



Extension Education in Dimmit County
Making a Difference
2010

*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

2010 South Texas White Tail Deer Management Outcome Summary - Dimmit County

Relevance

With the increasing number of absentee landowners in Dimmit County and Maverick, there has been a decrease in the cattle operations in the counties. More and more emphases are being placed on wildlife management. Dimmit and Maverick Counties have long been known for producing high quality white tail deer, due to the abundance of native forbs and brose, thus the Dimmit County Range and Wildlife committee considered this a great topic for this year's outcome program.

Response

In addressing the need for the educational programs, Agents Griffin and Gonzales implemented four (4) educational programs addressing the following topics:

- *Habitat 101 - recognizing and identifying native plants, brush removal techniques & control burns
- *Habitat 102 - determining stocking rates for property, browse surveys, effects of summer & winter burns
- *Aging & Scoring - Boon and Crocket Scoring, scoring white tail & mule deer, & prong horned antelope
- *Food Plots - soil surveys, forages suitable for South Texas, when to plant, & planting for the desired species

Results

The pre to post test analysis revealed:

- *98% of the individuals were completely satisfied with the program, including location, speakers, and speakers' knowledge.
- *99% of the individuals would recommend the programs attended to others
- *75% respondents plan to take actions or make changes based on the information received
- *73.6% of the individuals correlated the programs benefit with a direct economic impact to their practices
- *78% of individuals had an increase in knowledge of plant identification
- *86% of the individuals had an increase in knowledge on how to conduct a browse survey
- *71% had an increase in knowledge on the usefulness of brows surveys and their importance
- *95% of the individuals had an increase in knowledge on how to score white tail deer

Target audience consisted of the following:

- *49 individuals, 95% Male 5% Female
- *43% Anglo, 57% Hispanic, 2% Asian

Future Plans

2011 Dimmit County Range and wildlife committee advised a focus on range management, in an effort to incorporate cattle and wildlife management, in order to sustain healthy rangelands. There will be a focus on habitat management, in order to incorporate livestock into the grazing stream, and assist producers in reaching their desired goals of profitability.

2010 Do Well, Be Well with Diabetes Outcome Summary - Dimmit County

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. Currently, Texas is ranked 13th (29%) as the most obese state in the nation in regards to adults and 7th (20%) 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 Types 2 Diabetes. In 7 weeks, 9 lessons are conducted and participants learn how to control and manage their diabetes & how to live healthy. In 2010, the program was conducted reaching 15 people.

Results

- In 2010, program implementation was conducted for the first time in Dimmit County.
- Overall, 15 individuals were targeted and 9 successfully completed the program.
- The average age for female participants was 57 & for male participants was 53.
- 67% of those who successfully graduated had diabetes for 5 years or more and 89% of those had never attended a diabetes class before.
- There was a 25% increase in graduates checking their blood glucose before breakfast.
- There was a 56% increase in graduates checking their blood glucose 2 hours after meals.
- The total potential economic impact calculated for Dimmit County is estimated at \$1,090,537.00

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

2010 Winning Nutrition Outcome Summary - Dimmit County

Relevance

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Response

Winning Nutrition is a 6 lesson, sports nutrition curriculum that provides 7th through 9th grade youth enrolled in athletics an opportunity to learn about proper nutrition, dietary needs, supplements, hydration and healthy methods to increase physical performance. In 2010, the program was conducted reaching 88 people (non-duplicate).

Results

- In 2010, program implementation occurred with 7th & 8th grade boys, enrolled in athletics at Carrizo Springs ISD Junior High.
- A total of 88 youth (non duplicate) were targeted.
- At the end of the program youth were able to:
 - identify the food groups in MyPyramid
 - explain the difference between simple and complex carbohydrates
 - identify the 3 sources of energy; carbohydrates, protein and fats
 - list the signs of dehydration
 - identify the risks associated with energy drinks

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2010 Walk Across Texas Outcome Summary - Dimmit County

Relevance

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Response

Walk Across Texas is an 8 week program that promotes physical activity. For 8 weeks, teams of 8 people, school classes or individuals walk 830 miles across the map of Texas. In 2010, the program was conducted reaching 323 youth.

Results

- In 2010, program implementation was conducted with all 4th grade P.E. classes at Carrizo Springs ISD Intermediate School.
- There were a total of 4 classes or teams which resulted in 323 students participating in the program and 32,584.3 miles walked.
- Potential economic impact calculated for Dimmit County is:
 - Net present value per female = \$6,932.003
 - Net present value per male = \$6,876.00

Future Plans

For 2011, Dimmit County FCS agent plans to:

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

2010 Take a Stand Outcome Summary - Dimmit County

Relevance

With the number of youth suicide and youth depression cases on the rise as a result of youth bullying, the principal at the Carrizo Springs Intermediate School contacted the Dimmit County Extension office to inquire about youth curricula available for bullying. It was revealed that the school was having issues with bullying, specifically with the 4th grade class.

Response

To address the bullying issue, the Take a Stand curriculum was implemented during the beginning of the 2010 school year with all 4th graders enrolled at the Intermediate School in Carrizo Springs ISD. The curriculum consists of 5 lessons which teach youth about manners, culture, understanding and respecting differences and working together.

Results

- 184 youth were targeted
 - 99 male & 85 female

From Pre-Test to Post-Test there was a:

- 15% increase on participants being able to identify signs of anger.
- 30% increase on participants being able to understand the importance of seeing things from other peoples' point of view.
- 33% increase on participants being able to define "manners" as actions used to show respect to others and also for ourselves.
- 14% increase on participants being able to understand the importance of working as a team member when part of a team.

Future Plans

The Take a Stand Program was very well received by the Intermediate School, and a request for implementation with incoming 4th graders for the 2011 school year has been made. The Carrizo Springs Junior High School has since contacted the Dimmit County AgriLIFE office, asking for program to be conducted at the Junior High School as well.

Texas AgriLife Extension Service

Dimmit County

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