



Extension Education in Dimmit County  
*Making a Difference*

## Improving Lives. Improving Texas.

The Texas A&M AgriLife Extension Service has been dedicated to educating Texans

for nearly a century. In 1915, the agency was established under the federal Smith-Lever Act to deliver university knowledge and agricultural research findings directly to the people. Ever since, AgriLife Extension programs have addressed the emerging issues of the day, serving diverse populations across the state.

Through a well-organized network of professional educators and some 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 significant returns 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 2012 Educational Contacts

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### 2012 Outcome Summaries:

#### Agriculture & Natural Resources

- Rangeland Reclamation: *Working with the Petroleum Industry*

#### Family & Consumer Sciences

- Friend to Friend
- Do Well, Be Well with Diabetes

#### 4-H & Youth Development

- One Day 4-H
- Take a Stand - *Against Bullying*
- Balance Food & Play

### 2012 Output Summaries:

#### Agriculture & Natural Resources

- Natural Resource
- Horticulture

#### Family & Consumer Sciences

- Child Care Conference
- Better Living for Texans (BLT)

#### Community Economic Development

- Community & Economic Development (output)

#### 4-H & Youth Development

- Youth Agriculture and Natural Resources

**2012 - Rangeland Reclamation: *Working with the Petroleum Industry* - Outcome Summary**

**Relevance**

Due to the influx of oil field activity, many landowners have been forced to make decisions on their property to assist them with the ever changing dynamics of the Petroleum industry. Landowners have had more activity on their properties in the form of drilling with the Eagle Ford Shell. With the drilling comes a reclamation project due to land and habitat being altered through drilling, easements, and or seismographic activity.

**Response**

Agent Griffin, conducted programs that allowed for the opportunity to learn about re-seeding recommendations for the area for both wildlife and livestock. Individuals were given information on native and introduced plant species that are recommended for the area, that not only benefit livestock but wildlife as well. Landowners had the opportunity to ask questions about seed availability, along with moisture requirements of the plant species. Agent also conducted water screening where as landowners had the opportunity to run water samples and gain some base line data on their house hold wells. Agent thus conducted a results program where as landowners/homeowners were given results, along with information on how to treat wells for bacteria, plugging abandoned water wells, distance requirements for septic tanks, and much more useful water topics.

**Results**

Measuring knowledge gained through surveys, individuals had a significant increase in knowledge gain preprogram to post program in the following categories: Understating the importance of site preparation 40% increase in knowledge, determining what plant species will adapt to your site location, 80% increase in knowledge, and 60% increase in knowledge in what plant species will work in South Texas reclamation projects. Water well screening resulted in 8 home wells being screened, with numerous calls post program, inquiring if we would be conducting another screening in the upcoming year.

**Future Plans**

Agent will continue to work with committees in order to provide educational programs of relevance to producers. We will continue our efforts in water programming, due to the increasing concerns from the community, and producers as well.

### **2012 Dimmit County Natural Resource Plan – Output Plan**

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 meet with Dimmit County Range and 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 offered a series of programs in water quality and quantity, and dealing 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.

#### **Future Plans**

Agent will continue to meet with Range and Wildlife Committee to gain input on future programming efforts. Programs will be conducted in order to assist landowners with the ever changing challenges that they face in their operations.

### **2012 Dimmit County Horticulture - Output Plan**

This plan was conducted in order to assist landowners and home owners in the county with horticulture questions and problems.

#### **Relevance**

Due to our geographical location, and distance from nurseries and landscaping maintenance companies, numerous questions are fielded by the County Extension Agent for the clientele of Dimmit County.

#### **Response**

This agent 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 will be conducted Private Applicator training December 20, 2012, 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 19, in order to assist licensed individuals with their credits needed.

#### **Future Plans**

Agent will continue to offer private applicator trainings, along with CEU opportunities in the county. Site visits and phone calls will be answered in order to assist clientele with problems as they arise.

## 2012 Friend to Friend - Outcome Summary

### Relevance

The *Friend to Friend* program's purpose is to encourage women to get regular mammograms and Pap tests for the early detection of breast and cervical cancer, when the disease is most curable.

- Regular screening significantly increases the likelihood of finding cancer early, when treatment is more often successful.
- Women living in rural areas of Texas are less likely than their urban counterparts to have had a mammogram or Pap test within the past two years.
- Mortality is higher for rural women because of later diagnosis.

### Response

- This project's 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.
- Funding was applied for and awarded by the Cancer Prevention and Research Institute of Texas (CPRIT) to fund screenings and transportation to uninsured and underserved women in need of screening services.
- The county Extension agent, regional cancer prevention specialist, and patient navigators plan and implement a *Friend to Friend* event. Women attending are given the opportunity to sign a commitment card to obtain a mammogram and/or Pap test within the next year and the option to complete a help request form for assistance in obtaining screening services.

### Results

- *Friend to Friend* was implemented in 46 Texas counties in 2012.
- 26 women attended the *Friend to Friend* events on 4/18/12 at the Public Library Meeting Room in the city of Carrizo Springs.
- Demographics of women who attended the events:
  - Ethnic Breakdown: Hispanic (77.27%), Black (0%), White (18.18%), Asian (0%), Native American (4.55%) and Other (5%)
  - Age Breakdown: Under 40 (27.27%), 40-49 (18.18%), 50-64 (31.82%) and 65 & older (22.73%)
- 5 people were on the planning committees or task forces and 9 total volunteers assisted at party/events.
- A Doctor and Wesley Nurse-RN & OB/GYN urged women to obtain a mammogram/Pap screening at the events.
- 26 women signed a commitment card to obtain a mammogram/Pap test within the next year.

### Future Plans

For 2013, Dimmit County FCS agent plans to:

- Develop a stronger program
- Expand program and increase participation
- Continue with current collaborations

## **2012 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, Diabetes is the sixth leading cause of death in Texas. According to the 2010 Texas Behavioral Risk Factor Surveillance System (BRFSS), the prevalence of diagnosed diabetes in adults aged 18 years and older is estimated at 1.8 million (9.7%) and about 1 million adults (5.2%) have been diagnosed with pre-diabetes. Another estimated 460,040 Texans are believed to have undiagnosed diabetes. According to the CDC, 9% of adults in Dimmit County were diagnosed with Diabetes in 2009.

### **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.

### **Results**

- In 2012, Dimmit County experienced difficulty with participant retention.
- 3 individuals successfully completed the program: one female and two males.
- Ethnic Breakdown: Hispanic (3)
- Gender Breakdown: Males (2) Females (1)
- The net present value for healthcare cost savings for the one female participant is \$100,427.
- The net present value for healthcare cost savings for the 2 male participants is \$30,968.
- The total potential economic impact calculated for Dimmit County for all three participants completing the course is \$131,395.

### **Future Plans**

For 2013, Dimmit County FCS agent will not be implementing the Do Well, Be Well with Diabetes program due to low participation and retention. The agent will evaluate the program and explore options to increase participation and implement a stronger program in 2014.

## 2012 Child Care Conference - Output Summary

### Summary of Issue and Extension Efforts

- Dimmit County held a child care conference on July 7, 2012.
- Topics covered:
  - Child Development (0-5 years)
  - Shaken baby Syndrome
  - SIDS
  - Basic Food Safety
  - Emergency Preparedness

### Results of Efforts

- 6 participants
- Demographics:
  - Hispanic = 1
  - White = 5
  - Female = 6
- Agencies representation:
  - Happy Days Daycare Center
  - Middle Rio Grande

### Future Plans

- Agent will not offer a county child care conference in 2013.



## **2012 BLT Bronze Level - Output Summary**

### **Summary of Issue and Extension Efforts**

In 2012, FCS agent continued collaboration with Carrizo Springs ISD. The district has an after school program called 21<sup>st</sup> Century. FCS agent taught cooking classes three times a week to first through third grade students enrolled in the program. Implementation of Balance Food and Play occurred for the first time during the summer of 2012. The program was implemented with first through third graders enrolled in the summer “Get Fit” program. The Dimmit County 4-H food and nutrition project successfully held 5 workshops where youth learned about nutrition, food safety and preparing recipes. The workshops taught youth great life skills but also prepared them for county and district 4-H contests.

### **Results of Efforts**

- 100 youth were reached through the 21st Century after school program
- 96 youth were reached through the Balance Food and Play program
- 12 youth participated in the food and nutrition project and competed at the County 4-H Food Show; 7 youth are scheduled to compete at District 4-H Food Show.

### **Future Plans**

- Continue with current collaborations
- Implement Balance Food & Play in 2013 and increase participation.
- Strengthen the food and nutrition program, increase participation and the number of youth competing in county and district food show.

**2012 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 way 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 beautification project that showed their 4-H spirit.

**Response**

The Dimmit County clubs agreed on conducting a beautification project. The youth of Dimmit County 4-H are focused on beautifying the community. 4-H club officers contacted the Dimmit County Chamber of Commerce whom are overseeing the renovation of the old Dimmit County jail. The jail is a historical building and is being transformed into a museum. Youth inquired about the opportunity to conduct a landscaping project. Youth met with the leaders of the renovation and the Dimmit County ANR agent and discussed ideas for a low maintenance, eco friendly landscape. On October 13<sup>th</sup>, Dimmit County 4-H youth conducted their beautification project by xeriscaping the area around the jail. Xeriscaping is a method used to reduce or eliminate the need for supplemental water from irrigation and is resourceful in drought stricken areas like Dimmit County.

**Results**

- 25 youth participated in the One Day 4-H event and only 24 completed the survey.
- Demographics for the 24 completed surveys.
- Ethnic breakdown: Hispanic (9), White (12), Multiracial (1), Other (1), and No info (1)
- Gender breakdown: Males (17), Females (6), and No info (1)
- Grade breakdown: 5<sup>th</sup> or lower (10), 6<sup>th</sup> (1), 7<sup>th</sup> (4), 8<sup>th</sup> (1), 9<sup>th</sup> (3), 10<sup>th</sup> (2), 11<sup>th</sup> (0), 12<sup>th</sup> (2)
- Significant findings:

<b>Your understanding of .....</b>	<b>Mean Before</b>	<b>Mean After</b>	<b>Percent Change</b>
Helping out in my community.	3.21	3.75	18.0%
Working with others in a community service project.	3.25	3.83	19.3%
Individuals having to take the lead to solve community problems.	2.96	3.63	22.3%
Understanding resources in the community.	3.00	3.58	19.3%

**Future Plans**

- Identify emerging community service projects.
- Identify community service needs in Dimmit County.

**2012 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 4<sup>th</sup> & 5<sup>th</sup> 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**

- 136, 4<sup>th</sup> grade youth completed both pre/post tests.
- Ethnic breakdown: Hispanic (125), Black (1), White (10) and Asian (0)
- Gender breakdown: Males (60) and Females (76)
- 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
1	21%
2	73%
3	18%
4	15%
5	24%

Question	Increase
6	10%
7	1%
8	17%
9	7%
10	24%

**Future Plans**

For 2013, 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

## 2012 Balance Food & Play - Outcome Summary

### Relevance

The Dimmit County Leadership and Youth Advisory Boards both identified obesity amongst youth as a top health and wellness issues in the county. A poor diet and physical inactivity are two key factors associated with obesity. According to the CDC, obesity prevalence among children and adolescents has almost tripled since 1980. Approximately 17% (12.5 million) of children and adolescents aged 2-19 years are obese. About 1 in 7 preschool aged children whom are low-income are obese. Obese children are more likely to become obese adults.

### Response

Balance Food & Play is a 3<sup>rd</sup> grade curriculum on nutrition and physical activity. The curriculum has four goals aimed at addressing the public health concern of increased prevalence of childhood obesity: increased fruit and vegetable consumption, encourage milk with meals and water with snacks, 60 minutes of daily physical activity and limiting screen time to less than 2 hours per day. Pre and post tests are used to evaluate knowledge and behavioral change.

### Results

- 2012 was the first year the Balance Food & Play program was first implemented in Dimmit County.
- 65 youth completed the pre-test and 48 completed the post-test.
- Ethnic Breakdown: Hispanic (85%), Black (5%), White (5%), Asian (2%) and Other (5%)
- Gender Breakdown: Males (42%) and Females (58%)
- There were significant increases in knowledge gain from pre to post test in 3 key questions:
  - How many minutes a day should a child your age be physically active?
    - Percent Increase (39%)
  - Children your age should have no more than how many hours a day of screen time?
    - Percent Increase (63%)
  - How much of your dinner plate should be filled with vegetables or fruits and vegetables?
    - Percent Increase (53%)

### Future Plans

For 2013, Dimmit County FCS agent plans to:

- Implement the program with 3<sup>rd</sup> graders during the 2013 school year.
- Increase participation
- Continue with current collaborations

### **2012 Dimmit County Youth Agriculture and Natural Recourses – Output Plan**

This plan was conducted in order to assist Dimmit County 4-H'ers with Agriculture and Natural Recourses programs.

#### **Relevance**

Dimmit County 4-H has a rich history of maintaining large traditional 4-H projects including livestock projects. Livestock numbers have been on an incline for the past 3 years, with the majority of our youth participating at the local level. We have had an increase of youth participating at major shows in the past 2 years, with representation at Houston, San Antonio, Fort Worth, Austin, and Rio Grande Valley.

#### **Response**

This agent assisted youth by conducting livestock clinics at every validation, in order to assist new youth with any questions they may have on their projects. Agent makes numerous project visits, for those having questions, and needing additional help. Dimmit County hosts our annual Prospect Show, The Dimmit County Classic, in order to provide youth the opportunity to exhibit their projects, in preparation for the County Show. The Dimmit County Classic also serves as a fundraiser for our Parent Leaders Association, profiting over \$5000 annually. Youth are provided with additional showmanship clinics throughout the year, giving them opportunities to prepare for the Dimmit County Junior Livestock Show. This year's Dimmit County Junior Livestock Show Generated over \$500,000 to Dimmit County Youth Livestock Exhibitors, exceeding the previous sale record by 35%.

#### **Future Plans**

Agent will continue to work with youth in providing educational opportunities in the form of clinics and prospect shows. Agent will continue to work with County in order to secure a new show barn and multi-purpose facility for the community.

## **2012 Community & Economic Development Plan – Output Summary**

### **Summary of Issue and Extension Efforts**

In 2012, Dimmit County worked with the Chamber of Commerce in providing venues for yearly festivals that were held at the Dimmit County Fair Grounds. Agents also provided information to Chamber about educational opportunities that AgriLIFE Extension could provide. Extension hosted its 1st annual 5K run, in conjunction with the Chambers 1st annual Marti-Gras Event. The main focus this year was a push to secure location and fund a new Show Barn and Multipurpose Community Center.

### **Results of Efforts**

- Dimmit County Commission's Court allocated 25 acres for a new Multi-Purpose Center and Show Barn
- Funds were set aside for the project, along with the county grant writer looking to assist with grants
- Dimmit County Extension Sponsored it's First 5K event, that promoted healthy living in the community, and looks to make this an annual event.

### **Future Plans**

- Continue collaborations with Chamber and County to secure new multi-purpose facility for the community.
- Continue to market/promote/and sponsor 5K run
- Strengthen ties between City and County to work together in Community Projects

# Texas A&M AgriLife Extension Service

## Dimmit County

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### **Staff**

*Richie Griffin*

County Extension Agent - Ag/NR

[r-griffin@ag.tamu.edu](mailto:r-griffin@ag.tamu.edu)

*Josephine A. Farias*

County Extension Agent - FCS

[jafarias@ag.tamu.edu](mailto:jafarias@ag.tamu.edu)

*Anais De Luna*

Administrative Assistant

[adeluna@ag.tamu.edu](mailto:adeluna@ag.tamu.edu)

### **Contact Us:**

*Address:*

303 South 5<sup>th</sup> St.

Carrizo Springs, TX 78834

*Phone:*

830-876-4216

830-876-4228

*Fax:*

830-876-4233