



Extension Education in Webb 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:

Webb County – Summary of Educational Contact

Agriculture & Natural Resources Contacts:

Contact Hrs. Via Educational Programs	Office Visits	Site Visits/Contacts	Phone Calls	Newsletter/Mail/E-Mail Contacts	Total All Contacts
6,667	546	2,189	1,320	1,875	12,597

Family & Consumer Sciences Statistics for 2011:

In 2011, Webb County Family and Consumer Sciences programs consisted of 708 group method presentations with a total of 31,272 participant contacts for educational sessions. 80,400 individual method contacts were documented, including 7,536 office contacts, 97,596 site contacts, 6,228 phone contacts, and 12,740 mail contacts. 45,660 of these were made by volunteers trained by Extension personnel. These residents were reached through a number of different programs, including Better Living for Texans, Walk Across Texas, and Wi\$eUp Women.

2011 Webb County Strategies for Ranching Sustainability

Developed By: George L. Gonzales, County Extension Agent Agriculture & Natural Resources

Relevance/Issue Description:

The Webb County Extension Agriculture/Natural Resources program area committee suggested that educating agricultural producers in Webb County with strategies for ranching sustainability would greatly help them in remaining profitable with their ranching operations during times of drought and an unstable economy.

Target Audience:

This program was targeted towards local and area agricultural producers that own, lease, or manage agricultural farming and ranching property in Webb and adjoining counties. The target audience are primarily cow/calf producers that lease their ranches for hunting as well. The average size ranching operation is about 3,000 acres.

Response – Events / Activities:

Texas AgriLife Extension Service in Webb County developed the following educational events and activities to address this relevant issue:

- 2011 Ag. Economic Outlook Seminar- February 17, 2011
- Bi-National Tick, Wildlife & Cattle Conference- March 23-24, 2011
- Bi-National Ranchers Conference-June 29-30, 2011
- Farm and Ranch Security Workshop-September 29, 2011
- Water Screening Day-October 6, 2011
- Webb County Rainwater Harvesting Workshop-October 7, 2011

These educational programs were designed to address ranching economics, border fever tick problems, forage and wildlife management during drought, farm and ranch security issues, water well livestock water quality and rainwater harvesting to aid wildlife. Topics on the Ag. Economic Outlook program included Outlook for Agricultural Inputs, Estimated Cost of Livestock Production, Current Market Situation and Ag. Appraisal Review Process. 10 agricultural producers attended.

Partnerships & Collaborators:

During 2011, the overall success of these educational programs was greatly enhanced by support from local lending institutions, private ranches and businesses, feed stores, agribusinesses and corporations as well as other agricultural program supporters. These partners and collaborators provided sponsorships, door prizes, meals and refreshments and hosted many of these educational events.

Evaluation Strategy:

An evaluation instrument (retrospective post approach) was utilized to measure participant knowledge gained and adoption of practices. A total of 56 of 233 (24%) completed and returned the retrospective post surveys after each of these programs. Program participants attended an average of three educational programs during 2011 and indicated that they would highly recommend the educational activities to other for their educational benefit.

Results:

The 2011 Ag. Economic Outlook Seminar program impact and benefit was determined by utilizing a retrospective post survey. 7 program evaluation surveys were secured from agricultural producers that attended this seminar. A total of six statements were used to measure this program.

- There was 64% increase in knowledge by participants on trends in factors that affect The domestic feed grain market.
- Overall, there was a 55% average percent increase in knowledge by participants attending this program.

2011 AG. Economic Outlook Seminar- February 17, 2011

Retrospective post evaluation surveys for the 2011 Ag. Economic Outlook Seminar were administered to Outcome Program participants to determine individual program impact and results. Overall, there was a 55% average percent increase in knowledge by participants attending this program.

Statement	Mean Value Before	Mean Value After	Mean Increase	Percent Increase
1. Understanding of trends in factors that affect domestic livestock prices.	2.00	4.28	2.28	53%
2. Understanding of trends in factors that affect the beef export market.	1.71	4.71	3.00	64%
3. Understanding of trends in factors that affect the domestic feed grain market.	1.85	4.57	2.72	60%
4. Understanding of the current situation and outlook for agricultural input prices.	2.14	4.14	2.00	48%
5. Understanding of Agricultural Application Requirements.	2.14	4.42	2.28	51%
6. Understanding of Agricultural Land Appraisal Process.	2.00	4.28	2.28	53%

The Bi-National Tick, Wildlife & Cattle Conference program participants completed 26 retrospective post surveys. Eight statements were used to measure this program.

- Participants understanding of the Fever Tick past and present eradication efforts was increased by 57%.
- As a result of attending this conference, participants revealed a 47% increase in knowledge on current eradication efforts.
- Overall, there was a 58% average percent increase in knowledge by participants attending this program.

Bi-National Tick, Wildlife & Cattle Conference - March 23&24, 2011

Retrospective post evaluation surveys for the Bi-National Tick, Wildlife & Cattle Conference were administered to Outcome Program participants to determine individual program impact and results. Overall, there was a 58% average percent increase in knowledge by participants attending this program.

Statement	Mean Value Before	Mean Value After	Mean Increase	Percent Increase
1. Understanding of the Fever Tick and Past Eradication Efforts.	1.81	3.16	1.80	57%
2. Understanding of Current Eradication Efforts.	1.88	3.54	1.66	47%
3. Understanding of Disease Transmitted by Ticks.	2.15	3.65	1.50	41%
4. Understanding of Methods to Control Fever Ticks.	2.07	3.54	1.47	42%
5. Understanding of Wildlife Impact of Fever Ticks.	2.00	3.57	1.57	43%
6. Understanding of Economics of Fever Tick Control.	2.03	3.54	1.51	43%
7. Understanding of Cost Share Programs for Fever Tick Control.	2.42	3.88	1.46	37%
6. Understanding of Fever Tick Control Efforts on Wildlife and Beef Cattle.	2.26	3.54	1.28	36%

Bi-National Ranchers Conference program participants completed 14 retrospective post surveys. Five statements were used to measure this program.

- 55% of the participants increased their knowledge on tips for producing beef on grass.
- A 54% increase on understanding of global forces shaping North American Cattle/Beef Trade was documented from participants.
- Overall, a 54% average percent increase in knowledge by participants was revealed.

Bi-National Ranchers Conference - June 30, 2011

Retrospective post evaluation surveys for the Bi-National Ranchers Conference were administered to Outcome Program participants to determine individual program impact and results. Overall, there was a 54% average percent increase in knowledge by participants attending this conference.

Statement	Mean Value Before	Mean Value After	Mean Increase	Percent Increase
1. Understanding of Global Forces Shaping North American Cattle/Beef Trade.	1.86	4.07	2.21	54%
2. Understanding of Forage Management Strategies to Maximize Production After the Drought.	2.21	4.57	2.36	52%
3. Understanding of Common Misconceptions in White-Tail Deer Management Practices.	2.14	4.71	2.57	55%
4. Understanding of Proper Grazing Management During The Drought: The Difference Between Making Profit or Losing Your Herd.	2.21	4.71	2.50	53%
5. Understanding of Tips for Producing Beef on Grass.	2.00	4.42	2.42	55%

The Farm and Ranch Security Workshop program impact and benefit was also measured using retrospective post evaluation surveys. Nine program evaluation surveys were completed and turned in by program participants. Five statements were used to measure this program.

- There was a 33% increase in knowledge on the understanding of basic farm and ranch security practices.
- 32% of participants increased their knowledge of livestock theft prevention.
- Overall, a 30% average percent increase in knowledge was documented by program participants.

Farm and Ranch Security Workshop - September 29, 2011

Retrospective post evaluation surveys for the Farm and Ranch Security Workshop were administered to Outcome Program participants to determine individual program impact and results. Overall, there was a 30% average percent increase in knowledge by participants attending this conference.

Statement	Mean Value Before	Mean Value After	Mean Increase	Percent Increase
1. Understanding of Land Fragmentation/Security Trends in Webb County.	3.33	4.77	1.44	30%
2. Understanding of Animal Health and Bio-Security.	3.22	4.67	1.45	31%
3. Understanding of Trends and Patterns in Farm and Ranch Security with the Border Patrol.	3.55	4.55	1.00	22%
4. Understanding of Livestock Theft Prevention.	3.33	4.88	1.55	32%
5. Understanding of Basic Farm and Ranch Security Practice.	3.22	4.77	1.55	33%

Acknowledgements:

The Webb County Agriculture/Natural Resources committee provided the leadership and direction for these educational programs that highly impacted all program participants as evidenced by program evaluation survey results. Local Extension volunteers contributed greatly towards the overall success of these educational programs.

Future Program Actions:

Based on the results of this educational program and feedback from participants, the Webb County Agriculture and Natural Resources committee and Texas AgriLife Extension Service will continue to plan and provide educational events and activities supporting maintaining ranching sustainability for future generations.

VALUE

Livestock Production



Texas 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.



County Extension Agent-Agriculture & Natural Resources, George L. Gonzales meeting with Webb County Leadership Advisory Board Officers.



Webb County Leadership Advisory Board Chairman, Onyx Benavidez addressing participants during the Webb County Issues Identification Forum on March 10, 2011.



County Extension Agent-Agriculture & Natural Resources, George L. Gonzales meeting with the Webb County Wildlife & Fisheries Task Force members at the Villa Laredo Restaurant.



Texas AgriLife Extension Service promotional booth during the Bi-National Ranchers Confernece at the Embassy Suites on June 29-30, 2011.



Mr. John Smith, Extension Program Specialist conducting interview during the Bi-National Ranchers Conference with Univision.



County Extension Agent-Agriculture & Natural Resources, George L. Gonzales conducting interview with Univision reporter Marissa Limon during the Bi-National Ranchers Conference.

Webb County *Better Living for Texans*

Relevance

In Webb County, an estimated 77,624 of individuals receive benefits from the Supplemental Nutrition Assistance Program (SNAP), historically known as the food stamp program. Studies have shown individuals who live in poverty (including SNAP recipients) have dietary intakes that are not congruent with current recommendations (i.e. Dietary Guidelines or MyPlate). This audience, like many, may not recognize their risk for foodborne illness. Stretching resources so households don't run out of food is also a challenge.

Response – Better Living for Texans (BLT)

The BLT Program is a cooperative endeavor among Texas AgriLife Extension Service, Texas Health and Human Services Commission (HHSC), and the Food and Nutrition Services (FNS) of USDA. A component of the Supplemental Nutrition Assistance Program (SNAP), BLT offers food and nutrition education to SNAP recipients, applicants, and other low-income audiences to help improve their ability to plan and prepare nutritious meals, stretch food dollars, and prepare and store food safely. BLT also incorporates its programs with the Walk Across Texas program to promote physical activity.

BLT is delivered through a variety of teaching methods that reflect audience needs including lesson series and single education events. With the presence of BLT in almost every county, Extension is poised to reach all areas of Texas, both rural and urban, and increase the likelihood of meeting the nutrition education needs of under-served Texans.

During 2011, 35 Webb County adults completed the BLT *Eat Better to Live Better* series. This program focuses on meal planning, stretching food dollars, and adopting selected behaviors that can reduce the risk of foodborne illness. During 2011, *Eat Better to Live Better* was revised to incorporate a learner-centered approach to education delivery. The result was a new program titled *Back to Basics* which focuses on meal planning, food budgeting, and improving food safety skills. This program series was completed by 113 individuals. Evaluation of the BLT program was completed by the use of pre, post, and follow-up surveys which allowed us to assess participants' intent to change behavior as well as their adoption of those behaviors. We were also able to measure the extent to which participants were able to save money in out-of-pocket food expenses. For the *Eat Better to Live Better* series, 14 of the 35 participants completed the pre, post, and 30-day follow-up surveys; 113 individuals who participated in the *Back to Basics* series completed the pre, post, and follow-up surveys. This report will reflect the results from the *Back to Basics* evaluation series.

Results

Most participants were female and Hispanic. More than half of the participants had not completed high school. The average age of the participants was 51.5 years; average household size was 3.9. SNAP (food stamps) and free/reduced school meals were programs utilized most often by participants. **Change in behaviors – *Back to Basics* Meal Planning and Food Resource Management – adoption of behaviors**

Behavior	Current behavior (pre) - Number (%)	Intent to change Number (%)	Behavior 30 days later Number (%)
Plan meals in advance			
Always	43 (38.1)	106 (93.8)	94 (83.2)
Sometimes	63 (55.8)	3 (2.7)	15 (13.3)
Never	4 (3.5)	1 (0.9)	0
Not Sure	2 (1.8)	3 (2.7)	3 (2.7)
No response	1 (0.9)	0	1 (0.9)

Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperatin

Shop for food with a list			
Always	46 (40.7)	110 (97.3)	106 (93.8)
Sometimes	47 (41.6)	1 (0.9)	6 (5.3)
Never	17 (15.0)	1 (0.9)	0
Not Sure	2 (1.8)	1 (0.9)	0
No response	1 (0.9)	0	1 (0.9)
Compare prices when shopping			
Always	50 (44.2)	110 (97.3)	111 (98.2)
Sometimes	41 (36.3)	1 (0.9)	1 (0.9)
Never	21 (18.6)	1 (0.9)	0
Not Sure	1 (0.9)	1 (0.9)	0
No response	0	0	1 (0.9)
Use unit pricing when shopping			
Always	31 (27.4)	94 (83.2)	75 (66.4)
Sometimes	23 (20.4)	8 (7.1)	24 (21.2)
Never	52 (46.0)	0	0
Not Sure	5 (4.4)	8 (7.1)	13 (11.5)
No response	2 (1.8)	3 (2.7)	1 (0.9)
Run out of food before the end of the month?			
Always	23 (20.4)		1 (0.9)
Sometimes	69 (61.1)		9 (8.0)
Never	15 (13.3)		97 (85.8)
Not Sure	2 (1.8)		4 (3.5)
No response	4 (3.5)		2 (1.8)

Most participants were using the targeted food resource management practices either “always” or “sometimes” when they entered the BLT program. Immediately after the program ended there was a noted increase in the percentage of participants who intended to practice the behaviors “always.” Thirty days later, the percentage of participants practicing all four behaviors either “always” or “sometimes” was higher than when the program began.

Immediately after the program ended, 82% (n=93) of the participants reported that they felt they could stretch their food resources to last the entire month “always.” The percentage of participants who ran out of food before the end of the month “always” or “sometimes” dropped from 81% (n=92) to 10 (9%) approximately 30 days later.

Food Safety- adoption of behaviors

Behavior	Frequency (pre) Number (%)	Frequency (post) Number (%) (intent to change)	Adoption of Behavior (30-days later) Number (%)
How often do you sanitize cutting boards after cutting up raw meat or poultry?			
Always	102 (90.3)	112 (99.1)	112 (99.1)
Sometimes	9 (8.0)	0	0
Never	1 (0.9)	0	0
Not Sure	1 (0.9)	0	0
No response	0	1 (0.9)	1 (0.9)
How often do you thaw frozen food at room temperature?			
Always	45 (39.8)	32 (28.3)	21 (18.6)
Sometimes	56 (49.6)	1 (0.9)	0
Never	9 (8.0)	79 (69.9)	88 (77.9)
Not sure	1 (0.9)	1 (0.9)	3 (2.7)
No response	2 (1.8)	0	1 (0.9)
How long did you leave your last meal out after it was prepared?			
Eaten/stored immediately	25 (22.1)	68 (60.2)	82 (72.6)
< 1 hour	67 (59.3)	40 (35.4)	27 (23.9)
1 – 2 hours	11 (9.7)	4 (3.5)	2 (1.8)
> 2 hours	3 (2.7)	0	0
Not Sure	7 (6.2)	1 (0.9)	0
No response	0	0	2 (1.8)

More than 90% of participants (n=102) reported sanitizing cutting boards after cutting up raw meat or poultry. Nearly all participants (n=112) indicated an intent to immediately after the program ended and were doing so 30-days later. In addition, the 30-day follow-up survey found that fewer participants were allowing frozen food to thaw at room temperature and more individuals were eating or storing prepared foods sooner (compared to when the program first began).

Other findings:

84% (n=95) of the respondents reported that BLT was their first exposure to Texas AgriLife Extension. This suggests that the program is reaching new audiences who otherwise might not have the opportunity to benefit from Extension programs.

Average monthly out-of-pocket food expenses reported by participants:**

Before BLT: \$ 162.45

After BLT: \$ 113.74

Monthly
savings:
\$48.71

** Based on 111 participants who reported monthly out-of-pocket food expenses at the beginning of BLT and 30-days after the program ended. Changes in out-of-pocket food expenses **were** significantly different.

Possible economic impact: If this monthly savings could be sustained for a year and if the reduction in out-of-pocket food expenses were not due to some other economic hardship (e.g. loss of income or SNAP benefits), then the estimated annual savings for these 111 individuals would total \$64,881.

For these participants, the percentage who rated their perceived ability to prepare nutritious meals as either “good” or “very good” was 60% (n=68) before BLT (pre-survey) and 98% (n=111) after BLT (post survey).

Of the individuals who could be contacted 30 days after the program ended, 89 of them (79%) rated the BLT program as “excellent.” Another 22 (20%) rated the program as “good.”

Webb County Report: Get the Facts

Relevance

The Dietary Guidelines, MyPlate and the Nutrition Facts label form the basic nutrition education constructs for the American population. Supplemental Nutrition Assistance Program- Education (SNAP-ED) recipients need sound nutrition education so that they can make healthful food choices. Basic food buying skills enable clients to consider more healthful food choices when shopping. This skill is important because health disparities among low income populations are well documented. Obesity, heart disease and hypertension are conditions which are more prevalent in low income populations. More than 60% of adults are overweight or obese and heart disease is the leading cause of death. Hypertension affects approximately 1 in 3 adults in the United States.

Response

Get the Facts, a three-lesson series on the Nutrition Facts label, was developed to align with the Dietary Guidelines for Americans. The series focused on label reading: serving size, sodium and fat. The lessons and surveys were translated into Spanish. A survey instrument was developed to assess self-reported behavior and knowledge. Evaluation protocol included pre-survey, post-survey and a follow-up telephone interview. More than 1,100 Get the Facts participants were evaluated statewide; 56 were from Webb County.

Results

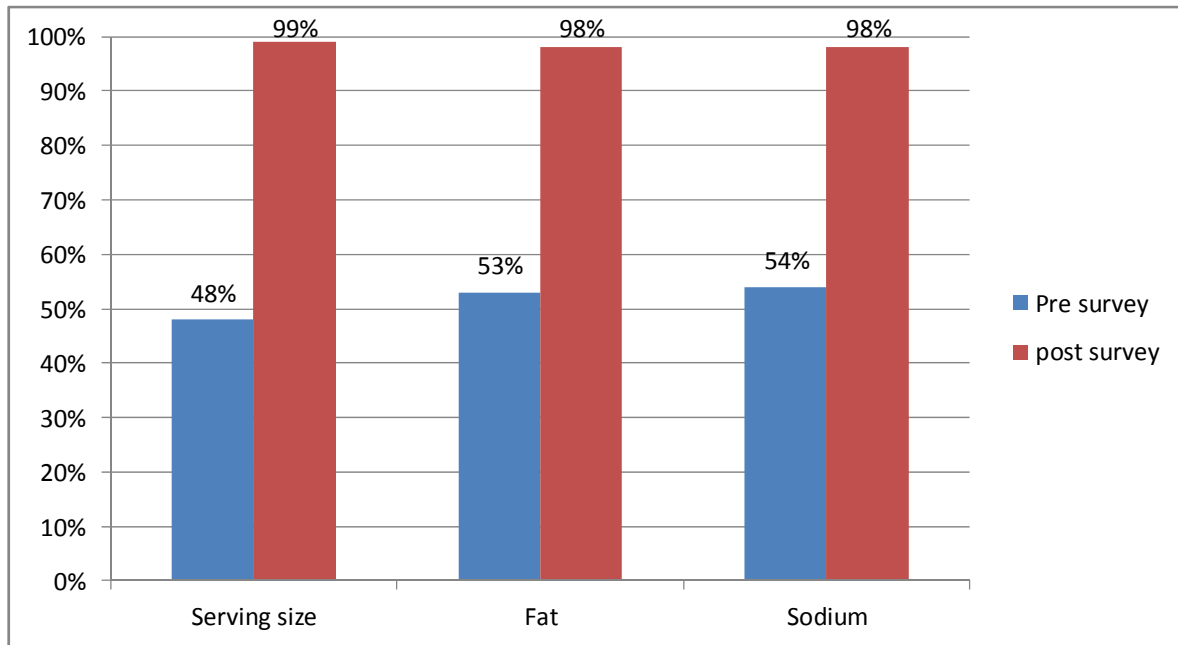
Get the Facts is one of several BLT approved curricula available to help meet local programming needs. Statewide data suggest that Get the Facts is effective ($p < .001$) at increasing participant knowledge and improving behavior related to Nutrition Facts label reading. Results which follow are for Webb County.

The typical client attending Get the Facts in Webb County was Hispanic (100%), female (76%) and had less than a high school education (66%). Food banks or pantries (61%) and SNAP (45%) and were programs most utilized by these participants. Most clients (92%) indicated that this was the first Extension program that they had attended.

Behavior

Data suggest self-reported behavior regarding serving size, fat and sodium improved during the time that this lesson series was taught. The percentage of participants who reported that they always or almost always check food labels increased (serving size from 48% to 99%, fat from 53% to 98% and sodium from 54% to 98%).

Figure 1: Percentage of Get the Facts participants who always or almost always check serving size, fat or sodium while shopping for food.



Knowledge

Mean knowledge score (out of 5) increased from 2.23 to 3.96 during this lesson series. Data suggest that knowledge gain may have been sustained during the follow up period by those clients who responded to the telephone interview.

Table 1. Mean knowledge scores (out of 5) before and after the Get the Facts lesson series.

Pre-Survey N=56	Post-Survey N=56	Follow up Survey N=48
2.23	3.96	4.29

How to read the food labels.

All is very interesting and very informative.

Webb County 2011 Walk Across Texas Outcome Summary

Relevance:

Physical activity was recently named as one of the 10 leading health indicators. 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 fewer hospitalizations, physician visits, and medications. Estimated direct costs of obesity and inactivity together account for approximately 9.4 percent of U.S. health expenditures. Texas ranks 8th in the nation as the most inactive state, 12th with the highest adult obesity rates, as well as, 6th with the highest childhood overweight rates. 29% of Texas adults and 19% of Texas children are estimated to be obese, including 17% of children in Webb County, while 27 to 29% of Webb County adults are estimated to be obese.

Additionally, research on the national level, indicates that only 25% of adults and 27% of high school students get regular, moderate exercise. 29% of American Adults are not physically active at all. Sixty-one and a half percent of children aged 9-13 years do not participate in any organized physical activity during their non-school hours and that 22.6% do not engage in any free-time physical activity. Additionally, research indicates that only 25% of adults and 27% of high school students get regular, moderate exercise. 29% of American Adults are not physically active at all.

Response:

Community-wide programs like Walk Across Texas have been strongly associated with significant increases in physical activity. Walk Across Texas is an eight week program to help people of all ages support one another to establish the habit of regular physical activity. Walk Across Texas is recognized as a Best Practice Physical Activity Program by the Texas Department of State Health Services. 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. In Webb County, 85 adults registered, participated and completed the eight week Walk Across Texas program. In addition, 750 youth in our county participated in the seven week school version, during our summer programs. In the adult version, participants' average daily mileage on week one was 12.62 miles; this increased to 14.5 miles for those finishing week eight.

Results: Potential Economic Impact

Evaluation of the Webb County WAT program was conducted via the use of a pre, and post survey. This allowed for the collection of data that reflected current behaviors, and the extent to which behaviors were actually adopted.

If the 85 participants completing the eight-week program continue walking at the same level as during Walk Across Texas, they have the potential to save a collective \$1,030,334 in future health care costs by avoiding type 2 diabetes and by reducing work absences. This information is calculated by the Walk Across Texas web site application.

Potential Economic Impact of Walk Across Texas for Adults in Webb County for 2011			
Total Female Participants	52	Total Male Participants	33
Average Age Female Participants	43	Average Age Male Participants	39
Number of Females that could avoid or delay developing diabetes	12	Number of Males that could avoid or delay developing diabetes	6
Net Present Value per Female	\$58,421	Net Present Value per Male	\$43,516
Total Net Present Value for health care cost savings for Females	\$678,360	Total Net Present Value for health care cost savings for Males	\$273,188
Total Net Present Value for Wages Lost for Females	\$45,670	Total Net Present Value for Wages Lost for Males	\$33,117
Total NPV for Females	\$724,030	Total NPV for Males	\$306,304
Total Impact		\$1,030,334	

To assess program impact, we examined behaviors followed at the time of program entry, intent to change behavior, and the actual adoption of behaviors approximately 30 days after the program ended.

Success Stories: Most participants reported having more energy and enjoying spending time with their families. One participant has added gardening and swimming as additional activities to enjoy. One participant pushes her mother in her wheelchair and both enjoy the activity. In Webb County, we will work to increase participation in Walk Across Texas during 2012. In 2011, We networked with Texas Department of Aging Texercise Program, as well as, local school districts.

VALUE

Walk Across Texas



Walk Across Texas is an eight-week fitness and health program that 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 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.

Si, Yo Puedo Controlar Mi Diabetes! 2011 Webb County Report

¡Si, Yo Puedo Controlar Mi Diabetes! (Yo Puedo) is an evidence-informed, culturally competent educational program targeting low-literate Hispanic/Latinos with diabetes. The curriculum is predicated on the American Diabetes Association's national standards of care and employs the Social Cognitive and Self-regulation theories as its foundational support. Empowerment is an overarching theme of the program, and, to this end, *Yo puedo* aims to equip participants with knowledge and lifestyle skills to better control their diabetes

Relevance

- Diabetes cost Texas more than 12 billion dollars.
- Texas Hispanic/Latinos over the age of 18 are disproportionately affected by diabetes prevalence (12.3 percent) than their White, non-Hispanic counterparts (8.5 percent).
- In 2005, mortality rates were more than double among Texas Hispanic/Latinos (52 per 100,000) than Whites, non-Hispanics (21 per 100,000).
- Among persons with diabetes, a higher proportion of Hispanic/Latinos (32.5 percent) could not see a doctor in the last 12 month due to cost compared to Whites (16.5 percent).

Reponse

- Proper management is critical to minimize the potential negative effects of diabetes.
- Self-management education is the cornerstone for diabetic care and vital for blood glucose control.
- Recognizing the need for a culturally-relevant type 2 diabetes self-management education targeting Texas Hispanic/Latinos *Yo Puedo* was developed to address this gap in health programming.
- In Webb County, we delivered four classes reaching 38 participants with type 2 diabetes.

Impact of Yo Puedo

The findings below summarize the impact of the *Yo Puedo* program delivered in Webb County. Outcome indicators include HbA_{1c} (baseline and 3-month follow-up), diabetes knowledge, self-efficacy, acculturation, and diabetes self-care behaviors.

- Demographic characteristics: 74% were female, average age was 66 years, 84% were Hispanic, 53% yearly income was \$20,000 or less, 34% had less than a high school education, 26% had private insurance and another 26% had Medicare/Medicaid coverage.
- Program participants were minimally acculturated: more than half the sample had a score of 11 out of 20, where a total score of 20 indicated highly acculturated.



- Diabetes self-care scores reveal that participants improved in performing routine health behaviors to better manage their diabetes: Pre-test mean score: 25 out of total score of 40; Post-test: 30 out of 40.
- Self-efficacy scores improved with participants reporting increases in their confidence to engage in diabetes self-care behaviors): Pre-test 2.74 M; Post-test 3.38 M. (Scale:1 = I don't feel sure; 5 = I feel very sure.)
- Among the 14 completing baseline HbA1_c their results showed acceptable 7.28% values. The American Diabetes Association recommends an HbA1_c of 7% or below. Diabetes knowledge score remained the same at both pre- and post-test: 6 out of 10.

Success Stories: Many participants lost weight and were very happy about it. One participant reported losing 10 pounds during the course. He said his life had changed, that he was happier and consequently his family was happier. Another participant stated that her doctor told her that if on her next visit she had continued as on the present one, he would withdraw her medication. She was very excited about this prospect. Others commented on what a wonderful program it was and how much they had enjoyed the sessions.

Reflections

This study demonstrates that the *!Sí, Yo puedo controlar mi diabetes!* improved participants' ability to better control their diabetes as demonstrated by increases in self-care behaviors, improvements in self-confidence, and a reduction in HbA1_c. Given the high rates of diabetes among Hispanic/Latinos, *Yo Puedo* is a program to address this concern in Webb County, Texas. Over the past year Webb County Extension partnered with community stakeholder to extend our reach to disadvantaged populations. We envision this effort to continue that will help ensure the sustainability of *Yo Puedo*.

2011 Dog Project Outcome

Relevance:

Across the state of Texas there are more than 1 million households that have children under the age of 18 that have dogs. Dog ownership is very common and a great way to increase membership and involvement among 4-H families. In times of economic hardship, when families cannot invest in purchasing a livestock project, they usually will continue to have and care for their dog. The 4-H dog project is an additional way to get youth involved in 4-H, teaching them the longstanding values and character building traits that are associated with 4-H on its many other fronts.

The 4-H dog project has not been active in South Texas but is a project with vast value and importance for keeping youth involved in positive pastimes. Youth in Webb County showed an interest in the project area and has the resources available to be a spear point in developing the project area for South Texas. From that the dog project received additional support for development from the district office as well, providing additional resources making it a much better organized effort. The city of Laredo has recently been stressing the importance of responsible pet ownership implementing new regulations such as mandatory micro-chipping of dogs and enforcing the ordinance limiting the number of dogs per household. This added push from the city provided an additional reason to start this project area as soon as possible. We marketed the program to local 4-H members to start with as we worked out the logistics of location to practice, times that worked best for holding meetings and practice, and worked with the teaching methods, especially putting untrained dogs in close proximity with youth as handlers.

Response:

Local 4-H members were offered the opportunity to participate in the dog project for the first time. Members could attend one of two classes offered a week that demonstrated training techniques and exercises that would be judged at a dog show at the conclusion of the program. Youth also attended classroom type presentations to learn about dog anatomy, training equipment, general dog care and responsible dog ownership. Youth that attended the training classes were then offered the opportunity to participate in a dog show where their knowledge was demonstrated for the general public. Youth were recognized and rewarded for their hard work and efforts.

Acknowledgements:

Webb County held its first ever 4-H dog show with about a hundred in attendance, thanks to the support of the local community. Petland of Laredo and District Attorney's office provided tools to recognize the hard work of the youth at the dog show. Debbie's Dog Grooming provided added expertise in preparation of the dogs for the show. We had an AKC judge from New Braunfels volunteer to serve as the judge for this event.

Results:

4-H members learned skills that were measured by assessing their showing and training ability. Changes in attitude were also observed throughout the project and showed increases in confidence and patience in youth. Youth also gained enthusiasm and practiced public speaking in telling others about the project. Youth also gained poise and social ease when exhibiting their projects.

The 4-H dog project required parent involvement to insure safety and consistency in training. Each member was responsible for attending class and bringing an adult to observe and help when needed. Once the dogs' temperament and behavior was routine, parents had the option of dropping off the youth and dogs for practice. Most parents at that point opted to stay for the class as well.

100% of the participants gained more knowledge in dog training. The youth that had already learned some training through trial and error prior to the project, learned alternative methods of training including signal cue versus vocal cue training, treat versus physical training, negative reinforcement versus positive reinforcement training, and timed versus taught training. A qualifying score in obedience at a show is 170 out of 200 points. Each of the 6 members that decided to compete received a qualifying score showing that they learned and could use the training methods successfully.

100% of the participants, that completed the project course, gained knowledge in breed standards, breed registries, breed associations as well as dog showing, show etiquette, and show vocabulary. The project started with 14 participants and ended with 10 participants. The 2 youth and 2 adults that did not complete the class removed themselves due to altered time demands (increased homework and needed study time). One more youth joined the project along the way and was not tested.

On average, participants increased in score value by 25 percent. Dog anatomy, training, and show vocabulary being the areas of most improvement. Youth increased knowledge and participation in the dog industry. Out of the total 14 youth and parents that participated each of them went home knowing a lot more than they started. This increase in knowledge was identified by using a pretest and post-test that was specific to the project area.

Future steps:

We are looking forward to a new year expanding the program. As we look forward, we will be marketing to new audiences, namely families that are not already involved in 4-H to increase participation and spark new interest in 4-H across the board.

VALUE

Character and Leadership Development

A young man with dark hair, wearing a white t-shirt, is smiling and holding a white sign. The sign has the word 'FRUSTRATIONS' written in red marker, followed by two lines: '- Slow offs' and '- mean people'.

Texas 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.

2011 Quality Counts Outcome

Relevance:

4-H and FFA kids are raising thousands of livestock projects that enter our food chain. One of the major concerns that the animal industry has voiced was the quality of these animal projects and the safe meat production that come from these animals. The major livestock show boards have worked with the agriculture teachers and the AgriLife Extension program to develop a curriculum to teach quality assurance to youth. This curriculum helps project leaders and teachers have the resources to educate youth about the progression of their livestock projects after a livestock show and the influence these members have on the meat production.

The major shows (Houston, Star of Texas, State Fair of Texas, Fort Worth, and San Antonio) have started requiring that youth members take a test to verify a level of understanding of quality assurance and good livestock production habits. Youth can take the online virtual class that is designed like a computer game to help them learn the different points that the test is over.

Webb County 4-H Adult Leaders Association and the LIFE stock show board has also addressed rising concerns about the quality of livestock projects being raised. Drug testing has been implemented at the local LIFE show to help persuade youth to ensure that medication use is correct and not tainting the meat product.

Response:

To address concerns on the 4-H side, the Quality Counts curriculum was being taught to all 4-H members that will be showing livestock projects in the upcoming year. Youth attended a day camp that covered the material in a fun and interactive way. Local 4-H members were offered 11 camps to choose from to best fit their schedules. Accommodations were also made for those that had conflicts with the scheduled camps. Youth planning to show at major shows were also required to take the online assessment. Pre and Post tests were given to youth to check for understanding. A verbal evaluation of the camp was also asked for as youth respond better to more interactive upbeat evaluations at the end of a long day. The verbal evaluation was done in the format of a game where youth passed a ball across a circle and told their favorite part, least favorite part, neatest thing learned, and a suggestion of improvement.

Results:

Youth were given instruction on a variety of livestock related topics including quality assurance, program purpose, food safety, proper care of livestock, and character building. Youth exhibited an increased understanding of livestock responsibility, how to care for livestock, and basic knowledge of labels.



All youth that attended the camps learned increased medication knowledge: learning how about withdrawal times, injection sites, dosages, labels, off-labeled vs. extra label use and resources available to them. 53% of youth demonstrated increased knowledge about medication administration and could read labels correctly. All youth that attended the camps participated in group and individual exercises that tested those skills.

Half of youth attending the Quality Counts camps already had good working knowledge of animal care and facility requirements. Youth got to practice hands on by setting up a mock pen area for goats. Those first year exhibitors learned practical knowledge from youth with more experience.

All youth that attended increased knowledge about labels and how to read feed tags. Youth also learned how to read medication labels and gained knowledge about methods of giving medications. Youth practiced reading labels and calculating dosages.

Youth learned the important role they play in the food supply and there was nothing so spectacular as watching the eyes of the youth light up with understanding that they are producing meat for the general public and that the decisions they make with their animals effects the meat and the quality of the product.

Methods of instruction included handouts, group activities, individual exercises, question and answer, demonstrations, games, and peer leadership. Youth were provided lunch, encouraging safe food handling and leadership.



V A L U E	
Character and Leadership Development	
	Texas 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.



BCBS OraganWise Guys 2011- Webb County

by Crisanta Mussett, Extension Agent, Family and Consumer Sciences

Relevance

The prevalence of obesity among children aged 6 to 11 years has increased 6.5% in 1980 to 19.6% in 2009. The OrganWise Guys is a comprehensive preschool and elementary school curriculum built around a group of engaging characters that personify the major organs of the body to teach children and adults about the importance of eating well and being physically active. The cast of OrganWise Guys characters empower children, as young as three years old, as well as adults, to be 'smart from the inside out' by teaching them about the negative impact of poor nutrition and lack of physical activity on each, individual organ (wise guy). One of the major risk factors for type 2 diabetes in children is obesity. The increase in reports of type 2 diabetes among children parallels a similar rise in the adult population, as obesity has become a major public health concern. In children, the alarming rise in the incidence of type 2 diabetes appears to be occurring largely in minority populations--Hispanic Americans, African Americans, and Native Americans. Obesity which plays a significant cause in the development of diabetes also is historically up 28%. Since diabetes and obesity do not discriminate against age, religion, gender, ethnicity, race, or income levels, everyone can become a victim of this very deadly disease. It is estimated that by the year 2040 overweight and obesity issues will rise to 45 million in the state of Texas without preventive measures.

Response

By educating the students about good eating habits and exercise are necessary and productive ways in the intervention and prevention of diabetes and obesity. The principles of OrganWise Guys was an instructional educational program implemented only for teachers in Kinder through 2th grade at MacDonnell Elementary Schools for this past year, that taught these objectives:

*Eat less fat
*Eat more fiber

*Drink lots of water
*Increase physical activity

The OrganWise Guys curriculum is a very well-rounded guidance program that helped instruct the Webb County children (K through 2th grade) about the importance of healthy eating habits, exercise and physical activity. Activities conducted in the classrooms included: WISERCISE! Facilitates daily 10-minute physical activity sessions in school classrooms, linked to core subject areas (math, language arts, etc.) and always includes nutrition lessons. *Breakfast Skipping Blues Act *Extreme Couch Potato (Increase Physical Activity) *Peptos Party Portions Act (Eat Less Fat) *Fiber Fandango Act-(Eat More Fiber) *Smart from the Inside Out (Drink Lots of Water) *Under cover Diabetes Health Agent (Prevent Diabetes) the volunteers (teachers kinder through 2th grades) provided instruction to 561 students over the course of using the curriculum. These students Kinder to 2nd grades were exposed to 24 lessons with 6 teachers participating.

Results

Study results showed interventions improved weight, blood pressure, waist circumference, and academic scores of elementary-aged children in a significant manner. This information was provided by the school nurse.

Five teachers provided verbal comments about the children receiving the OrganWise Guys lessons, ages 5 to 7 year olds.

Changes in reading ability and improved concentration in six of class of twenty 2nd graders

Children were requesting fruits during their mid afternoon break. Children displayed better listening skills in eight of nineteen 1st graders. Children advised teachers that they only drank water at home. The children developed a list of snacks and treats they no longer wanted at the classroom parties, such as gum, candy and sodas.

The Blue Cross Blue Shield of Texas was the supporter of the OrganWise Guys curriculum valued at over \$2000. The Family and Consumer Task Force and the Laredo Independent School District Health Department were instrumental in providing guidance and selection of the targeted school.

As a result of the success here in Webb County, the Blue Cross Blue Shield of Texas has awarded the Cooperative Extension Program with 6 new curriculums worth over \$12,000. The Laredo Independent School District Health Coordinator is in the process of determining the six new schools based on the number of overweight children and children diagnosed with Acanthosis Nigricans.



Active Parenting – 2011 Webb County

by Crisanta Mussett, Extension Agent, Family and Consumer Sciences

Relevance

The parenting task, while always challenging, has become more difficult because parents are raising children under social conditions decidedly different from those that their parents experienced as children. Increased drug use, adolescent suicide rates, teen pregnancy, and family stress are only a few of the current societal conditions which affect parents in the process of rearing their children.

Active parenting for teens was the curriculum used to provide training and support for families experiencing the dynamic changes of teenage development and to help parents and other care givers prepare teens to survive and thrive in Webb County. A positive parenting practice plays a major role in the children's development and life success. This plan addressed issues facing today's families: single parent household, blended families, economically challenged households. Many families in Webb County are struggling with raising their children effectively. Parents are mandated to attend parenting classes by the Texas Courts System for reasons such as juvenile delinquency, child abuse or neglect and drug abuse. This Active Parenting of Teens, evidence-based program covers topics including parenting programs, step parenting, divorce, school success, and character education. Identifying that this program was crucial in assisting parents today, the recommendation came from the Laredo Independent School District Parental Involvement and 1890 Family and Consumer Sciences Committees.

Response

The parents were a diverse group and many were limited resource households, guardians and caregivers from four middle schools in the Laredo Independent School District. 24 educational and group activities were provided to 62 parents. Also, visual presentations that depicted six families engaged in a variety of typical family learning situations. They included examples of mistakes to avoid and alternative positive methods. The educational methods also included family conferences, role playing and modeling. The parents were able to view behavioral modeling and powerful learning methods. The group activities allowed parents to learn from other parents, helped answer questions and generated support. The parent education class leaders used the materials from the Active Parenting for Teens kit. The self-selected leaders had varying degrees of training in the use of the materials. Some leaders attended the leader training workshop presented by Cooperative Extension Program. The lessons provided were: The Active Parent, Winning Communication, Responsibility and Discipline, Building Courage, Redirecting Misbehavior and Drugs, Sexuality, and Violence: Reducing the Risks (Part 1 and 2). The program covered ways to discipline your adolescent without violence; skills to build open communication; how to prevent risky behavior; and more. They contained skills, activities, and at-home practices needed embrace positive parenting in today's society.

Results

Teaching parents effective and respectful ways of rearing confident and courageous teens through Active Parenting of Teens appears to be helpful based on a survey conducted to approximately 62 people who attended the 24 lessons.

Statement	Before	After
Satisfied with program	5% had some experience with similar programs prior to this one.	95% liked the information presented and thought the program was helpful.
What did you like most about the program?	15% of the parents were not aware of this kind of assistance this agency has to help the youth.	85% were satisfied with the counseling and strategies they can implement with their kids.
What action will you take?	25% of the parents were not aware of this kind of assistance to make parents aware of the problems with youth.	75% of the parents would like to see some action taken towards the communication they have with their kids. Parents were so pleased with the program they are planning on implementing some of the tips they saw on the video.
What did you like the least?	20% of the parents were in agreement that the course was extremely short to cover all topics.	80% would like to see more programs focusing on youth problems.
Would you like to take actions?	33% of the parents think that the negative attitude youth have depends so much in the education they receive at home.	67% of the parents are so much against the bullying parents do with their own kids. (Example: name calling, using their siblings as examples, criticize every effort they make to please them.

100% of the parents that attended were so pleased with this activity that they would recommend this kind of assistance to other parents in similar situations.



GEAR UP II AMBASSADORS – 2011 Webb County

Developed by **Crisanta Mussett, Extension Agent, Family and Consumer Sciences**

Relevance

More and more young students are getting into serious debt that has little to do with their education and much to do with their lifestyle and the use of student credit cards or student loan money to pay for basic expenses. Often the excitement and sense of accomplishment that comes from finishing college and starting out in the occupation of your choice are dulled by the discouraging realization that your student credit card debts and student loans going to eat up all your disposable income. Youth in high schools are faced with this emotional and financial pressure each year. The core lessons taught today in Webb County schools concentrate on math and sciences and social studies. This plan was designed to prepare high school students not to fail at financial planning and prepare them for financial security. The students involved with this program were called GEARUP IIAmbassadors and were from three local high schools. Financial literacy is also designed to prepare students on how to acquire college grants, scholarships, and low interest on credit cards. With personal bankruptcies and credit card debt increasing, and retirement savings decreasing among Americans, demonstrates the need to teach financial literacy. Teens in high school need assistance on how to budget; students entering college have an average of \$2000 on personal credit cards. Each decision we make about our money and how we spend or save it is so important. Goal setting and wise spending habits are highly suggested in succeeding at personal financial planning. Financial planning is a thinking process. The committees involved in putting this plan to action were Americorp volunteers and Gear Up II coordinators.

Response

The financial literacy workshops were conducted by Cooperative Extension Agent and the GEAR UP II Coordinators Americorp volunteers from Texas A&M International University. Instructions integrate financial planning, life and leadership skills. The workshops included educational and visual interactive activities: leadership workshops, goal setting, financial planning, and decision making.

Personal financial planning is the process of defining goals, developing a plan to achieve them, and putting the plan into action. Making choices is about using our limited resources in the best possible way to accomplish goals. Goals are accomplished by applying the ongoing, five-step financial planning process: They practiced among themselves and role playing these strategies:

- Set Goals
- Analyze Information
- Create a Plan
- Implement the Plan

- Monitor and Modify the Plan
- Needs versus wants

The GEAR UP II Coordinators and Americorp volunteers were instrumental in the GEARUPII Ambassador's attendance. The Cooperative Extension Program Agent provided the curriculum and conducted the lessons.

Results

Post survey was administered to 65 GEAR UP II students; they expressed satisfaction with workshops are willing to set goals and plan for their financial futures.

How satisfied was the program?	87% extremely
Was the information helpful to you?	95% yes
What action will you take?	99% will make budgets sheets for college 95% keep track of daily expenses 89% cut up credit cards
Would you recommend these workshops to others?	100% yes
Overall rating of these courses?	96%
Comments:	
-I was able to relate to the majority of the students in financial crisis like myself -I believe the session was understandable in the message, very helpful, information covered sufficient -Overall session was excellent. -This was an outstanding session and thank you for your services. -Excellent presentation. -Very good presenter.	

GEAR UP II Coordinators and Americorp volunteers from Texas A&M International University were supporters of this financial literacy plan. The future program also from Texas A&M International University will be called GEAR UP IV and they have committed to collaborate with Cooperative Extension Program and have allotted grant monies for 2012.



2011 DEAP-Diabetes Education Awareness Prevention - Webb County

Developed by Crisanta Mussett, Extension Agent, Family and Consumer Sciences

Relevance

Webb County currently has a population of approximately 250,304. The population that resides in Webb County and live below the poverty level is **30.9%**. The underrepresented audience cannot afford healthcare, those individuals go undiagnosed with diabetes. Diabetes occurs when the body does not make enough insulin, or the insulin it makes does not work properly. While diabetes is not curable, it can be controlled, through portion control and exercise. (Diabetes Education Awareness Prevention) program emphasizes knowledge of risk factors for prevention and control. Skills needed to effectively manage diabetes are well documented. Diabetes education is not readily available for the underrepresented audience. The number of Americans with diabetes is projected to increase **43% by 2020**. In Texas alone, **14.7 %** were at risk for diabetes in 2010. In the last three decades, obesity and diabetes have become the fastest growing epidemics in the United States and if present trends continue, nearly 1 in 3 Americans will develop Type 2 diabetes in the next decade. Texas has one of the highest rates of obesity and diabetes in the nation, with the state's border regions facing the worst health outcomes. Webb County is 16 % having diabetes versus **10%** of Texans, and **35 %** are obese, compared to **29%** of Texans. It is also stated that 20% of the population were unable to see a doctor due to cost, in Texas that is 15%. The Hispanic population in Webb County is **95.7**, according to the US Census Bureau in 2010. Additionally, it is a known that diabetes will adversely affect this particular community at an alarming rate of **30%** by 2020.

Response

Some skills we addressed and are well in our efforts to bring diabetes awareness and prevention to Webb County is:

- Physical activity and dance classes
- Eye screening exams
- Increase knowledge of portion control based on the MyPlate
- Increase consumption of fruits and vegetables
- Shop, prepare, and store foods safely
- Adopt food preparation methods that reduce sugar, sodium, and fat content.

Through the use of the Project DEAP curriculum and assistance of advisory committees, collaborators, partners and volunteers, **45,546** residents in Webb County were served with individual classes, health fairs, food and portion control and cooking demonstrations. The Texas Community Future Forum, Texas Diabetes Council, Webb County DEAP Task Force identified the need to educate our underrepresented audience regarding **diabetes** in the Hispanic community, because there was a critical health issue that needed our support.

Our goal was to reduce the risk of this chronic disease and to impact diagnosed and undiagnosed diabetes in the community of Webb County by providing these interventions:

- Controlling Diabetes through Nutrition lesson
- Get Up and Move lessons (Zumba dance)
- Complications of Diabetes lessons
- Medication Management lessons
- Childhood Obesity Prevention
- Cooking Demonstrations

Events that assisted in bringing awareness of this chronic disease called diabetes to the participants of Webb County were as follows:

- Laredo Independent School District Wellness Program
- Laser Eye Clinic Health Fair (Dr. Michael Hochman), Mercy Ministries
- Las Peñitas Community Center
- TAMU Las Colonias Program
- Department of Health and Human Services(promotores training)
- Office of Border Health Region 11(Bi National week promotores training)
- El Cenizo Mision Luterana Community Garden
- Webb County Administrative Services (cooking demonstrations and public access TV)

The 25 events were attended by a total of 325 participants including 109 youth. Project D.E.A.P. supporters greatly contributed towards the overall success of these educational programs. Our goal in Webb County was to collect 35 surveys, again this year we surpassed our goal by collecting 44 surveys, results as follows:

Results

Because these interventions were implemented and carried out, the quality of underrepresented audience live healthier based on the survey listed below. Because they have become more knowledgeable the Hispanic population, see doctors regularly at clinics: Mercy Ministries City of Laredo Health Department and Gateway Community Center. An example of one of our intervention awareness goals and targets was made possible through one of our collaborators Laser Eye Clinic, Dr. Michael Hochman. He donated a value of \$34,122, in eye screening exams also included 8 emergencies surgeries.

Diabetes Education Awareness Prevention

Retro Post Evaluation Survey

Statement	Mean Value Before	Mean Value After	Mean Increase	Percent Increase
Understanding of specific risk factors for diabetes.	2.68	4.09	1.41	53%
Understanding of symptoms of hyperglycemia.	2.50	4.10	1.60	64%
Understanding of good time to test blood sugar level.	3.00	5.00	2.00	67%
Understanding of role of exercise in countering diabetes.	3.08	5.5	2.42	79%
Understanding of damage to the body if diabetes is not controlled.	2.5	4.88	2.38	95%
Would you use practices adopted at home.	2.63	4.63	2.00	76%
Comments:				
Program participants indicated high knowledge gained by attending this workshop. Participants would recommend more information be provided to diabetes people. Participants indicated routine change by watching less TV and exercising more.				

COOPERATIVE EXTENSION EDUCATIONAL PROGRAMS FOR 2011















Tina Trevino, Extension Agent- Webb County EFNEP 1983 Mangana Hein Rd. Laredo, TX 78046

Phone: 956.523.8784 Fax: 956.523.8784

Website: <http://efnep.tamu.edu/>

Expanded Food and Nutrition Education Program Webb County Outcome Summary Report

SUPPORTING TEXAS FAMILIES WITH GREATEST NEED SINCE 1969

The Expanded Food and Nutrition Education Program (EFNEP) helps young families and youth with limited resources – those most at risk to suffer from hunger, food insecurity and the inability to connect with available support systems. EFNEP offers practical lessons in basic nutrition, food preparation, food budget management and food safety in settings convenient for the participants. EFNEP also includes a walking program for adult participants. Program graduates reflect significant, lasting improvement in eating behaviors and healthy food habits. Texas has a need for EFNEP – 2010 data show that 20.6% of Texas families with children under the age of 18 were living below poverty level, compared to 17.9% of U.S. families.

EFNEP REACHES DIVERSE AUDIENCES IN WEBB COUNTY

In Webb County, ethnically diverse EFNEP nutrition assistants reach youth and adult groups whose principal language may be English or Spanish.

In 2011,

- 88 families with 225 children enrolled in EFNEP.

- 176 youth contacts were made through the EFNEP youth program.

- 2 EFNEP participants were pregnant and/or nursing.

- 59% of families were at or below 100% of federal poverty level.

- 69% of families enrolled in one or more food assistance programs at entry.

- 66% of EFNEP adult participants were Hispanic/Latino.

EFNEP MAKES A REAL DIFFERENCE

Adult Program:

Using “hands-on” experiences, EFNEP adult participants complete at least a six-lesson series on stretching food dollars, improving eating habits, and practicing food safety principles. As a result of participation in EFNEP the following food and nutrition behaviors were achieved:

87% with positive change in any food group at exit.

86% improved in one or more food resource management practices such as using a list for grocery shopping.


90% improved in one or more nutrition practices such as using the “Nutrition Facts” on food labels to make food choices.

71% improved in one or more food safety practices such as thawing foods safely.

15.6% of program participants reported a positive change in physical activity.

COST – BENEFITS OF EFNEP

Studies have shown that for every \$1 spent of EFNEP, \$10 were estimated to be saved in health care costs and \$2 saved in food costs by participants. For Webb County, this is \$495,000 in estimated health care cost savings and almost \$99,000 in food costs.

V A L U E	
Expanded Food and Nutrition Education Program	
	<p>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 lowers public health-care costs.</p>

Texas AgriLife Extension Service Webb County Staff



George L. Gonzales	Joy Vazquez	Crisanta Mussett	Tina Treviño	Christine R. Sanchez
Agriculture & Natural Resources	Family & Consumer Sciences	Family & Consumer Sciences (CEP)	Family Nutrition Education Program	4-H and Youth Development

Contact Information:

Texas AgriLife Extension Service – Webb
County

7209 East Saunders, Suite 5
Laredo, Texas 78041
webb-co.tamu.edu

Phone:

956-721-2626
956-721-2627
956-721-2229

Fax:

956-721-2230

E-Mail Addresses:

gl-gonzales@tamu.edu
jvazquez@tamu.edu
cmussett@ag.tamu.edu
tatrevino@ag.tamu.edu
crsanchez@ag.tamu.edu



THE TEXAS A&M
UNIVERSITY SYSTEM
AGRICULTURAL RESEARCH &
EXTENSION CENTER AT WESLACO