



Extension Education in Dimmit County
Making a Difference
2011

*Improving Lives.
Improving Texas.*

The Texas AgriLife Extension Service has been dedicated to serving Texans

for nearly a century. The agency was established in 1915 under the Smith-Lever Act to deliver university knowledge and agricultural research findings directly to the people. Extension programs have continued ever since to address the emerging issues of the day, serving diverse rural and urban populations across the state.

Through a well-organized network of professional educators and more than 100,000 trained volunteers, Extension delivers practical research-based knowledge to Texans in all 254 counties. Our expertise and educational

outreach pertain to the food and fiber industry, natural resources, family and consumer sciences, nutrition and health, and community economic development. Among those served are the hundreds of thousands of young people who benefit annually from Extension's 4-H and youth development programs.

Texans turn to Extension for solutions. Its agents and specialists respond not only with answers, but also with resources and services that result in a significant return on investment to boost the Texas economy. The agency custom-designs its programs to each region of the state, relying on residents for input and for help with program delivery. Here are just a few highlights of Extension's impacts on this county and its people:

Dimmit County – Summary of Educational Contact

2011 Outcome Summaries:

Agriculture & Natural Resources

- Natural Resource Plan

Family & Consumer Sciences

- Friend to Friend
- Do Well, Be Well with Diabetes
- Walk Across Texas

4-H & Youth Development

- One Day 4-H
- Take a Stand - *Against Bullying*
- Winning Nutrition

2011 Natural Resource Plan - Outcome Summary

This plan is conducted to assist landowners with questions and programs on how to manipulate and manage rangelands to further their profitability.

Relevance:

Over 700,000 acres of rangeland are managed in Dimmit County for wildlife and livestock. Of these acreages, over 600,000 are used for recreational and commercial hunting. The need to assist landowners with questions on brush management, and other wildlife questions is needed.

Results:

As a result of this plan, this agent assisted landowners by answering questions via telephone, in the office, and made numerous site visits where as this agent assisted landowners by assessing parcels of land and giving input on to what changes needed to be made. Landowners had the opportunity to inquire about brush control methods, plant identification, and general questions about food plots and wildlife. Agent conducted water screening for the county in order to assist landowners with gathering background data on existing water wells. Landowners had an opportunity to take part in a program that gave them the results of their screenings. Agent meet with Dimmit County Wildlife committee in order to gain input on what type of programming efforts needed to be conducted in the county. As a result, Dimmit County will be offering a series of seminars on dealing working with the petroleum industry. Agent also gained professional development by attending South Texas Buckskin Brigade and Bobwhite Brigade and was able to learn more about population dynamics, plant ID, and a wealth of information from professionals from across the state. This agent also assisted landowners and home owners by answering questions via telephone, office visits, and making numerous site visits in order to assist clientele with questions on trees, shrubs, lawns, and insects. Agent was able to assist individuals with numerous problems, many of which were caused by drought. Agent conducted Private Applicator training, in order to assist both homeowners and producers with the need for gaining a private applicator license to assist them in purchasing the needed herbicides needed to maintain their desired botanicals. Agent will be conducting Last Chance CEU training on December 21, in order to assist licensed individuals with their credits needed.

Future Plans:

Agent will continue to meet with wildlife committee to gain input on future programming efforts.

2011 Friend to Friend - Outcome Summary

Relevance

Regular screening significantly increases the likelihood of finding cancer early, when treatment is more often successful. Within the last two years, women living in rural areas of Texas are less likely than their urban counterparts to have had a mammogram or Pap test. Mortality is higher for rural women because of later diagnosis. Access to accredited screening is difficult since more than half of Texas counties are areas with a shortage of primary care health professional. One-half of Texas counties do not have accredited, permanent mammography facilities. Distances to screening facilities are often significant, and operating hours are 8-5 on weekdays.

Response

The project goal is to decrease breast and cervical cancer morbidity and mortality for women living in rural Texas counties by improving screening rates and early detection of cancer. Mammography and Pap test providers were invited and came to the event to acquaint women with their facilities. Women were given lists of places where they can obtain mammograms and Pap tests, along with the facilities' contact information and hours of operation. A local health professional spoke and gave a strong message to have a mammogram and/or Pap test. The health professional informed women about current screening guidelines.

Results

- *Friend to Friend* was pilot tested in 43 Texas counties including Dimmit County.
- 9 women attended the *Friend to Friend* event on April 7th in the city of Carrizo Springs, Dimmit County
- Average age of women who attended the event:
 - Under 40: 22%, 40-49 years: 11%, 50-64 years: 22%, 65 years or older: 45%
- Ethnic Breakdown:
 - White, Non-Hispanic: 33% , White, Hispanic: 67%

Future Plans

For 2012, Dimmit County FCS agent plans to:

- develop stronger programs
- expand programs and increase participation
- continue with current collaborations as well as develop new collaborations

2011 Do Well, Be Well with Diabetes - Outcome Summary

Relevance

The Dimmit County Leadership Advisory Board has identified Diabetes and obesity as specific health and wellness issues as top priorities in the county. A poor diet and physical inactivity are two key factors associated with Diabetes and obesity. According to the Texas Department of State Health Services, the prevalence of diagnosed diabetes in persons aged 18 years and older is estimated at 1.7 million in

Texas. Another estimated 440,468 persons aged 18 years and older in Texas are believed to have undiagnosed diabetes. In 2010, Texas is ranked 13th as the most obese state in the nation in regards to adults and 7th in regards to children. According to the CDC, in 2008, 10% of adults in Texas were diagnosed with Diabetes and 9% (592 people) in Dimmit County.

Response

Do Well, Be Well with Diabetes is a 7 week program for people with Type 2 Diabetes. In 7 weeks, a series of 9 lessons are conducted and participants learn how to improve their blood glucose management. Participants who learn to better manage their blood glucose levels and keep their levels in the recommended range are likely to bring their health care costs closer to those of people without diabetes. They are also less likely to miss work. In 2010, the program was conducted reaching 15 people.

Results

- In 2011, Dimmit County experienced difficulty with participant retention.
- One male individual, age 59, successfully completed the program.
- The net present value for healthcare cost savings for the one male participant is \$54,618.
- The net present value for lost wages for the one male participant is \$4,626.
- The total potential economic impact calculated for Dimmit County for the one male participant completing the course is \$59,244

Future Plans

For 2012, Dimmit County FCS agent plans to:

- develop stronger programs
- expand programs and increase enrollment and graduation rates
- continue with current collaborations as well as develop new collaborations

2011 Walk Across Texas - Outcome Summary

Relevance

The Dimmit County Leadership Advisory Board has identified Diabetes and obesity as specific health and wellness issues as top priorities in the county. A poor diet and physical inactivity are two key factors associated with Diabetes and obesity. According to the Texas Department of State Health Services, the prevalence of diagnosed diabetes in persons aged 18 years and older is estimated at 1.7 million in Texas. Another estimated 440,468 persons aged 18 years and older in Texas are believed to have undiagnosed diabetes. In 2010, Texas is ranked 13th as the most obese state in the nation in regards to adults and 7th in regards to children. According to the CDC, in 2008, 10% of adults in Texas were diagnosed with Diabetes and 9% (592 people) in Dimmit County.

Response

Walk Across Texas is an 8 week program that promotes physical activity. For 8 weeks, teams of 8 people, school classes or individuals attempt to walk 830 miles across the state of Texas. In 2011, the program was conducted with Dimmit County employees.

Results

- In 2011, program implementation was conducted with Dimmit County employees.
- Three female employees registered for the class and participated individually. Together they walked 191.5 miles.
- Potential economic impact calculated for Dimmit County is:
 - Net present value for health care savings and lost wages for each Female = \$9,424
 - Total net present value for all 3 women participating in the program = 28,272

Future Plans

For 2011, Dimmit County FCS agent plans to:

- develop stronger programs
- expand programs and increase enrollment and graduation rates
- continue with current collaborations as well as develop new collaborations

2011 Dimmit County One Day 4-H - Outcome Summary

Relevance:

The One Day 4-H Community service project is a means of utilizing all 4-H'ers across the State of Texas to conduct a community service project on the same day throughout the State. This is a means of saying "Thank you" to Texas for supporting the program for over 100 years. Members of the Dimmit County 4-H decided to give back to the community with a beatification project that showed their 4-H spirit.

Response:

The Dimmit County clubs agreed on conducting a beatification project in all three club meetings, allowing youth the opportunity to landscape the Dimmit County AgriLIFE Extension office with mulch and a 4-H Clover, to assist in promoting the program, and making the office a little easier to find for all the new families moving to Dimmit County with the Oil Field related work. A special thanks to the parent leaders association for donating the funds to address the project, and Dimmit County Commissioners Court for allowing the youth to conduct the project on the county facility is in order.

Audience:

Twenty Four (24) youth, consisting of 15 female and 9 males ranging in age from 8 -18 participated in the event. Eleven of the 24 youth completed evaluations upon completion of the project.

Results:

The One Day 4-H Program, that all 4-H members/parent/volunteers, was conducted on October 8, 2011 at the Dimmit County AgriLIFE Extension Office located at 303 South 5th Street, in Carrizo Springs TX. 24 Youth took part in the community service project. 11 youth completed the retrospective post -test that measured understanding and behavior changes as a result of the project.

Level of Understanding: Measured using a 1-4 Likert scale; with 1 being "no understanding at all" and 4 being "a high level of understanding".

The results of the survey are as follows:

90% (10 of 11) had a better appreciation of the community they live in as a result of the project

90% (10 of 11) felt more comfortable working in a team

85% (10 of 11) increased in understanding of issues affecting their community

81% (9 of 11) increased in knowledge of other resources in the community that could assist with issues

74% (8 of 11) increased in knowledge of how organization plan and implement community service projects.

72% (8-11) felt their actions would be influential on the community due to their project.

Future Plans:

Dimmit County Youth will continue to identify emerging community service projects in Dimmit County in order to give back to the community that supports them.

2011 Take A Stand, *Against Bullying* - Outcome Summary

Relevance

Conflicts among youth and bullying have been increasing. School districts have been mandated by the Texas Legislature through two bills (House Bill 212 and 283) to adopt and implement a dating violence policy and a discipline management policy. Both bills require training for teachers/staff as well as training/curriculum for youth to address these issues. Currently, there is no standard curriculum being utilized by school districts.

Response

Texas 4-H has developed, in partnership with the Texas Rural Mediation Services, a curriculum called Take A Stand! The curriculum is available for elementary, junior high and high school grade levels. The curriculum objectives are for students to increase knowledge and skills necessary to solve conflict peacefully, for teachers to observe students using skills to work out conflict, for schools to experience a decline in discipline referrals and an overall decline in bullying. During the 2011 Fall semester, the Take A Stand curriculum was implemented with all 4th & 5th graders at Carrizo Springs ISD Intermediate School. The curriculum content consists of 5 lessons addressing the following topics: conflict management/bullying, communication, etiquette, teamwork & cultural awareness.

Results

- 317 total youth completed both pre/post tests.
- The pre/post test measured knowledge. Questions focused on identifying the signs of anger, actions used to show respect, methods of working as a team, understanding other perspectives and cultural awareness.
- Increase of correct responses from pre to post test:

Question	Increase
6	9%
7	5%
8	18%
9	7%
10	39%

Question	Increase
1	20%
2	48%
3	28%
4	18%
5	49%

Gender	
Males	175
Females	142

Ethnic Breakdown	
Hispanic	289
Black	3
White	23
Asian	2

Grade Level	
4th Graders	146
5th Graders	171

Future Plans

For 2012, Dimmit County agents plan to:

- develop a stronger program
- expand program to other campuses and increase enrollment and results of pre/post tests
- continue with current collaborations

2011 Winning Nutrition – Outcome Summary

Agent was unable to implement the Winning Nutrition curriculum. A new athletic director took over for the previous athletic director whom retired. Unfortunately, the new athletic director was unwilling to allow implementation of the Winning Nutrition curriculum. Agent made numerous attempts to get approval for implementation but was unsuccessful. In October, the Agent met with the Athletic Director and program implementation was scheduled for November 14th-18th. Unfortunately, the Athletic Director did not request approval from the Junior High principal and or notify the teacher/coach and implementation was not permitted.

Texas AgriLife Extension Service

Dimmit County

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