



Extension Education in Live Oak County

Making a Difference

The Texas A&M AgriLife Extension Service has long been dedicated to educating Texans. Extension education evolved nationwide under the 1914 federal Smith-Lever Act, which sought to extend university knowledge and agricultural research findings directly to the people. Ever since, Extension programs have addressed the emerging issues of the day, reaching diverse rural and urban populations.

In Texas, all 254 counties are served by a well-organized network of professional Extension educators and some 100,000 trained volunteers. Extension expertise and educational outreach pertain to the food and fiber industry, natural resources, family and consumer sciences, nutrition and health, and community economic development.

EXTENDING KNOWLEDGE *Providing Solutions*

Among those served are hundreds of thousands of young people who benefit annually from Extension's 4-H and youth development programs.

Texans turn to Extension education for solutions. Extension agents and specialists respond not only with answers, but also with resources and services that result in significant returns on the public's investment. Extension programs are custom-designed for each region of the state, with residents providing input and help with program delivery. Here are just a few highlights of Extension impacts on this county and its people.

Live Oak County – Summary of 2013 Educational Contacts

Total Educational Programs Conducted	100
Total Participants	1217
Total Contact Hours	160
4-H Members	456
4-H Clubs	7
4-H Volunteers	79
Curriculum Enrichment	192
Office Contacts/ Site Visits	468
Newsletter Contacts	4-H 2829
Web Contacts	380
News Releases	181
CEU's Offered for Applicators	3

2013 Youth Livestock/ANR

Live Oak County

Summary of Issue and Extension Efforts

In 2000 there were over 75,000 county livestock show entries for cattle, swine, meat goats and sheep (Coulal, 2006). One half of those entries were 4-H. There have been six major benefits identified as a result of exhibiting livestock: 1) social relations; 2) character; 3) family; 4) competition; 5) learning new cultures and environments; and 6) helping finance the youth's higher education. Parents of youth suggest that life skills are enhanced by raising a 4-H livestock project. The longer youth are engaged in the project they are more likely to develop life skills (Boleman, 2003).

Results of Efforts

Provide opportunities for youth to be involved in 4-H Livestock related projects and exhibit personal character attributes and acceptable livestock management practices associated with these projects. Live Oak County, had great participation in Livestock related projects as well as Ag and Natural Resources.

Future Plans

Live Oak County plans to continue moving forward with youth in Livestock and Ag and Natural Resources. I think we will always continue to be a livestock driven community, with youth that work hard with their projects.

2013 Live Oak County Walk Across Texas

Relevance

Physical inactivity is associated with an increased risk of a number of chronic health conditions including cardiovascular disease, diabetes, some cancers, high blood pressure, as well as overweight and obesity. Texas ranks 12th as the most obese state in the nation; with adult obesity at 30.1% and child obesity at 20.4%.

The percentage of young people who are overweight has more than doubled in the last 20 years.

Sixty-one and a half percent of children aged 9 to 13 years do not participate in any organized physical activity during their non-school hours and 22.6% do not engage in any free-time physical activity. Additionally, research indicates that only 43% of adults and 25% of high school students get regular, moderate exercise. 29% of American Adults are not physically active at all.

Walk Across Texas is an eight week program designed to help people of all ages support one another to establish the habit of regular physical activity. Regular physical activity and controlling weight can significantly reduce the incidence and impact of chronic diseases like heart disease, stroke, diabetes, cancer, high blood pressure, and depression and is associated with a longer healthier life.

Response

The Live Oak County Family and Consumer Science and Better Living for Texans committee, decided that a program addressing physical inactivity as a problem for our County. We thought the perfect program to start out with was Walk Across Texas. Although the program got a slower start for this year, I feel we made an impact in the communities of Live Oak County. The FCS/BLT Committee agreed, that Walk Across Texas is something that we want to continue in the coming years, and something that we want to build upon and make it bigger and better in the future. We hope to reach more youth and adults alike, who wish to further their physical activity, just by simply walking.

Results

These results were gathered from the Agent Login portion of the Walk Across Texas website.

- A total of 7 participants, completed the Walk Across Texas challenge. Breaking down into 6 female participants and 1 male participant.
- Average age of female participants was 38 years old, while the average age of the male participant was 64.
- Net present value per female was \$49,078, and the net present value of the male participant was \$157,995.
- Total net present value for health care cost savings for females was \$65,755, and for males it was \$30,057.
- The total impact that was made overall was worth \$103,339

For More Information Contact Andrea Becker, CEA-FCS at the Texas A&M AgriLife Extension Service of Live Oak County at (361) 449-1703.

Maintain No Gain: *A community and worksite 'holiday' wellness program in Live Oak County*

Developed by: Andrea Becker, County Extension Agent – Family and Consumer Sciences, Live Oak County

Relevance

In South Texas (Texas Department of State Health Services Public Region 11), an estimated 70.3% of residents are at risk for being overweight or obese¹. With the issue of excess weight already a concern for many residents, preventing additional weight gain during the holidays is an important educational topic for our clientele. During the holiday season, it is critical to remind <insert name> County employees and residents of the health risks associated with obesity. Excess weight has been identified as a risk factor for several chronic diseases including heart disease, diabetes, hypertension, and some forms of cancer.

Response

'Maintain No Gain' is a community and worksite wellness program created by the Cardiovascular Health and Wellness Program of the Texas Department of State Health Services. The program is designed to encourage participants to gain no more than two pounds during the holiday season.

The goal of the 'Maintain No Gain' program was for participants to maintain their weight within two pounds of initial weigh-in throughout the holiday season, beginning the week of Thanksgiving and continuing through New Year's. During the seven week program, participants weighed-in weekly and turned in a weekly log documenting weekly exercise and consumption of fruits and vegetables. Exercise and healthy eating are key educational messages aimed at helping people avoid excess weight. In South Texas, an estimated 77.7% of residents are eating less than the recommended number of servings of fruits and vegetables and 56.3% are not meeting the recommendations for moderate or vigorous physical activity¹. In addition to weighing in, the participants were given educational material on preventing or delaying the onset of type 2 diabetes through nutrition and physical activity, or education on managing their diabetes if they have been diagnosed as having type 2 diabetes.

Results

A total of 6 participants registered for the 'Maintain No Gain' program.

Weight evaluation results are based on the 6 participants who weighed-in and completed the seven-week program.

- **4 participants** either maintained their weight within 2 pounds or lost weight
- **2 participants** lost weight

The average weight loss for those 2 participants in the 'Maintain No Gain' program was 2 pounds.

The following evaluation results are based on the 6 participants who weighed-in completed the program evaluation form. Of the 6 participants, 2 completed and returned the evaluation forms.

- 2 participants increased the number of days a week spent exercising at least 30 minutes
- 1 participant(s) increased their consumption of fruit and vegetables

Here is what a few of the 'Maintain No Gain' participants have to say about their health improvements as a result of the program....

I was pleased with the results I received. Being held accountable to something makes maintaining no gain a little bit easier, especially through the holiday season. So glad there is an opportunity in our area, where we can promote healthy living.

Having something hold me accountable really helped me succeed throughout the holiday season. I noticed I increased my fruits and vegetables intake, rather than gorge on the junk food before me. Being able to say I maintained during the holidays is quite the achievement in my book, and I look forward to participating in the years to come.

For more information on the 'Maintain No Gain' program in Live Oak County:

Contact:

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2013 Live Oak County Better Living for Texans Program

Relevance

862 households in the county receive benefits from the Supplemental Nutrition Assistance Program (source: http://www.hhsc.state.tx.us/research/TANF_FS.asp). 3,923 are eligible to receive the benefits. Research suggests that SNAP recipients and other limited resource individuals consume diets that are not in agreement with current dietary recommendations (i.e. Dietary Guidelines and MyPlate), potentially increasing their risk for developing chronic disease. Additionally, limited resource audiences are at a higher risk for food insecurity and hunger, which also impacts health.

Response

The goals for the BLT program include: 1. Clients will improve dietary quality and engage more often in physical activity 2. Clients will adopt one or more food resource management skills such as meal planning, comparison shopping, or shopping from a list. 3. Clients will indicate a reduction in out-of-pocket food expenses. 4. Clients will improve in one or more food safety practices such as proper hand washing, proper storage of food and proper thawing of food.


Results

Being new to the BLT program, this year I worked on building up the BLT program in my county. There was a BLT recipe in all of our newsletters, to raise awareness of the program, and promote healthy eating among our clientele. I also provided numerous programs to different organizations in our county, giving them information on stretching your food dollars, and food safety.

For more information contact Andrea
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V A L U E

Better Living for Texans



These nutrition 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.

Making a Difference

- 264 4-H Members enrolled in 2012-2013
- 7 4-H Clubs
- 79 4-H Volunteers
- 192 School Enrichment Contacts
- 2211 4-H Newsletters Sent out Annually

4-H Outcome Summary Highlights

2013 Live Oak County One Day 4-H

Relevance

In Live Oak County, the county council decided it was important to participate in One Day 4-H. One day 4-H is one day for all the 4-H members, parents, leaders, and volunteers to step out into their communities and county and say “thank you” by giving back for them more than 104 years of support to 4-H in Texas. This day held on October 12, can be whatever you may want it to be. The Live Oak County youth, thought this day would be best spent, giving back by gathering donations for breast cancer research, at the local Boys and Girls Club Volleyball games. National 4-H week, the week leading up to One-Day 4-H was also filled with numerous acts of community service led by the youth of Live Oak County.

Target Audience:

The youth in Live Oak County, ranging in age from 9-19.

Response

In the days leading up to One Day 4-H week, known as National 4-H week, held October 6-12, 2013; the Live Oak County Council decided on numerous community service events that they thought would be important in serving our community. Prior to all of these events on September 27, the county agent, and 2 local youth, made their way to Live Oak County Commissioners Court to have the County Judge, Jim Huff sign the National 4-H week proclamation, the youth also gave them a break-down of the community service events that they had planned for that week, it was greatly received by those in court that morning. Beginning National 4-H week on Sunday, the youth from Three Rivers gathered at the Three Rivers City Square to raise the 4-H flag for the

4-H and Youth Development

week. On Monday the youth from George West gathered at the Live Oak County Courthouse, to also raise the 4-H flag for National 4-H week. Tuesday the youth collected dog food for distribution to the local dog pounds. Wednesday was used to collect stuffed animals, and toys that could be distributed to our local Sheriff's office, and also some were sent to patients at Driscoll Children's Hospital in Corpus Christi. For Thursday, school supplies were collected for the schools in Three Rivers and George West. On Friday, canned goods were collected to be distributed to the local food bank. All of these activities were leading up to One Day 4-H, held on October 12, 2013, where our youth spent the morning collecting money for breast cancer at the Boys and Girls Club Volleyball games.

Results

A retrospective post -test that measured understanding and behavior changes as a result of the project, was distributed to the youth that participated in the event.

- A total of 9 surveys were distributed and 22.2% of those were returned
- 100% had a more positive feeling about the community service project they conducted.
- 100% were unsure about the appreciation of the community they live in as a result of participating.
- 100% felt more comfortable working in a team.
- 100% will be more of an influence in their community/county because of their project.
- 100% will be more comfortable with serving in leadership roles, because of participating in One-Day 4-H

For More Information Contact Andrea Becker at the Texas A&M AgriLife Extension Service of Live Oak County at (361) 449-1703.

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.

2013 Live Oak County 4-H Boot Camp

Relevance

Live Oak County has 7 4-H Clubs in the County and a slate of 4-H County Council Officers that all have leadership roles that make the 4-H program a success in the county. The Leadership Advisory Board, 4-H Club Managers and Council members identified leadership training as an important need for the county. With these groups identifying this as an important need for 4-H members the County Extension Agents utilized the Leaders for Life curriculum to help teach leadership.

Target Audience

The educational program targeted 7 4-H Club Officers and 4-H County Council Officers. This year we also targeted new potential 4-H members that would have a great interest in joining Live Oak County 4-H.

Response

As a response of the 4-H officer leadership training the County Extension Agent held educational trainings with curriculum used from the Leaders For Life Curriculum. We also held the fourth annual 4-H Officer Boot Camp for Club Members and County Council Officers. The County Extension Agents also developed a column in the 4-H newsletter which is strictly used for Leader For Life Educational information which focuses on leadership, parliamentary procedure and 4-H History and facts.

Results

We received many great customer testimonials from the Live Oak County 4-H Camp from a number of participants, as well as happy parents from the program. We are beyond thrilled that the program continues to be a success in Live Oak County, and are hoping to continue with further success.

“This was some of the most fun I have had all summer, I can’t wait to participate in some of the other things 4-H offers.”

Blair Brown, 8 years old from George West, TX

“I am thankful that I could send my child to a program, which will educate her on the many things that 4-H has to offer youth in our county, and beyond. Thank you for showing our kids leadership is the way to go.”

Ashley Brown, Parent from George West, TX

Summary:

Results indicate that 4-H members increased their knowledge of Parliamentary Procedure, Leadership, Team Work and Club Officer Responsibility. Plans are to continue with the 4-H Officer Boot Camp and continue to put educational articles in the 4-H Newsletter.

Special Thanks:

Three Rivers Our Savior Lutheran Church for use of their facilities and hosting the 4-H Officer Boot Camp

For More Information Contact Andrea Becker at the Texas A&M AgriLife Extension Service of Live Oak County at (361) 449-1703

Live Oak County Community and Economic Development

4-H Program Community Development and Support

- The Live Oak 4-H Council helps organizes and supports the Driscoll Children's Hospital Cattleman's Roundup, where this year over \$60,000 was raised to benefit the Driscoll Children's Hospital. Several community businesses and local citizens really help to support the auction and make it a huge success in our county. Live Oak County was once again the top ranking auction in the fundraiser.
- The Live Oak County 4-H Council holds a Christmas Community Service Project in which it will donate can food and non-perishable items to the local food pantry.
- 15 4-H Members in the Food and Nutrition Project were able to sale their baked items at the Live Oak County Fair for record amounts.
- Live Oak County 4-H and FFA Members were able to participate in the Live Oak County Fair in which \$564,350 was raised through the premium sale.

Live Oak County Family and Consumer Science/Better Living for Texans Committee

- The Live Oak County FCS/BLT Committee put on the Walk Across Texas program, where participants walk for a total of 8 weeks, to help participants establish a habit of regular physical activity.

Texas A&M AgriLife Extension Service

Live Oak County

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