



Extension Education in Webb County

Making a Difference

The Texas A&M AgriLife Extension Service and its partners have 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. Among

EXTENDING KNOWLEDGE *Providing Solutions*

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.

Webb County – Summary of 2013 Educational Contacts

Agriculture & Natural Resources Contacts

Contact Hrs. Via Educational Programs	Office Visits	Site Visits/Contacts	Phone Calls	Website	Newsletter/Mail/E-Mail Contacts	Total All Contacts
7,730	1,144	5,901	2,896	490	5,196	20,276

Family & Consumer Sciences Statistics for 2013

Contact Hrs. Via Educational Programs	Office Visits	Site Visits/Contacts	Phone Calls	Newsletter/Mail/E-Mail Contacts	Total All Contacts
38,351	1,287	6,114	3,026	4,568	63,018

Cooperative Extension Program-FCS Contacts for 2013

Contact Hrs. Via Educational Programs	Office Visits	Site Visits/Contacts	Phone Calls	Newsletter/Mail/E-Mail Contacts	Total All Contacts
594	234	544	126	1,825	2,760



Making a Difference 2013

Webb County

Annual 4-H Program Summary

County 4-H Youth Involvement

- 21** Chartered Community Clubs
- 489** Members Enrolled in 4-H Clubs
- 9440** Youth Reached through Community-based Programs
- 975** Youth Reached through School-Based Enrichment Curriculum

Total Youth Reached
10,907

County 4-H Leadership, Advisory, and Support Organizations

- 55** 4-H Livestock and Natural Resources Leaders provided guidance.
- 240** County 4-H Council Members attended 12 Meetings



<u>Participation in County 4-H Events</u>	<u>County Participation in District Events</u>	<u>County Participation in State/National Events</u>
County 4-H Food Challenge 9	D12 4-H Shooting Sports Postal League 93	Texas 4-H Roundup 14
County 4-H Food Show 14	D12 4-H Roundup (All Events) 10	Texas 4-H Photography Contest 10
County 4-H Storyboard 2	D12 4-H Record Books 12	Texas 4-H Record Book Judging 1
County 4-H Photography Contest 50	D12 4-H Shooting Sports Match 65	Texas Tech Science Team 2
County 4-H Shotgun Match 61	D12 4-H Leadership Lab 2	Texas 4-H Shooting Sports Games 28

<u>Most Popular Club Projects in the County</u>	<u>Most Popular Curriculum in the County</u>
Lambs 111	Food & Nutrition 800
Rabbits 110	Workforce Preparation & Careers 85
Goats 80	Science of Agriculture 350
Swine 48	Water Conservation and Management 800
Poultry 32	Mobile Dairy Classroom 975

County 4-H Volunteer Support

- 72** Registered & Screened Volunteers Supporting Clubs
- 47** Club Managers, Co-Managers, and Project Leader
- 2,850** Hours Contributed by Volunteers in Support of Clubs

Value of Volunteer Time Supporting 4-H

\$60,876

**Livestock Show Premium Sale
Proceeds***

\$800,000

Includes all projects (4-H and FFA)



County 4-H Leadership & Personal Development Programs

- 55** Attended State-level Leadership & Personal Development educational or competitive events.
- 182** Attended District-level Leadership & Personal Development educational or competitive events.
- 2** Attended District Leadership Lab.

Local Training Opportunities for Youth and Adults

- 80** 4-H members and parents participated in 27th Annual 4-H Showmanship Show on February 2, 2013
- 65** 4-H members and parents attended the annual 4-H Steer, Lamb and Goat Clinic on August 8, 2013.
- 45** 4-H members and parents participated in the Special Livestock Permit Workshop on August 8, 2013.
- 40** 4-H members and parents attended the annual 4-H Swine, Poultry and Rabbit Clinic on Oct. 24, 2013.

Significant Leadership & Personal Development accomplishments from county Events & Activities

Seven 4-H clubs participated in One Day 4-H county wide events with a total of **130** 4-H youth/adult volunteers participated.

County 4-H Council members began Leaders 4Life lesson series which will extend into 2014

Webb County participated in the 2013 Stripes Convenient Stores Campaign which will greatly benefit Webb County 4-H.

County 4-H Agriculture & Natural Resource Programs

- 412** Livestock Projects (all species)
- 320** Participated in County Livestock Shows
- 28** Attended State 4-H Shooting Sports Games in San Antonio, Texas
- 20** Attended District-level Agriculture & Natural Resources educational or competitive events
- 45** Youth Trained through "Quality Counts" Program

Local Training Opportunities for Youth and Adults

- 5** Club Manager Meetings/Trainings were held from July 2013 to November 2013.
- 852** Youth with total contact hours of **2,050** with **27** group sessions, included Express Your Opinions curriculum and MoneyWise Financial Planning for teens at United South High School. Money Smart Curriculums sponsored by IBC Summer Camps sponsored by Methodist Health Ministries and Keep Laredo Beautiful, Gateway Community & Texas Department of Human Services.

Significant Agriculture & Natural Resource accomplishments from county Events & Activities

- 300** Youth participated in the Laredo International Fair and Exposition 2013
- 17** Youth participated in major livestock show
- 1,050** Youth and adults participated in the Annual Ag. Day/Farm-City Week Event

County 4-H Family & Consumer Science Programs

- 2** Attended State-level educational or competitive events.
- 5** Attended District-level educational or competitive events.
- 50** Attended Webb County FCS Summer Activities.
- 15** Attended and participated in the Culinary Arts Tour at the Laredo Community College.

Local Training Opportunities for Youth and Adults

- 50** Participants were trained for the Fuel Up 60 to Play Program.
- 25** Clothing & Textile Training (summer camp).
- 15** Food & Nutrition Training.

Significant Family & Consumer Science accomplishments from county Events & Activities

A total of **1,375** youth participated in (BLT) Better Living for Texans nutrition programs and Walk Across Texas Physical Activities.

Making a Difference

2013 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 especially 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 which is down considerably from years ago mostly due to land fragmentation and the younger generation not continuing with the family ranching operation.

Response – Events / Activities:

Texas A&M AgriLife Extension in Webb County developed the following educational events and activities to address this relevant issue during 2013:

- Prescribed Burning Workshop – February 14, 2013
- Ranch Water Management Alternatives Workshop – March 7, 2013
- Agricultural Land Special Evaluation Workshop – March 27, 2013

These educational programs were designed to address ranching economics, forage and wildlife management during drought, farm and ranch security issues, water well livestock water quality and rainwater harvesting to aid wildlife. Topics discussed at these programs included the benefits of prescribed fire, the effects of fire, the prescribed fire plan, awareness of agricultural burns, outlook for cattle market, costs and returns, you and real estate, agricultural appraisal process, rainfall trends/ranch water outlook installation of solar pumps and windmills, putting water where it is not, water use and requirements by livestock, rainwater harvesting devices, solar submersible pumps, well water treatment filtration systems.

Partnerships & Collaborators:

During 2013, 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 for the benefit of local and area agricultural producers.

Evaluation Strategy:

An evaluation instrument (retrospective post approach) was utilized to measure participant knowledge gained and adoption of recommended practices. A total of 51 of 110 (46%) completed and returned the

retrospective post surveys after each of these programs. Program participants attended an average of three educational programs during 2013 and indicated that they would highly recommend the educational activities to other for their educational benefit. Customer satisfaction surveys were also utilized to provide additional evaluation to these educational programs.

Results:

The 2013 Prescribed Burning Workshop conducted on February 14, 2013. Program impact and benefit was determined by utilizing a retrospective post survey. 16 program evaluation surveys were completed by agricultural producers that attended this workshop. A total of four statements were used to measure this program effectiveness.

- There was 69% increase in knowledge by participants on the benefits of prescribed fire.
- There was a 63% increase in knowledge on the steps involved in conducting prescribed burn.
- Overall, there was a 64% average percent increase in knowledge by participants attending this program.

Statement	Mean Value Before	Mean Value	Mean Increase	Percent Increase
1. Understanding the benefits of prescribed fire.	1.38	4.50	3.12	69%
2. Understanding the steps involved in conducting a prescribed burn.	1.50	4.13	2.63	63%
3. Understanding the format for a written prescribed burn plan.	1.81	4.44	2.63	59%
4. Understanding the situations where prescribed fire may not produce the desired result.	1.63	4.56	2.93	64%

The Ranch Water Management Alternatives Workshop conducted on March 7, 2013. Program completed 10 retrospective post surveys. Seven statements were used to measure this program.

- Participants understanding of the advantages and disadvantages of different water sources was Increased by 62%.
- As a result of attending this conference, participants revealed a 55% increase in knowledge on how UV lamp can kill pathogens in harvested water.
- Overall, there was a 43% average percent increase in knowledge by participants attending this program.

Statement	Mean Value Before	Mean Value After	Mean Increase	Percent Increase
1. Understanding of water (quality and quantity) needs by livestock.	1.71	3.57	1.86	52%
2. Understanding of advantages and disadvantages of different water sources.	1.71	4.43	2.72	62%
3. Understanding of sources of contamination and their effects on livestock.	2.71	4.57	1.86	41%
4. Understanding of how much an inch of rainfall produces in gallons per square foot of rainwater.	4.00	5.00	1.00	20%
5. Understanding of how Texas Commission on Environmental Quality (TCEQ) provides information on it's website for potable use of rainwater.	3.00	4.57	1.57	34%
6. Understanding of how captured rainwater can be used to improve water quality in Laredo.	3.29	5.00	1.71	35%
7. Understanding of how UV lamp can kill pathogens in harvested rainwater.	2.00	4.42	2.42	55%

The Agricultural Land Special Evaluation Workshop conducted on March 27, 2013. Program participants completed 10 retrospective post surveys. Seven statements were used to measure this program.

- 63% of the participants increased their knowledge on the current trends in factors that affect the beef export market.
- A 60% increase on understanding the current situation and outlook for agricultural input prices and production costs was documented from participants.
- Overall, a 43% average percent increase in knowledge by participants was revealed.

Statement	Mean Value Before	Mean Value After	Mean Increase	Percent Increase
1. Understanding of trends in factors that affect domestic livestock prices.	3.20	4.50	1.30	30%
2. Understanding of trends in factors that affect the beef export market.	1.80	4.80	3.00	63%
3. Understanding of the current situation and outlook for agricultural input prices and production costs.	1.90	4.80	2.90	60%
4. Understanding the trends in Real Estate that affect land prices.	2.70	4.80	2.40	50%
5. Understanding if you really want to sell your farm and ranch.	3.20	4.70	1.50	32%
6. Understanding of what you can do to better your position to sell your farm and ranch.	3.20	4.80	1.60	33%
7. Understanding of learning to negotiate and what is your bottom price.	3.00	4.70	1.70	36%

Customer Satisfaction Survey Results:

Participants responding to customer satisfaction surveys indicated that they were mostly to completely satisfied with all aspects of these educational programs. They indicated that they liked the ability to ask questions, information from Extension web sites, diversified cutting edge information, knowledgeable speakers and a very friendly and informative environment when participating in these programs. Participants revealed for the most part, that they benefitted economically as a direct result of having participated in these Extension programs. They had attended an average of 3-4 educational programs during the past 12 months and stated that they found these programs extremely valuable and would recommend participation in Extension educational programs to others.

Consultation with the County Extension Agent-Agriculture and Natural Resources via office and site visits, e-mail, phone calls were conducted as needed in 2013. A total of **310** office visits, **872** on-site contacts, **1,013** phone calls and **1,240** mail/e-mail contacts.

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 conducted in 2013.

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 A&M AgriLife Extension will continue to plan and provide educational events and activities supporting maintaining ranching sustainability for future generations.

VALUE

Livestock Production



Texas A&M 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.



Zavala County Extension Agent, Marcel Valdez evaluating Webb County 4-H lamb projects and providing guidance during the 27th Annual 4-H Showmanship Show on Saturday, February 2, 2013.



Dr. David Anderson conducting the Agricultural Land Special Evaluation Workshop on March 27, 2013.



(pictured left to right) Wildlife Task Force Chairman, Henry Leal, Louis Pellegrin, Jim Winch, Juan Martinez, Wig Adams, County Extension Agent-Agriculture & Natural Resources, George L. Gonzales (taking picture) meeting with the Webb County Wildlife & Fisheries Task Force members at the Villa Laredo Restaurant.



Pond Management Field Day conducted on Thursday, April 11, 2013 at La Mesa Ranch.



(pictured left to right) Webb County 4-H Adult Leaders' Association President, Roel Gonzalez acknowledging Jerry Sepulveda and John Mayers during the Annual 4-H Awards Banquet held on October 26, 2013. Approximately 200 4-H club managers, members, volunteers, and parents attended the banquet.



General remarks made by new Webb County Leadership Advisory Board Chairman, Mike Smith during the Annual Webb County Leadership Advisory Board annual meeting held on October 2, 2013 at the Holding Institute.



4-H club managers, members and supporters at the One Day 4-H Event at Macy's Center Court on October 12, 2013. Over 12 4-H Clubs were represented during this big successful event.



Webb County 4-H Swine, Poultry and Rabbit Clinic held on Thursday, October 24, 2013.



Webb County Commissioner, John Galo reading proclamation during the annual Ag. Day/Farm-City Kick-Off event held on November 22, 2013 at Tomas Sanchez/Hermelinda Ochoa Elementary School. Over 1,000 youth and adult participated.



Annual Ag. Day/Farm City Week Poster Contest held on November 22, 2013 at Tomas Sanchez/Hermelinda Ochoa Elementary School.



Webb County Extension Agent-Agriculture & Natural Resources, George L. Gonzales, conducting the Pesticide Recertification Course held on December 11, 2013. 19 pesticide applicators participated.



Pesticide Recertification Course held on December 11, 2013. Provided five (5) continuing education credits to local and area pesticide applicators.



Webb County Extension Agent-Agriculture & Natural Resources, George L. Gonzales and wife, Diana Gonzales receiving the Regent's Fellow Award with Texas A&M University President, Dr. Richard Bowen Loftin.

Making a Difference

2013 WAT Outcome Summary Evaluation for Webb County

Joy H. Vazquez, County Extension Agent-FCS

Situation

Physical activity was recently named as one of the 10 leading health indicators by the Centers for Disease Control and Prevention.

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. In 2012, it was estimated that up to 29.9% of Texas adults were obese, and that about 69.9% of Texas adults were overweight. It was estimated that between 30 and 34% of Hispanics were obese and 40.4% of those of Mexican descent, according to the Centers for Disease Control and Prevention. Webb County with a projected 95% Hispanic population in 2013 can be expected to have a high obesity rate based on available data.

The percentage of young people who are overweight has more than doubled in the last 20 years. 15.6% of Texans ages 6-19 years are overweight. 16.8% of Texas children between 2 and 5 are overweight. It is now estimated that 17% of children in Webb County are overweight.

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 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 – Walk Across Texas

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.

Program evaluation

Evaluation of the Webb County WAT program was conducted via the use of a pre, and post surveys. This allowed for the collection of data that reflected current behaviors, and the extent to which behaviors were actually adopted. This report represents 64 adults who participated in the program and completed the pre- and post- surveys.

Results

- Participant Characteristics: Most of the 64 participant who enrolled in WAT were female and Hispanic. The average age of participants was 41 years. 80% of participants were female. 90% of participants were Hispanic. Including the cost of lost wages, the total potential economic impact for the participants is \$32,659.00.

Table 1 – Participant characteristics

Gender	Number	Percentage
Female	52	80
Male	12	20
No response/data missing	0	
Ethnicity		
White	6	9.8
Hispanic	58	90.2
Improvements		
Increased activity levels	54	85
Reported weight loss	32	50
Have more energy	62	97
Having more fun	61	59

Program Impact

- To assess program impact, we examined behaviors followed at the time of program entry, and at the time the program ended. This is done by analyzing the data of the 64 participants who completed the pre- and post- surveys in Webb County during 2013.
- The average age of participant was 41 years.
- 85% of participants were increased their activity levels.
- 50% of participants lost weight.
- 97% of participants reported having more energy.
- Including the cost of lost wages, the total potential economic impact for the participants is \$31,680.00.

Client Success Stories

Participants report being inactive for shorter periods of time. Participants report being encouraged by others, feeling like part of the family. Participants report surges of energy and a greater sense of well-being. Participants say that walking with a group is much more fun. Participants report weight loss and more energy. Participants report enjoying time spent with family members. Participants report being more optimistic.

Goal: Decrease the demand for health care by decreasing the number of adults and children who are inactive or overweight through nutrition and activity programs delivered to families, schools, and communities which improve health across the life span.

Making a Difference

***Three Easy Bites* – Evaluation of a Curriculum Promoting Healthy Weight Behaviors 2013 Webb County Report**

Joy H. Vazquez, County Extension Agent-FCS

Relevance

Two-thirds of the adult population is either overweight or obese. Certain breakfast, snacking and dinner behaviors are associated with achieving and maintaining a healthful weight. Research supports eating breakfast, planning snacks and dinner, as well as having enough fruits and/or vegetables to cover half of a dinner plate are associated with healthy weight.

Response

A three lesson series, *Three Easy Bites*, was developed by the Texas A&M AgriLife Extension Service nutrition specialists. The curriculum promoted positive lifestyle behaviors related to breakfast, snacking and dinner. *Three Easy Bites* session goals were -- families would:

- Plan to eat breakfast, include foods from at least two MyPlate food groups, and include breakfast items on their weekly grocery list;
- Plan which snack foods they will eat, eat their snacks away from the television, and compare their snack portion relative to the Nutrition Facts serving size; and
- Plan their dinner meal, include fruits and/or vegetables with every dinner, and include fruit and/or vegetables on their weekly grocery list.

Participants could opt out of the survey evaluation process if desired. Nonetheless, 389 pre/post/follow-up survey sets were received from Webb County, Texas.

Most participants (75%) reported that Better Living for Texans (BLT) was the first AgriLife program they had attended. The typical *Three Easy Bites* participant was female (64%), described herself as Hispanic or Latino (99%) and was 65 years of age. Participants identified themselves as white (98%) or Asian (1%). The highest level of educational attainment for most participants (95%) was 12 years or less. Some participants (27%) had been advised by a health professional they weigh too much.

Results

Self-reported behavior improvement was noted during the time *Three Easy Bites* was taught (Table 1). Pre/post improvements occurred for all behaviors; furthermore, five behaviors had additional improvement during the follow-up period (Table 2).

Table 1. Percentage of *Three Easy Bites* participants who answered always or almost always: pre/post/follow-up data sets (n=389).

Behavior Questions	Pre-survey	Post-survey	Follow-up survey
	%	%	%
How often do you plan breakfast ahead of time?	91	96	98
How often do you include at least two breakfast items from different food groups?	96	99	100
How often do you use a shopping list which includes breakfast items when you go to the grocery store?	65	97	98
How often do you plan snacks ahead of time?	90	95	96
How often do you snack in front of the television?	5	3	1
How often do you use the Nutrition Facts serving size information to determine how much of your snack to eat?	77	94	96
How often do you plan dinner ahead of time?	94	97	99
How often do you have enough fruits and/or vegetables to cover half of your dinner plate?	95	98	100
How often do you use a shopping list with fruits and vegetables when you go to the grocery store?	95	99	100

Table 2. Mean behavior response (5=never thru 1=always: pre/post/follow-up data sets (n=389).

Behavior Questions	Pre-survey	Post-survey	Follow-up survey
How often do you plan breakfast ahead of time?	1.3a	1.1b	1.0c
How often do you include at least two breakfast items from different food groups?	1.2a	1.0b	1.0b
How often do you use a shopping list which includes breakfast items when you go to the grocery store?	2.2a	1.2b	1.1c
How often do you plan snacks ahead of time?	1.3a	1.1b	1.0b
How often do you snack in front of the television?	3.6a	4.4b	4.7c
How often do you use the Nutrition Facts serving size information to determine how much of your snack to eat?	2.1a	1.3b	1.1c
How often do you plan dinner ahead of time?	1.2a	1.1b	1.0b
How often do you have enough fruits and/or vegetables to cover half of your dinner plate?	1.6a	1.1b	1.0c
How often do you use a shopping list with fruits and vegetables when you go to the grocery store?	1.2a	1.0b	1.0b

Answers coded: never=5; almost never=4; sometimes=3; almost always=2; always=1

a, b and c are significantly different (p<.001)

Pre/post/follow-up surveys sets were received from Webb County (n=389). Data demonstrate improvements in all nine behaviors. The two behaviors which had the greatest improvement were: adding breakfast items to the shopping list and using the Nutrition Facts panel to determine portion size. Maintaining an adequate stocked pantry helps to reduce the frequency of making poor eating choices and/or eating out. Both of which are risk factors for obesity. Understanding and consuming proper serving size is critical in order to serve family members food portions which will help maintain energy balance.

Statewide results (n=797) indicate the *Three Easy Bites* curriculum was effective ($p>.001$) at improving participant behavior related to breakfast, snacking and dinner. All curriculum goals were met by participants. Interestingly, self-reported behavior improvement extended thru the follow-up period suggesting participants continued to adopt best practice behaviors. Best practice behaviors with the greatest participant improvement were:

1. Shopping with a list which includes breakfast items
2. Using the Nutrition Facts label to determine portion size of snacks
3. Planning breakfast ahead of time
4. Including enough fruits and vegetables to cover half of the dinner plate

The leader-facilitated learner-centered *Three Easy Bites* lesson approach may have helped clients internalize information and enhanced skills necessary to improve best practice behaviors associated with healthier weight. This curriculum was especially relevant given 30 percent of these participants had been told by a health professional they weigh too much. Research confirms consistent improvements in eating patterns can help clients achieve and maintain healthier weight.

Webb County BLT *Don't Get Bugged From Foodborne Illness*

Relevance

An estimated 1 in 6 Americans is expected to become ill from a foodborne illness this year. Foodborne illness is costly and can strike anyone; however, older adults, pregnant women, young children, and those with a compromised immune system are at an increased risk. Signs of a foodborne illness can range from vomiting and diarrhea to nausea, cramps, fever, and joint or back aches.

Many foodborne illnesses can be linked to poor personal hygiene (lack of hand washing), cross contamination, not cooking food to a safe internal temperature, and not storing food properly (e.g. letting it sit out too long after it is prepared). Studies suggest that while individuals are aware of the behaviors that individuals should adopt in order to reduce their risk of foodborne illness in the home, compliance with these targeted behaviors is less than desired. For example, studies have reported that as few as 12% of adults who own a food thermometer use it to check the temperature of meat, only 60% wash their hands with soap and water after touching raw poultry, and as few as 19% washed and sanitized cutting boards after contact with raw meat or chicken.

Response – Don't Get Bugged from Foodborne Illness

Don't Get Bugged from Foodborne Illness is a three-part program that is focused on reducing the risks
for

foodborne illness. This program focuses on ways to reduce the risk for foodborne illness by adopting sound food shopping skills and safe food preparation and storage techniques both at home and when eating out. The program is evaluated using pre, post, and follow-up surveys that allow for the determination of intent to change behavior and the extent to which those behaviors are adopted. This program is one of the series targeted towards the Better Living for Texans SNAP-Ed clientele. During 2013, 99 individuals in Webb County completed this program series and completed the pre, post, and follow-up surveys.

Results

Participants were primarily female (87%) and Hispanic (96%). Mean household size was 4.0 and the average age of the participants was 49 years. More than 28% of the participants (n=28) had not completed their high school education. Thirty-five of the participants received WIC benefits and 62 participants participated in SNAP. Just over 56% reported that this program was their first exposure to Texas A&M AgriLife Extension.

More than 65% of the participants reported that they were responsible for preparing most of the food in their home. As noted in Table 1, adherence to behaviors like washing hands before cooking or eating, washing produce before eating or preparing, and sanitizing cutting boards after cutting raw meat was pretty high when participants first began the program. However, most were consuming pre-cut, pre-washed salads and other produce after the sell-by date. Immediately after the program ended, nearly all participants intended to adopt all targeted behaviors (with the exception of not eating pre-bagged produce after the sell-by date) 30-days later, nearly all (98%) were doing so (with the exception of not eating pre-washed salads after the sell-by date).

Table 1. Frequency with which targeted behaviors were being followed. The preferred frequency is noted in yellow.

Behavior	Pre Number (%)	Post - Intent Number (%)	30-day follow-up Number (%)
Eat pre-cut, pre-washed salad after "sell-by" date			
Always	29 (29)	28 (28)	2 (2)
Sometimes	55 (56)	21 (21)	10 (10)
Never	14 (14)	37 (37)	73 (74)
Not sure	1 (1)	12 (12)	12 (12)
No response	0	1 (1)	2 (2)
Wash hands with soap and warm water before eating			
Always	88 (89)	98 (99)	97 (98)
Sometimes	11 (11)	0	0
Never	0	0	0
Not sure	0	0	0
No response	0	1 (1)	2 (2)
Wash hands with soap and warm water before cooking Food			
Always	94 (95)	97 (98)	97 (98)
Sometimes	5 (5)	0	0
Never	0	0	0
Not sure	0	0	0
No response	0	2 (2)	2 (2)
Rinse fresh fruits and vegetables before eating			
Always	87 (88)	96 (97)	97 (98)
Sometimes	9 (9)	1 (1)	0
Never	1 (1)	0	0
Not sure	0	0	0
No response	2 (2)	2 (2)	2 (2)

Rinse fresh fruits and vegetables before preparing			
Always	92 (93)	96 (97)	97 (98)
Sometimes	6 (6)	2 (2)	0
Never	1 (1)	0	0
Not sure	0	0	0
No response	0	1 (1)	2 (2)
Wash, rinse, and sanitize cutting boards after cutting raw meat or poultry			
Always	90 (91)	97 (98)	97 (98)
Sometimes	7 (7)	1 (1)	0
Never	0	0	0
Not sure	0	0	0
No response	2 (2)	1 (1)	2 (2)

As shown in Table 2, most participants were keeping raw meat, fish, or poultry covered but more than 70% were allowing frozen foods (including meat) to thaw at room temperature when the program began. Few participants were using a food thermometer “always.” Most participants were eating or storing prepared foods well within the recommended two hours. Immediately after the program ended, however, a larger percent of the participants expressed intent to adopt the targeted behaviors. Thirty days later, the percentage of participants who had adopted the targeted behaviors was higher compared to entry into the program. The behavior adopted the least amount was that of using a food thermometer.

Table 2. Frequency with which targeted behaviors were being followed. The preferred frequency is noted in yellow.

Behavior	Pre Number (%)	Post - Intent Number (%)	30-day follow-up Number (%)
Keep raw meat, fish, or poultry covered so juices do not drip on other foods			
Always	87 (88)	92 (93)	97 (98)
Sometimes	8 (8)	4 (4)	0
Never	0	0	0
Not sure	2 (2)	1 (1)	0
No response	2 (2)	2 (2)	2 (2)
Thaw foods/meat at room temperature			
Always	41 (41)	30 (30)	3 (3)
Sometimes	33 (33)	7 (7)	2 (2)
Never	19 (19)	54 (55)	86 (87)
Not sure	3 (3)	6 (6)	6 (6)
No response	3 (3)	2 (2)	2 (2)
Use a food thermometer to decide if meat, poultry, and fish are done before serving			
Always	23 (23)	78 (79)	62 (63)
Sometimes	30 (30)	13 (13)	21 (21)
Never	42 (42)	3 (3)	1 (1)
Not sure	2 (2)	4 (4)	12 (12)
No response	2 (2)	1 (1)	3 (3)
How long did your last meal sit out before it was eaten or refrigerated?			
Eaten/refrigerated right away	35 (35)	40 (40)	56 (57)
< 1 hour	43 (43)	42 (42)	35 (35)
1-2 hours	13 (13)	12 (12)	6 (6)
More than 2 hours	2 (2)	1 (1)	0

Not sure	3 (3)	1 (1)	0
No response	3 (3)	3 (3)	2 (2)

Table 3. % of participants who had the following tools in the home:

	Pre % (n) who responded yes	Post** % (n) who responded yes
Refrigerator thermometer	52 (53)	77 (78)
Food Thermometer	40 (40)	46 (47)
Separate cutting boards	72 (73)	88 (89)
Vegetable brush	46 (47)	79 (80)

** either they had the item at the beginning of the program or they received it by participating

At the beginning of the program, less than half of the participants reported having a food thermometer or vegetable brush. More than half had a refrigerator thermometer and more than 70% reported owning separate cutting boards (Table 3). With the exception of a food thermometer, a majority had these tools immediately after the program ended. However, 30 days after the program ended, 75 of the 95 participants had a food thermometer and reported using it and 96 out of 97 participants reported having a vegetable brush and separate cutting boards and using them.

Summary: The Don't Get Bugged series appears to help individuals adopt sound food safety practices that can reduce their risk for foodborne illness. This is demonstrated by the marked increase in the reported adoption of targeted behaviors.

VALUE

Obesity Prevention and Reduction



The Texas A&M AgriLife Extension Service engages children and adults in programs that teach them how to eat nutritious foods and engage in regular physical activity to promote health and reduce their risk for obesity. The Texas public benefits through a healthier population, reduced health care costs, and increased productivity.

Making a Difference

¡Si, Yo Puedo Controlar Mi Diabetes! 2013 Webb County Report-



Response

- 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 *Si, Yo Puedo* was developed to address this gap in health programming.

Impact of Yo Puedo

In 2013, 5 individuals registered to for the *Si, Yo Puedo* class offered in Webb County, Texas at Mercy Clinic. Among those enrolled in the program, 80% (N=4) of the participants completed the classes. From the participants (100% N=4) reported never having received any diabetes classes.

The findings below summarize the impact of the *Si, Yo Puedo* program delivered in Webb County. Outcome indicators include diabetes knowledge, self-efficacy, acculturation, and diabetes self-care behaviors.

¡Si, Yo Puedo Controlar Mi Diabetes! (Si, 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, *Si, 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.¹
- Texas Hispanic/Latinos 45 to 64 years of age are disproportionately affected by diabetes prevalence (11.0 percent) than their White, non- Hispanic counterparts (16.8 percent).
- In 2007, mortality rates were more than double among Texas.¹ Hispanic/Latinos (40 per 100,000) than Whites, non-Hispanics (19 per 100,000).¹
- Among persons with diabetes, a higher proportion of Texas Hispanic/Latinos (32.5 percent) could not see a doctor in the last 12 month due to cost compared to Whites (16.5 percent).²



- Demographic characteristics: 75% (N=3) of the participants were females, 25% (N=1) male. The average age was 50 years, and 100% of the participants were Hispanic/Latino. Among the program participants, 50% (N=2) had a high school or GED or less. A total of 75% of participants (N=3) reported their yearly income as \$20,000 or less.
- Participants were minimally acculturated. A total of 75% of participants (N=3) had an acculturation score less than 13, where a total score of 25 indicates highly acculturated.
- Diabetes knowledge increased two-fold Pre-test 7.8 (out of 10) and Post-test 9.3 (out of 10).
- Diabetes self-care scores reveal that participants significantly improved in performing routine health behaviors to better manage their diabetes: Pre-test mean scores: 29 out of total score of 44; Post test: 36.5 out of 44
- Self-efficacy scores improved with participants reporting increases in their confidence to engage in diabetes self-care behaviors): Pre-test 3.3M (out of 4) and Post-test 3.9 M (out of 4). (Scale: 1= I don't feel sure; 4 = I feel very sure.)

Success Stories

- *I learned to be consistent, stay focused on the healthy steps. I need to continue living a healthier, complication-free life.*
- *How to check my sugar level, how to eat properly as well as count my carbs. Most of all how to live a healthier life.*
- *Aceptar mi diabetes, cuidarme y controlarme, aprendi a vivir mejor (accept my diabetes, take care of myself and take control, I learned to live better).*

Reflections

Overall, 2013 evidence demonstrates that the *!Sí, Yo Puedo Controlar Mi Diabetes!* significantly enhances participants' engagement in diabetes self-care behaviors, improvements in self-confidence about diabetes self-care, and increases diabetes knowledge. This program lends support to the benefits of a culturally competent diabetes self-management education targeting lower literate, Spanish-speaking Hispanic/Latinos with diabetes. Given the high rates of diabetes among Hispanic/Latinos, *Si, Yo Puedo* is a program to address this concern in Webb County, Texas. We envision this effort to continue that will help ensure the sustainability of *Si, Yo Puedo*.

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Making a Difference

2013 Webb County Childhood Obesity

Crisanta Mussett, Webb County FCS-CEP Agent

Meeting Needs, Changing Lives

Relevance:

According to the 2012 Behavioral Risk Factors Surveillance System (BRFSS) survey, an estimated 1.7 million persons 18 years or older in Texas have been diagnosed with diabetes. Overweight and obesity rates among Texas adults are as follow: (1) 35.9 of adults were overweight, with a Body Mass Index (BMI) of 25.0 to 29.9 and 29.2 of adults were obese, with a (BMI) of 30.0 to 99.8. Adolescent overweight and obesity rates in Texas are as follow : (2) 15.6 were overweight, (85th and 95th percentiles for BMI by age and sex) and 13.6 were obese (> 95th percentile for BMI by age and sex). Finally, overweight and obesity rates among Texas children, age two to five years (3) follow: 16.8 were overweight, (85th to 95th percentile BMI-for-Age) and 15.3 were obese (95th percentile BMI-for-Age). The Hispanic population in Webb County is 95.4. (7) There is a 32.5 of the population here in Webb County with some type of diabetes that cannot see a doctor (8). These alarming figures are related to diseases include coronary heart disease, hypertension and stroke, type 2 diabetes, and certain types of cancer. The Webb County Family & Consumer Sciences (FCS) committee identified obesity and diet related diseases as a top priority for programming for Webb County.

Response:

Healthy Eating Habits, Educating Others, What's on MyPlate Express, How Much Sugar is in Your Drink, Herb Gardening, Let's Weigh In, and Live It Real Nutrition and Express Your Options for Teens were programs conducted in Webb County. To help understand the importance of nutrition and diet, programs provided technical and educational information to limited resource families and individuals. A total 555 participants of whom 73 were youth, conducted 21 sessions and utilized 31 volunteers in 2013, in the Childhood Obesity programs in Webb County by the Cooperative Extension Program from Prairie View A&M University. The intention was to raise awareness of the relationship between high calorie food consumption and lack of physical activity.

- The educational activities included: what are your fruits and vegetables, food group experts, MyPlate Express, Spring and Fall fruit and vegetables gardening, measure sugar from reading food labels in soft drinks, play and place fruits and vegetables on MyPlate, let's weigh in and promote changing what we eat and lower BMI, and portion control and meal planning for individuals with diabetes.
- Exercise classes were offered to promote physical activity.
- The Webb County FCS committee and Texas Department of Health and Human Services- Border Affairs division collaborated marketing and outreach.
- Community partners included: Holding Institute, Mercy Ministries, Keep Laredo Beautiful, Webb County Administrative Services, Laredo and United Independent School Districts, Bethany House, Dr. Michael Hochman, Bruni Elementary School, Methodist Health Ministries, Wesley Nurses, Pueblo Nuevo Church, Youth Leadership Laredo, and Texas A&M International University, and Lamar Bruni Vergara Inner City Library.
- News releases, newspaper ads, and over 2250 fliers were distributed.

Results:

Demographic data for the above activities were conducted from January through November 2013. A total 47 participants responded to the pre and post surveys.

Statement	Before	After
Better understanding of team sports, like basketball or soccer, are the best form of physical activity for students.	43	75
Better understanding of a healthy breakfast that should include foods from the Grains, Breads & Cereals group, the Fruit OR Vegetables group and the Milk & Milk Products OR the Meat, Beans & Nuts group.	53	78
Better understanding of difficult decision to select healthy foods at fast food restaurants.	33	62
Better understanding of students who eat breakfast that scored higher on tests than students who don't eat breakfast.	65	80
Better understanding of limiting the number of carbohydrates I eat, as often as possible, to avoid gaining weight.	46	87

*A total of 47 program participants completed the pre and post surveys.
87 of the participants increased their knowledge on limiting the number of carbohydrates they eat, as often as possible, to avoid gaining weight.*

Economic Impact:

- In-kind medical contribution to one workshop in the form of free diabetic eye exams over \$10,000 from Laser Eye Clinic of Laredo.
- In general other contributions totaled over \$700.
- Future Plans will continue to include awareness and prevention of childhood obesity, Weigh to Wellness Workshops with HEB Employees, healthy eating, MyPlate, and physical activity workshops to targeted clientele in 2014.

Public Value: According to the Centers for Disease Control (CDC), obesity is associated with increased health-care costs, reduced quality of life, and increased risk for premature death. Obesity and diet related diseases are of major concern; especially since the occurrence have higher rates among Hispanic populations, which coincidentally make up the majority of the population in Webb County. Nutrition and fitness programs offer community education and knowledge, opportunities to participate in physical fitness activities, which in turn improve the quality of life of participants and their families while positively impacting household budgets by lowering healthcare costs. Nutrition, lifestyle choices and physical activity are of great importance. If people are not physically active, it costs \$2456.00 per person annually.

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VALUE

Obesity Prevention and Reduction



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Making a Difference

2013 Webb County

Active Parenting

Crisanta Mussett, Extension Agent, Family and Consumer Sciences-CEP

Meeting needs, changing lives

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 juvenile delinquency, child abuse or neglect and drug abuse. This Active Parenting of Teens, evidence-based program cover 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, Holding Institute, and 1890 Family and Consumer Sciences Committees.

Response

The parents were a diverse group and many were limited resource households, guardians, caregivers, step parents, and grandparents from schools in the Laredo Independent School District. 6 educational and group activities were provided to 16 parents, step parents and grandparents. 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 society.

Results

Teaching parents effective and respectful ways of rearing confident and courageous teens through Active Parenting of Adolescents appears to be helpful based on a survey conducted to approximately **16** people who attended the **6** lessons.

Active Parenting Pre and post Survey

Statement	Pre	Post
My teen demands too much attention of me.	73%	80%
My teen initiates discussion with me.	33%	48%
My teen shows respect for others.	68%	80%
My teen expresses affection toward me.	48%	58%
My teen gets in trouble in school.	68%	72%

Question 1 results showed parents gave more attention to their adolescents based on these results.

Q1 – Results indicate that parents surveyed felt that their adolescents required “too much” attention of them. The results indicate an upward trend as parents gained a better awareness of the different types of attention seeking strategies.

Question 2 results that adolescents communicate frequently and openly with their parents positively.

Q2 – Results indicate that parents saw an upswing in teen-initiated discussions

Question 3 results showed that adolescents improved communication skills with their teachers.

Q3 – Results indicate that parents saw a perceived improvement in their adolescents respect behavior patterns over the course of the lessons.

Question 4 results showed that adolescents spend more time with their parents and agreed to attend family functions regularly. The adolescents provided small gestures of appreciation toward their parents.

Q4 – Results indicate that adolescents behavior toward their parents took on a more positive and outwardly affectionate role.

Question 5 results showed parents receiving fewer phone calls from school administration and teachers.

Q5 – Results indicate that the frequency of communication with school officials decreased, but the perception of what “getting in trouble” was increased. This could be directly attributed to the parents feeling an increased sense of responsibility and awareness of school policies and their respective roles as parents.

Making a Difference

2013 Webb County

Youth Development Program

Crisanta Mussett, Webb County FCS-CEP Agent

"Meeting needs, changing lives"

To conduct a variety of administrative and management functions that supports the maintenance and growth of the Webb County youth development program among limited-resource communities of every race and ethnicity. Direct an effective non-formal educational program characterized by the eight essential elements in Youth Development. Promote positive youth development that includes leadership skills in science, healthy living, and citizenship. This program included 852 contacts of which 532 were youth, conducted 22 sessions and utilized 83 volunteers.

Educational programming included Summer S Kool Camp at First United Methodist Church partnered with Keep Laredo Beautiful, Wesley, Nurses and Gateway Health Community Center. They received nutritional value information for several herbs and planted gardens to take home. Also, provided interactive activities from MyPlate and healthy eating alternatives, Kids in the Kitchen and Garden in Glove. Students walked away with bags to keep their community clean and seeds to plant, soccer balls to stay active. The youth also received 10 says of Aikido classes.

Lessons from MyPlate included how much sugar in your drink, increase water, fruits and vegetables in your daily life and reduce your fat intake were also addressed. Another program was held with Youth Leadership Laredo received educational workshop on healthy eating habits, the youth were provided visual demonstrations of healthy plates and unnatural plates. This hands on active activity included reading and equating nutritional labels, measuring carbohydrates and fats on their plates. Lessons from MyPlate included how much sugar in your drink, increase water, fruits and vegetables in your daily life and reduce your fat intake were also addressed. Some workshops were held at Texas A&M International University.

Our target audience for Youth development is:

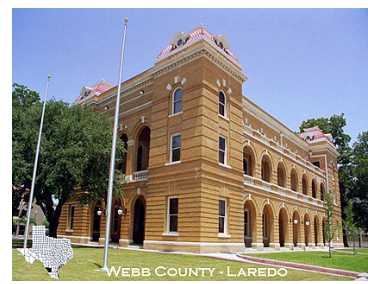
- Youth from low socio-economic status families
- 4-H youth, Texas A&M Las Colonias, Youth Leadership Laredo
- Cities of Laredo, Rio Bravo, El Cenizo, Bruni, and Mirando City – low income housing neighborhoods
- Families referred through faith-based partnerships- First United Methodist Church, Mercy Ministries, Mision Luterana
- 90% + Hispanic audience, all groups welcome and encouraged to attend

Methods Utilized:

- Group and Individual presentations by agent and FCS committee members and volunteers
- Bilingual outreach
- Hands-on interactive courses and presentations

Extension Education in Webb County

Personnel



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