day pre-conditioning protocol vs the five-year average (2016-2020) indicated a higher price (+\$59.63) when compared to those raised under a 45 Day pre-conditioning protocol.

Acknowledgements

The Texas A&M AgriLife Extension Service in Hopkins County would like to recognize the support of NETBIO during the development of this investigation.

Trade names of commercial products used in this report is included only for better understanding and clarity. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas AgriLife Extension Service and the Texas A&M University System is implied. Readers should realize that results from one experiment do not represent conclusive evidence that the same response would occur where conditions vary.

RELEVANCE

4-H Agriculture and Natural Resources projects are an important component of the county 4-H program in Texas. Currently, sixty three percent of Texas 4-H members are enrolled in a livestock project. These projects provide youth with subject matter education, as well as valuable learning experiences, character education and leadership skills critical for youth.

RESPONSE

Adult volunteer engagement is critical to administer the program and expand the outreach. As today youth are further removed from farming, many do not understand the importance of agriculture and how it impacts their daily lives. This plan included a path to the plate program component as part of a summer camp activity. The plan included monthly veterinary science sessions using a directional specific curriculum intended to provide education to achieve Veterinary Assistant Certification. The objective of the plan was to provide 4-H members with excellent learning opportunities within the ANR project areas. This plan utilized a 4-H Livestock Project Coalition to provide direction and support for the programs and events conducted. The following activities were implemented during 2020-2021:

- Livestock Clinics (beef, poultry, swine, goat/lamb) (October - January).
- 12 Veterinary Sessions (Monthly).
- Path to the Plate session in beef and byproducts (Multi-county Camp).
- Livestock County Show (Feb, 2021).
- Dairy Livestock Show (June, 2021).
- Participation in all major livestock shows.
- Validation of steers, heifers, goats, lambs, swine and broilers.
- 52 home project visits.
- 25 Press release related to Livestock Youth Projects.

VALUE

Character and Leadership
 Development

Texas A&M AgriLife Extension's 4-H Youth Development Program teaches participants leadership skills and character traits. Participating youth become mentors, role models, and leaders in their schools and communities.

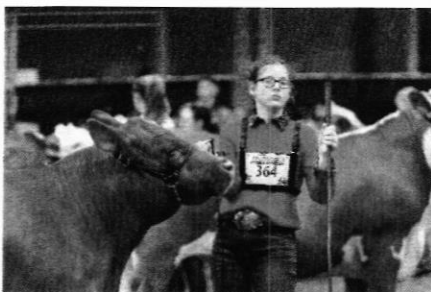
63%

4-H members participate yearly in livestock projects



RESPONSE

As communities grow and separate from actively engaging in agriculture, the gap between the knowing where food comes and consumers widens. The Hopkins County 4-H Youth Coalition partnered with schools and community associations to provide learning opportunities in food production and livestock showing for youth during 2021. More than 300 youth projects were validated and shown in two livestock shows in Hopkins County. Educational sessions were implemented to support these projects and promote leadership development in youth.



Evaluation Strategy

Retrospective post evaluation surveys were utilized to measure knowledge gain and adoptions of best practices for the evaluated programs.

- 100% (31/31) responded to the evaluation instrument (Path to the Plate Expo).

RESULTS

2021 Path To the Plate Beef Session (Beef and leather Works)

- 94% (29/31) indicated a better understanding of the path food production takes to get to our plate.
- 90% (28/31) Indicated a better understanding of the way farmers and ranchers produce the food that we eat.
- 87% (27/31) indicated a better understanding of the connection between agriculture and health.
- 84% (26/31) learned the value of agriculture in daily life.
- 72% (13/19) learned the importance of eating a healthy diet and a variety of food.
- 61% (19/31) indicated a better understanding of the importance and nutritional value of various foods.

2021 4-H Livestock

- 100% (14/14) Indicated to be more willing to listen to others.
- 93% (13/14) Indicated to be more comfortable speaking with others.
- 93% (13/14) Indicated to be more confident with their abilities as a leader.
- 86% (12/14) Indicated to be more comfortable working in a team.



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RELEVANCE

The 4-H program in Hopkins County is multi-faceted. 4-H members and leaders participate in a variety of educational events, projects and activities. Youth gain leadership skills as they participate in youth based programs. The goal of this plan is to promote youth development in to responsible, contributing members of the society. Integration of members taking active role in leadership and public speaking events will be promoted. The enrollment goal for 2020 was 200 youth.

RESPONSE

County Staff implemented the 4- H and Youth Development Program in Hopkins County including communication with Club Managers, County 4-H Council, volunteer leaders, record book training, special events. FCH and Ag related 4-H Projects will be covered in discipline specific plans.

The Hopkins County Youth Program Area Committee provided leadership for the planning and implementation of this plan. Promotion of projects and events was conducted using technology based platforms (youtube, facebook, newspaper, radio, 4-H gazette) by program participants.

The following activities were conducted during 2020-2021:

VALUE

Character and Leadership
Development

Texas A&M AgriLife Extension's 4-H Youth Development Program teaches participants leadership skills and character traits. Participating youth become mentors, role models, and leaders in their schools and communities.

189

members enrolled
Hopkins County 4-H
(2020-2021)

- Quarterly 4-H Council Meetings.
- Bimonthly 4-H Gazette.
- School ISDs Networking with school board participation.
- District Work Days.
- National 4-H Week.
- 4-H Project Show.
- 4-H Recognition Banquet.
- Hopkins County Christmas Party.
- 4 Program Area Committee Meetings.
- Cumby Education Initiative Meetings.
- Rural Student Services Initiative meetings.
- 4-H Club Chartering.
- Multi-County Camp planning sessions.
- Hopkins County 4-H Round-Up.
- 4-H Record Book training.
- United Way Support preparation.
- TSC clover campaigns.
- Hopkins County 4-H Project Tour.

Results

Programs and activities were evaluated based on members participation and direct feedback. Since many activities were planned and Implemented by Council members, their opinion during the planning process was Included. Five clubs were chartered and populated during 2020-2021. All planned activities were well attended (more than 50% expected attendance).



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RELEVANCE

Recently new trends in property size and smaller tracts of land have created a new landowner and small acreage ranching/farming enterprises. Many new landowner/small acreage landowners are looking into agriculture as an alternative for tax exemption. Due to changes in lifestyle new landowners might have little or no understanding of agriculture and need basic information to engage in farming.

RESPONSE

Press articles covering topics related to new landowners were released to mass media (newspaper, radio station and social media sites) as following:

- Soil diversity in Hopkins County
- Pesticide uses in small acreage
- Pond management
- Livestock for small acreage 1
- Livestock for small acreage 2
- Livestock for small acreage 3

RESULTS

All submitted articles were published either by print (news paper with 25,000 printed copies) or by local social media outlets (frontporch news, ksst) for a total estimated reach of 180,000 contacts.

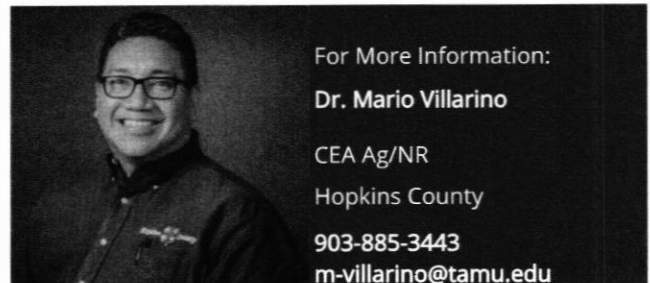
VALUE

600,000

People move to Texas
 every year

180K

New Landowner
 Contacts in this plan



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RELEVANCE

Research shows that diverse work groups produce more cognitive processing and more exchange of information (Keesing, 2015). Diversity brings in new ideas and experiences, and people can learn from each other. Bringing in different ideas and perspectives leads to better problem-solving opens, promotes dialogue and creativity. The goal of this plan was: a) To provide cultural enrichment using racial dialogue during Extension Activities. b) To provide educational training to 60 extension professionals in racial dialogue.

RESPONSE

A working group was created to intentionally meet weekly for 2 hours. Approximately 33,600 working hours were dedicated to addressing the charge and advancing the work of increasing awareness around diversity, equity, and inclusion. Additional time was spent by members in between meetings to meet specific goals and deadlines along with individual discussions with friends and colleagues outside of the group related to variety of topics within racial understanding.

The group specifically focused on increasing awareness of personal bias and how to engage in dialogues around race. They had the opportunity to conduct the following presentations:

- Harrison County Diversity Committee (~7 ppl)
- Virtual Statewide Child Care Conference, March 27, 2021 (~90 ppl)
- Youth Development Undergrad Class 2021 (~18 ppl)
- 3 one-hour Radio Shows: "Flip the Script", "Dialogue & Debate", & "Case Studies" played on FM stations, Facebook Live, and available on YouTube December 2020 and January/March 2021
- Leadership Advisory Board presentation, Hopkins County 2021 (~15 ppl)
- 4-H LEAD Academy presentations, online June 2021 (~60 ppl)

The group has directly reached 530 people. The 3 radio shows combined had 361 views and 758 reach on Facebook and an additional 79 views on YouTube (and unknown reach on other available platforms). Total estimated reach was 1,888 people.

VALUE

Diversity inclusion is a critical component of any Extension programmatic effort.

Extension personnel most become trained in how to address sociological challenges that limit diversity inclusion to become more effective when providing educational trainings in a diverse environment.

50%
14.5 MILLION

Texas residents identify themselves with a race other than white.



RESPONSE

The Coming Together for Racial Understanding (CTRU) work group is a collective of Extension professionals who are connected by their passion to help Texas Extension, and our communities, become more diverse, equitable, and inclusive. Collectively contributing over 33,600 work hours, providing direct training and support for over 1800 people, and creating a comprehensive survey analysis, the group has made a significant impact to our communities.

Evaluation Strategy

In addition to outreach and training, one of the most ambitious and impactful endeavors of the workgroup was the development, implementation, and analysis of the 2021 Joint Climate survey. The development of the survey was in direct response to the charge given to the workgroup by Executive Leadership of the joint Extension Services.

RESULTS

This effort resulted in survey and analysis followed by a 24-page full report. The report included details of survey responses with statical summaries and analyses of each. In the report nine comprehensive recommendations were offered with issue descriptions; identification of who will be most affected were included; levels of issue severity were suggested as well as expected timeline for implementation.

Future Programming

The coming together for racial understanding working group will lead quarterly session (virtual) during 2022 providing training to extension personnel to develop extension personnel capable of implementing community dialogue.

"Members of the CTRU work group were able to engage our members in rethinking our interactions, perceptions and hidden bias".
Robert Newsom
Hopkins County Judge



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RELEVANCE

The Centers for Disease and Control (CDC) defines chronic diseases as those lasting longer than 1 year resulting in continued medical care or limited daily activities, including type 2 diabetes. Currently, in Texas approximately 2.33 million (11.2%) adults have diabetes with 621,000 (21%) of those being undiagnosed in 2021.

In Hopkins County:

- 10% of the adult population have been diagnosed with diabetes, as compared to 11.2% in Texas and 8.5% in the country
- 35% are reportedly physically inactive
- 31% of the county adult population are obese

Diet related chronic diseases such as type 2 diabetes related to poor nutrition and physical inactivity can be better managed with dietary and self-care management, increased physical activity, and maintaining or achieving a healthy weight.

Education is an integral component in managing the prevalence of diabetes and hypertension in Texas.

"Do Well, Be Well with Diabetes" is an Extension Program designed to reach clientele with research and evidence-based interventions. Unlike other chronic diseases, people with type 2 diabetes can learn to manage their disease by following a healthful eating plan, participating in regular physical activity, and developing skills needed to assist in controlling their blood glucose, rather than medication dependency alone.

"Cooking Well with Diabetes" offers practical dietary and self-care management focusing on healthy cooking alternatives.

RESPONSE

The Hopkins County FCS Committee and Master Wellness Volunteers saw the need to continue diabetes education in the county. The following were presented:

- Do Well, Be Well with Diabetes 5- lesson session held virtually in partnership with Fannin, Rockwall, Titus, and Hopkins Counties
- Cooking Well with Diabetes 4-lesson series held face-to-face
- National Diabetes Awareness Month exhibit
- Mass media contributions focusing on chronic disease management

TARGET AUDIENCE

Individuals with type 2 diabetes and their families

PARTNERSHIPS & COLLABORATORS

- Texas Diabetes Council, American Diabetes Association (materials)
- Master Wellness Volunteers (marketing, registration, tray preparations)
- Diabetes educator and pharmacist served as speakers for certain sessions

VALUE STATEMENT

Do Well, be Well with Diabetes

This diabetes education program teaches participants about lifestyle changes and disease self-management, enabling them to improve their quality of life and lower their health care costs close to the non-diabetes level. These reduced health care costs are key to the program's public value.

11.2 %
2.33 MILLION

Texans with diabetes

10%

Hopkins County residents with diabetes (3,600)

31%

Obesity among Hopkins County adult population

RESPONSE continued:

- 7 Hopkins County graduates in Virtual DWBW series
- 9 graduates in CWWD series
- DWBW sessions included: Recognizing carbohydrates, Meal Planning, Diabetes & Physical Activity, Diabetes & Medications, Managing Complications
- CWWD sessions included: Carbohydrate Foods, Making Recipes with Fat Better for You, Reducing Sodium & Fat/ Increasing Fiber, and Celebrating Sensibly with Diabetes. Cooking demos and recipe sampling were included.
- Participants were given A copy of the power point As well as handouts Supporting the lessons.
- Visual aids, food models, And supplementary Materials were also used As teaching aids.
- Walk Across Texas was implemented throughout the year as a way to encourage physical activity. Due to the success of that program, a separate summary has been prepared.

Clientele quotes:

"I received more understandable, usable information in this series than I did from my doctor!"

"I appreciate being able to benefit from the expertise shown in this series!"

"Great ideas for reducing and or substituting fat and salt in recipes."

"Key questions I had were answered very well."

Evaluation Strategy

Pre- and post-surveys were distributed to all participants.

- ❖ Do Well, Be Well with Diabetes – 7 of 7 completed both surveys
- ❖ Cooking Well with Diabetes – 9 of 9 individuals with diabetes completed the survey (3 additional individuals attended 3 or more sessions in support of their loved one)

RESULTS

Do Well, Be Well with Diabetes:

- 7 of 7 (100%) indicated learning the connection between carbohydrates and blood glucose
- 7 of 7 (100%) reported increased confidence in achieving 30 minutes of physical activity most days
- 7 of 7 (100%) learned how to prevent blood glucose from dropping during exercise
- 6 of 7 (85%) reported gaining confidence in managing diabetes
- 5 of 7 (71%) reported improved overall health (3 remained the same at "good" or "very good")
- 5 of 7 (71%) reported increased confidence in spacing carbohydrates throughout the day.
- 5 of 7 (71%) increased frequency of checking feet (2 remained the same)
- **Economic impact: \$147,197**

Cooking Well with Diabetes:

- 9 of 9 (100%) indicated that the series met or exceeded expectations
- 8 of 9 (88%) indicated reducing added salt at the table
- 7 of 9 (77%) now use MyPlate for meal planning
- 6 of 9 (66%) indicated increasing amount of fiber when cooking
- 5 of 9 (56%) increased amount of non-starchy vegetable consumption (4 remained unchanged at ½ their plate)

Summary

The economic impact of Do Well, Be Well with Diabetes is: \$147,197.

The two series have proven over and over that diabetes education is beneficial to participants.

Mass media submissions during National Diabetes Awareness month gained additional interest from clientele.

My contributions to revising Cooking Well with Diabetes have garnered a nomination for Superior Service.

"It's ok to get off track every now and then – just be sure to get back on!"

Future Programming

Both the Do Well, Be Well with Diabetes and the Cooking Well with Diabetes series have been scheduled for 2022.

The diabetes support group, which was created in 2019 and quickly halted in 2020 due to COVID, will resume meeting in 2022. With 10 to 12 attendees, this group provides an outlet for gaining new insights on diabetes management.



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RELEVANCE

According to <https://nccd.cdc.gov>, Hopkins County has a population of approximately 36,810, with 21% of children living in poverty. Additionally, 35% of adults are physically inactive, and 10% of the adult population has been diagnosed with type 2 diabetes which can have a negative effect on youth health and wellness.

According to the Centers for Disease Control and Prevention, an average of 21% of youth ages 6-19 are overweight. Additionally, approximately 24% achieve 1 hour or less moderate physical activity; an average of 45% consume less than 1 serving of fruit per day, and 50% consume less than 1 serving of vegetables per day.

Other factors that can be a detriment to youth health and wellness include:

- adult obesity (31% of Hopkins County population)
- adult smoking (17%)
- uninsured (22%)

RESPONSE

The Community Health/Wellness Alliance and Hopkins County Master Wellness Volunteers identified the need to continue addressing childhood health in the areas of nutrition, physical activity, and well-being. This was accomplished by partnering with the Sulphur Springs Independent School District 2021 summer day camp program.

TARGET AUDIENCE:

- Sulphur Springs students going into grades 2-5 (Day Camp)

PARTNERSHIPS & COLLABORATORS

- Department of State Health Services (session on water/sun safety)
- United Healthcare (session on dental care)
- Healthy Texas Youth Ambassador for Hopkins County (Dance Fit session)
- Barbara Bush Primary Campus (facilities for sessions)
- League Street Church of Christ (facilities for hands-on cooking session)

NUMBERS:

- Eight sessions (1 to ½ hours each)
- 1 hands-on cooking session (2 ½ hours)

VALUE STATEMENT

Obesity Prevention and Reduction

Texas A&M AgriLife Extension Service engages children and adults in programs that teach them how to eat nutritious foods and engage in regular physical activity to promote health and reduce their risk for obesity. The Texas public benefits through a healthier population, reduced healthcare costs, and increased productivity.

21%

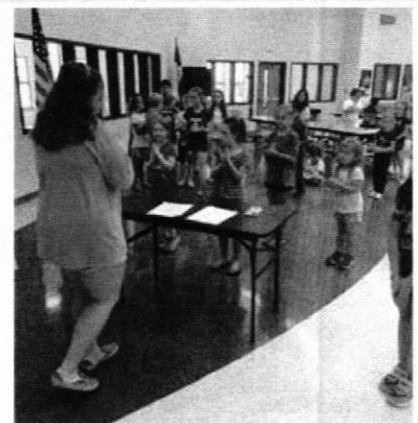
Youth ages 6-19 are overweight

24%

Achieve 1 hour or less physical activity

50%

Consume less than 1 serving of vegetables daily



Response continued:

- 226 students in grades 1 thru 5 reached with quality educational information
- 25 adults – teachers, presenters involved
- Sessions included: physical activity at each session, “Color Me Healthy” curriculum, Nourish Interactive, imaginary field trips, MyPlate, sun safety, water safety
- Hands-on cooking session on reading and following a recipe, food safety, hand hygiene, and kitchen safety.
- Seven issues of *Color Me Healthy newsletter* included recipes, tips for healthy eating, suggestions for incorporating physical activity into daily life, and more.
- Coverage on Sulphur Springs Independent School District social media page for Douglass Head Start, Hopkins County Family & Community Health page, Front Porch News Hopkins County social media page, and Sulphur Springs News Telegram
- Safety protocol was followed – hand sanitizer, social distancing as able.
- Incentive items were distributed to reinforce information learned: MyPlate plates, exercise bands, MyPlate flying discs, and more



Evaluation Strategy

A retrospective 17-question post survey was distributed to two classes (30 students, with 25 surveys being returned.)

Surveys included multiple choice questions, true/false questions, and intent to adopt practices learned during the sessions.

RESULTS

Students indicated learning:

- 100% (25/25) were able to identify dairy products from a list
- 100% (25/25) were able to identify recommended number of minutes of physical activity
- 100% (25/25) were able to identify the best beverage for hot days
- 96% (24/25) were able to identify safe food practices
- 92% (23/25) were able to identify what to do in the event of severe weather
- 88% (22/25) were able to identify sedentary behavior vs. physical activity
- 88% (22/25) were able to identify foods in the protein group

Intent to adopt practices:

- 100% (25/25) indicated that they will drink more water and fewer sweetened beverages
- 100% (25/25) indicated that they plan to eat breakfast every morning
- 88% (22/25) indicated that they plan to eat more fruits & vegetables

Summary

The SSISD Elementary Curriculum Coordinator and Summer Day Camp Coordinator both stated that they received very positive input from students and parents and welcomed our partnership in the future.

- ❖ The partnership with the SSISD earned a state award for School Health and Wellness from the Texas Extension Association of Family & Consumer Sciences at the 2021 state conference.

Future Programming

Dates for the 2022 Kids' Camp have been scheduled. The Community Health/Wellness Alliance, Family & Community Health Committee, and Master Wellness Volunteers will use survey results to plan, implement, and evaluate the camp.



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RELEVANCE

In Hopkins County, approximately 4,010 receive supplemental nutrition assistance program (SNAP) benefits according to <https://hhs.texas.gov>. Research suggests that SNAP and other limited resource audiences consume diets that are not in agreement with the current dietary recommendations, potentially increasing the risk for development of chronic disease. Food insecurity, obesity, and lack of access to healthy food are other issues that impact this audience and have strong potential to negatively impact health.

Obesity among adults in Hopkins County is 31% of the population. Similarly, 35% reportedly are physically inactive. The Texas A&M AgriLife Extension Service provide timely, practical educational programs and resources.

To help address these issues, the Community Health/Wellness Alliance, Master Wellness Volunteers, and Family & Community Health Committee assisted in planning, marketing, and presenting programs.

RESPONSE

The following programs were offered:

- A Fresh Start to a Healthier You online series
- Walk & Talk (reported in Walk Across Texas summary)
- Healthy Snacking for preschoolers
- Money Smarts for Head Start parents and Thrive by Five simple money management for kids
- Better Living for Texans newsletter
- 55+ Health Fair on food budgeting and physical activity

TARGET AUDIENCE

- ❖ A Fresh Start for a Healthier You was targeted toward low-income audiences through the BLT newsletter (Head Start parents, senior citizens, church Senior Citizens groups)
- ❖ Walk & Talk was targeted toward Head Start parents/grandparents
- ❖ Healthy Snacking was targeted toward Head Start students
- ❖ Thrive by Five was targeted toward Head Start parents/grandparents
- ❖ 55+ Health Fair was targeted toward that specific age group
- ❖ BLT newsletter is sent to Head Start campus, local day care centers, Senior Citizen Center, CAN Help

PARTNERSHIPS & COLLABORATORS

- Sulphur Springs Head Start staff is instrumental in promoting programs to parents
- ROC (Recreational Outreach Center) allows us to use their facility for programming purposes
- City National Bank partnered with Extension to provide the money management session

VALUE STATEMENT

Better Living for Texans

These nutritious programs teach low-income audiences to prepare nutritious meals, stretch their food resources, improve their food safety practices, and participate in regular physical activity. This not only improves the quality of life and reduces the risk of chronic disease for participants, but also lowers public health care costs.

4,010

Receive SNAP benefits
 in Hopkins County

21%

Hopkins County Children live in
 poverty

31%

Adult population are obese



RESPONSE

A Fresh Start to a Healthier You:

- On-line series held via AgriLife Learn platform
- 4-week series
- December, 2020: 5 participants
- April, 2021: 8 participants
- June, 2021: 9 participants

Walk & Talk 8-week series:

- 3 teams
- Fruits & Vegetables focus
- Weekly nutrition lesson and cooking demonstration and/or recipe sampling
- Incentive items were provided to reinforce topics covered in the series
- Master Wellness Volunteers assisted in programming

Healthy Snacking Teach Piece:

- Head Start students were provided with activity sheets, MyPlate toss up balls, coloring activities
- Certificates were provided for each food group

Money Smarts/Thrive by Five:

- Adults learned about budgeting for food, using coupons, checking store ads
- Child-targeted simple money management (such as money must be exchanged for something you want – in this case, healthy snacks, fruit, etc.)

55+ Health Fair:

- BLT programs were promoted (Fresh Start and Walk & Talk)
- Fruit and popcorn were provided



Evaluation Strategy

A Fresh Start to a Healthier You on-line series had built-in pre- and post-surveys.

Walk & Talk series included in-person registration and wrap-up surveys. Weekly mileage for participants was reported.

Healthy Snacking used verbal feedback and direct observation with the students.

RESULTS

A Fresh Start to a Healthier You

A total of 22 enrolled in the on-line series. Topics were: Food Safety; Meal Planning and MyPlate; Food Resource Management; and Celebrating Small Bites. A new session topic was introduced each week for participants to complete at their own pace.

Walk & Talk

- 3 teams of Head Start parents/grandparents
- Each team exceeded the goal of 832 miles (2,634 total miles)
- 14 of 18 (78%) attended 6 or more sessions
- 10 matched pre-post surveys returned
- 10 of 10 (100%) increased days of physical activity
- 10 of 10 (100%) indicated benefiting from the program
- 6 of 10 (60%) increased consumption of vegetables

Healthy Snacking Teach Piece:

- 175 Head Start children reached
- Incentive items were provided

Money Smarts/Thrive by Five:

- 15 parents attended the session
- Parents indicated learning how to teach simple money management to their children

55+ Health Fair:

- Approximately 250 senior adults attended
- 80 small bags of popcorn and 20 pounds of apples and oranges were distributed

BLT Newsletter:

- 10 issues prepared
- Provided to 28 outlets for distribution to clientele reaching approximately 5,000 households

Future Programming

- Walk & Talk will be held during the Fall, 2022 targeting Head Start parents and grandparents.
- Fresh Start will be promoted in the spring, 2022.
- Be Well, Live Well, a program for 50+ aged adults is scheduled for April, 2022.



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RELEVANCE

Research shows that a routine of regular physical activity has great benefits to health, including improved thinking or cognition for children 6 to 13 years of age and reduced short-term feelings of anxiety for adults. Regular physical activity can help keep thinking, learning, and judgment skills sharp as a person ages. It can also reduce the risk of depression and anxiety and help achieve better sleep.

Moving more and sitting less have tremendous benefits for everyone, regardless of age, sex, race, ethnicity, or current fitness level. Seven of the ten most common chronic diseases are favorably influenced by regular physical activity.

NUMBERS:

According to the Centers for Disease Control, in Hopkins County:

- 35% (12,600) are reportedly physically inactive
 - 31% (11,160) of the county adult population are obese
 - 20% (7,200) of adults report being in poor or fair health
 - 10% (3,600) of the adult population have been diagnosed with diabetes, as compared to 11.2% in Texas and 8.5% in the country
- Texas A&M AgriLife Extension has played a key role in helping individuals achieve a more healthy lifestyle by implementing programs promoting physical activity.

RESPONSE

The Hopkins County Health/Wellness Alliance and Hopkins County Master Wellness Volunteers have been instrumental in planning and implementing key programs to help improve physical activity among residents. Programs implemented include:

- 1) Walk Across Texas
- 2) Walk & Talk
- 3) Walk Through Texas History

TARGET AUDIENCE

- Community members/Master Wellness Volunteers
- County employees
- Head Start parents
- Retired Teachers' Association

PARTNERSHIPS & COLLABORATORS

- Hopkins County Commissioners' Court (recruitment of teams)
- Sulphur Springs Head Start Coordinator (marketing/recruitment of parents, weekly social media posts)
- Representative from Hopkins/Rains Retired Teachers' Association (recruitment of team members)
- Media (marketing, wrap-up celebration)

VALUE STATEMENT

Walk Across Texas

This eight-week fitness and health program challenges participants to adopt a habit of regular exercise. Research indicates that a walking routine of this duration is more likely to lead to continued moderate exercise, which improves the quality of life and reduces the risk of chronic disease (including type 2 diabetes). This program yields public value in the forms of reduced public health care costs and a healthier, more productive workforce.

35%

12,600

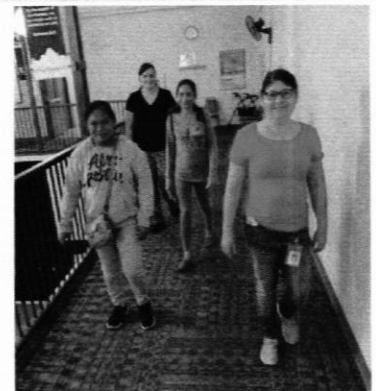
Hopkins County residents report being inactive

31%

Obesity rate in Hopkins

7,200

Report having poor or fair health



RESPONSE continued

Walk Through Texas History

- 4-week program, spring, 2021
- 416- mile goal per team
- 3 teams
- Weekly newsletter
- Total miles logged: **1,599**

Walk Across Texas

- 8-week program, fall, 2021
- 832-mile goal per team
- 8 teams
- Weekly newsletter and recipe provided
- Wrap-up celebration hosted at Extension office
- Total miles logged: **7,884**

Walk & Talk

- 3 Head Start parent teams
- Fruits & vegetable focus
- Weekly nutrition lesson and cooking demonstration and/or recipe sampling
- Master Wellness Volunteers assisted with planning and implementing 3 sessions
- Incentive items were provided to reinforce topics covered in the series
- Total miles logged: **2,634**



Evaluation Strategy

Walk Across Texas and Walk Thru Texas History participants registered on-line with health information. Wrap-ups were also done by the individual.

Walk & Talk participants received a registration survey at the beginning of the series and a wrap-up/post survey at the conclusion of the series.

RESULTS – Grand total miles: 12,117

Impact for Walk Across Texas:

- Economic impact: **\$261,242** (includes potential savings for Cardiovascular disease and diabetes savings if they continue to practice regular physical activity)
- 3 teams of county employees (including County Judge and two commissioners); 2 teams of retired teachers; 3 at-large teams
- One team was comprised of two sisters, each logging over 400 miles
- All teams exceeded the goal of 832 miles per team (7,884 combined miles)
- Comments:
 - *Made me realize how little I moved; I was more active because I had others depending on me; motivated me to be more active; I like having a goal; the weekly newsletter challenged me to excel.*

Impact for Walk & Talk:

- Each team exceeded the goal of 832 miles per team (2,634 combined miles)
- 14 of 18 (78%) attended 6 or more sessions
- 10 matched pre/post surveys returned
- 10 of 10 (100%) increased days of physical activity
- 10 of 10 (100%) indicated benefiting from the program
- 6 of 10 (60%) increased consumption of vegetables
- Comments: *It was fun and kept us accountable; I lost 8 pounds; I learned new healthy recipes and ways to stay healthy; It helped boost me to do better physically and mentally; Loved sampling the recipes!*

Summary

Participants in the three series verbally expressed the physical benefits of walking, camaraderie, being more aware of intentional steps, and enjoying the recipes. The weekly newsletter served as an incentive to keep walking.

New routes are to be added for Walk Through Texas History, so that will give more options when the program is promoted in spring, 2022.

Future Programming

Walk Through Texas History will be promoted Spring, 2022. Walk & Talk is scheduled for Fall, 2022. Walk Across Texas will be promoted Summer, 2022.



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RELEVANCE – Outreach Plan

Primary program areas for FCH agents are health, nutrition, family well-being, and food safety. There are numerous programs available for implementing at the county level. However, there is a limit to the amount of programming one person can implement. Volunteers contribute greatly to the FCH program and can further extend education into the community.

A group of trained volunteers serve as advocates for Texas A&M AgriLife Extension Service and substantially increase the scope and impact of the FCH program.

The Master Wellness Volunteer program provides volunteers with 40 hours of health and nutrition education. In return, volunteers give back 40 hours of service during the first year and 10 or more hours each year thereafter.

NUMBERS:

- Hopkins County has 11 trained volunteers.
- During 2021, ten volunteers were active and reported hours of service. (One volunteer was on a health sabbatical)

RESPONSE

- 1) Seven planning meetings
- 2) Eight issues of Volunteer Connection newsletter
- 3) Professional development opportunities provided
- 4) Three recognition events given to honor Master Wellness Volunteers
- 5) Volunteers contributed 796.25 hours in 2021
- 6) Volunteers reached 4,854 individuals

PARTNERSHIPS & COLLABORATORS

- Specialist, Andy Crocker
- Retired Teachers' Association
- Senior Citizen's Center

VALUE STATEMENT

Master Wellness Volunteers

Master Wellness Volunteers leverage Texas A&M AgriLife Extension Service's outreach and education related to health, nutrition, food safety and family wellbeing in the communities where they live and work.

11

**Trained volunteers
in Hopkins County**

796.25

Hours contributed in 2021

4,854

Individuals reached



Evaluation Strategy

Trained volunteers are expected to give back 10 hours of service. Professional development is also expected, which is often provided in the way of assignments for research, reading reputable articles, and visiting reputable websites.

RESULTS

Master Wellness Volunteers served as presenters in the following:

- Summer Youth Day Camp session
- Head Start Walk & Talk Nutrition sessions
- Annual Christmas Joys Holiday program
- Leadership Advisory Board meeting reports for MWV's
- Retired Teachers program
- Walk Across Texas (served as team captains)
- Walk Through Texas History (served as team captains)

Planning meetings and assistance:

- Hopkins County Fall Festival Creative Arts Contest
- Do Well, Be Well with Diabetes series (registration, survey distribution, refreshments)
- Cooking Well with Diabetes series (tray preparations/assistance, registration survey distribution)
- Marketing for programs
- 4-H Foods Project meetings
- 4-H Clothing project meetings
- Food Drives
- Ag-in-the-Classroom
- Summer youth day camp

Networking:

- Dress a Girl Around the World
- Stitchin' Heaven
- Senior Citizen's Meal-a-Day

Other:

- Covered front Extension lobby in absence of secretary
- Researched ideas for youth camp programs

Value of volunteer hours: **\$22,746.38**

Future Programming

The 2022 Master Wellness Volunteer Training cohort being offered state-wide will be held in Hopkins County. Plans are to hold the first and last meetings face-to-face, and obtain frequent contact with participants throughout the training series. Upon passing the certification exam, they will be notified of opportunities to reach their required 40 hours.

Summary

Hopkins County Master Wellness Volunteers have formed a strong friendship bond. They are the backbone to effective Extension programming, extending outreach to clientele.

A text or phone call requesting assistance with Extension functions garners a quick affirmative response from volunteers.



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RELEVANCE

The Texas 4-H Youth Development Program exposes 4-H members to the academic discipline of family and community health (FCH) and helps youth gain valuable skills and knowledge that they can apply to daily life. The FCH program area represents many disciplines to which youth are exposed through projects such as clothing and textiles, food and nutrition, consumer education, health, housing and home environment, and safety. Through these projects youth also gain valuable citizenship and leadership skills.

One of the top three 4-H projects in Hopkins County is Foods & Nutrition, followed closely by Fashion & Interior Design (Clothing). During workshops, contests, and other functions, 4-H members are given leadership and community service opportunities.

Project volunteers assist with workshops and other project meetings, and are trained on the guidelines for contests in the areas of FCH 4-H.

RESPONSE

Based on 4-H enrollment in Hopkins County, project workshops focused on the two primary FCH- related interests – Foods & Nutrition and Fashion & Interior Design.

Additionally, community service and leadership opportunities were provided to Hopkins County youth.

A Hopkins County senior 4-H member was selected to serve as a Healthy Texas Youth Ambassador and District Council Officer, further advancing her project work and leadership skills.

TARGET AUDIENCE

- 4-H members; Clover kids (with adult supervision)
- 4-H project leaders

PARTNERSHIPS & COLLABORATORS

- Master Wellness Volunteers
- 4-H Foods and clothing leaders
- Stitchin' Heaven Quilt Shop
- Healthy Texas Youth Ambassador coordinator, Julie Gardner
- Community Chest

VALUE STATEMENT

4-H FCS

The 4-H program encompasses many projects. Everyday life skills can be attained by participating in workshops, events, and projects. Family & Consumer Sciences is a viable endeavor to teach youth competencies that can be carried throughout the life span.

253

Pounds of food collected

35

Care packets collected

60 hours

Contributed by Healthy Texas Youth Ambassador



RESPONSE

Sewing Fun Day "Everything Fleece":

- Provided the opportunity for 4-H members to create hats and toboggans from fleece.
- Stations included: assortment of fleece, cutting stations, ironing stations.
- Participants were able to keep what they sewed. All materials were provided, and eight sewing machines were available for the 4-H'ers to use.

Foods Fun Day, "Mug Madness":

- Provided the opportunity for participants to make mug creations for the microwave using common ingredients.
- Six work stations were set up with different recipes and all supplies needed (bags, tags, etc.)
- Participants were asked to bring two non-metallic coffee mugs.
- Participants were able to keep what they made.

4-H Food Drive:

- Month-long community-wide food drive sponsored by 4-H Council
- 253 pounds collected and donated to local food bank

4-H Project Tour Day:

- Included tour of Fox Country Quilts (STEM and Interior Design projects)

Toiletries Drive:

- Community-wide drive to collect items for fire stations and police department to give out in emergency situations.



Evaluation Strategy

Verbal feedback and direct observation were used to assess effectiveness of the project workshops. Several 4-H members participated in District Food Show, Fashion Show, record books, Public Speaking, and Consumer Decision Making.

RESULTS

Sewing Fun Day:

- 11 members participated
- 3 volunteers assisted
- All participants completed at least one toboggan and one scarf
- Learned to shop for after-Christmas sales on fleece blankets, learned to use a zig-zag stitch

Foods Fun Day:

- 14 members participated
- 4 volunteers assisted
- All completed two or more mug creations
- Learned to use the correct measuring utensils
- Learned skills for using a microwave
- Learned easy, affordable gift ideas & packaging

4-H Project Tour Day:

- 12 participants
- Viewed long-arm quilting machine in action (STEM); learned the business side of conducting a transaction; learned color combinations and stitching pattern choices (Interior Design)

Healthy Texas Youth Ambassador:

- Led session on DanceFit for East Region HYTA training
- Assisted with summer youth camp program
- Contributed 60 hours from June to December

County-Wide 4-H Christmas party:

- 75 4-H members participated
- Included community service project (Christmas cards for nursing home residents)
- All youth made bath salt scrub and a pottery piece
- Games led by County 4-H Council members

Food & Toiletries Drives:

- 253 pounds of food collected and donated to local food bank
- 35 individual self-care packets collected and donated to fire and police departments.

Future Programming

Because Foods & Nutrition and Fashion & Interior Design have consistently been among the most popular projects, county-wide project workshops are scheduled for 2022. Leadership opportunities are built into most projects. The County 4-H Council will determine Community service projects.

State Winning Record book:

- 4-H FCH project member earned 1st place state with her record book in Consumer Education



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Texas A&M AgriLife Extension- Updates for January thru March, 2022

Johanna Hicks – Family & Community Health Extension Agent

Adult Programming

- Do Well, Be Well with Diabetes 5-session series: 12 participants completed pre-post surveys
- 2022 Master Wellness Volunteer Training: 4 new recruits participated in the training, passed the certification exam and are now working toward achieving their 40 hours of service.
- Together in Texas Marriage Education workshop: two couples completed the workshop and received a certificate to have the state portion of the marriage license fee waived (\$60 per couple).
- Boards & Committee meetings: Trinity Mother Frances Community Needs Assessment; Community Chest; Community Health/Wellness Alliance
- Extension Leadership Advisory Board spring meeting: Sheriff Lewis Tatum and MWV Mary Ballard presented the program
- Newsletters prepared: Volunteer Connection; Better Living for Texans
- To date, Master Wellness Volunteers have contributed 194.5 volunteer hours

Youth Programming

- 3-Day Spring Break Youth Sewing Workshop: 10 students, 4 volunteers, 2 parents participated. All participants completed 6 or more make-and-take projects and learned valuable sewing skills.
- 4-H Sewing Fun Day: upholstery scrap pillows, Love Bug pillows
- 4-H Food Show implemented
- District 4-H Contests scheduled for April – 2 Hopkins County youth qualified
- Cumby ISD Edu-Nation initiative: met with faculty to discuss the project
- Healthy Texas Youth Ambassador, Rylie Carroll, participated in the 4-H Capitol Leadership Experience in Austin
- Souper Bowl of Caring Food Drive: nearly 500 pounds of food were collected in the weeks leading up to the Super Bowl
- Como-Pickton School Health Fair: exhibit & give-away items provided
- Como-Pickton and Sulphur Springs School Health Advisory Council meetings
- Head Start student program reaching 231 students & faculty
- 4-H Gazette newsletter
- County 4-H Council meeting to plan spring events

Other:

- Notified by Texas Extension Association of Family & Consumer Sciences of being awarded the Master Wellness Volunteer Award at the state meeting in July and the application has been sent for National judging. Results of two other awards are pending.
- Weekly newspaper and mass media contributions
- Recognized as Chamber of Commerce Business of the Week