



## Extension Education in Kleberg-Kenedy County

Making a Difference

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

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

## **EXTENDING KNOWLEDGE** *Providing Solutions*

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

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

### **Kleberg-Kenedy County – Summary of 2015 Educational Contacts**

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**Contacts: 8,320**

- Male: 3,940, Female: 4,380
- Adult: 3,170, Youth: 5,150
- White: 3,681, Black: 203, Hispanic: 4,383, Asian: 52, American Indian: 1

**Contact Hours: 23,060**

**Newsletters (4-H and Agriculture): 16**

**EFNEP (Nutrition) Families: 148**

**EFNEP Youth: 570**

**News Articles/Releases/Calendar: 55**

**4-H Members: 488**

**4-H Clubs: 24**

**4-H Managers/Leaders: 47**

**Curriculum Enrichment Participants (Youth): 762**

**Special Interest Participants (Youth): 5,091**

**Master Livestock Mentors: 5**

**Master Gardeners: 9**

**Kleberg Extension Education Association: 11**

**Extension Quilters: 13**

**Cash and In-kind Donations: \$ 34,767**

**Crops Tour/Pesticide Trainings/CEU: 22**

**Lawn/Garden Visits: 42**

## Kleberg-Kenedy County Program Highlights

### Traditional 4-H Program:

- Membership: 488
- Clubs: 24
- Direct Volunteers (Club Managers and Project Leaders): 47
- Top 5 Projects: Livestock, Food and Nutrition, Photography, Clothing and Textiles, and Shooting Sports
- Project Knowledge and Information: Throughout the year, local educational opportunities (workshops/clinics/trainings) are provided to members, families and volunteers
- Community Service:
  - Over 500 pounds of non-perishable food items were collected and donated to local food pantry
  - 50 Christmas gifts donated to Child Protective Services for kids in foster care
  - Over \$700 were donated to purchase 40 Thanksgiving Meals to less fortunate families identified by the County Indigent
  - 28 youth and adult volunteers served nearly 1,000 meals at the Corpus Christi Feast of Sharing event on Christmas Eve
  - Numerous community volunteer activities and beautification projects collaborated with the Kingsville Parks and Recreation Department were supported by 4-H Clubs
- Master Livestock Volunteers conducted livestock clinics with Extension Faculty. Clinics allow new families to have a good experience as they start their 4-H career. Participation continues to increase annually. Families continue to praise clinics for guiding and increasing their knowledge in the project.
- Annual Awards Banquet recognizes 4-H members and adult volunteers for their involvement in the 4-H program. Members receiving recognition completed a recordbook and interviewed before a panel of judges.
- Volunteer Recognition (judges, leaders, managers, partners, etc.) continues to be the cornerstone of appreciating adults who provide their time and expertise to the 4-H program.

### Youth Outreach Programs (community and school based programs):

- Educational youth outreach programs were conducted throughout the year. Efforts were made to continue increase programming efforts into the traditional 4-H program. Detailed information on the results of the program is included below.

### Agriculture and Natural Resources:

- Water Conservation and Quality continue to be a topic of interest with local and area residents. Collaborations with other County Extension Offices (Brooks, Duval, Jim Hogg, Jim Wells, Kenedy, Kleberg, and Live Oak) added additional resources and better programming efforts. Detailed information on the results of the program is included below.
- Pesticide Education (training, information, and CEUs) continues to be an important part of this department. Private applicator trainings are conducted in the spring, summer, Fall, and as needed for residents interested in obtaining a license. Pesticide CEUs continue to be offered through educational programs. Commercial and Structural pesticide education continues to see an increase in local coordination by agent.

- Coastal Bend Soil Testing Campaign continues to be coordinated by agent. The campaign offers producers in the Coastal Bend Area (Aransas, Bee, Live Oak, Nueces, San Patricio, Jim Wells, Kleberg, Refugio, and Kenedy) a reduced rate on submitting soil samples. It allows producers (farmer and ranchers) a better assessment of their soil nutrients and requirements.
- Local Crop Field Day continues to provide information to producers on cotton and grain sorghum variety results. Key component to the program are the collaborations with local row crop committee, producers and seed/fertilizer companies. Agent involves Extension specialists to assist with demonstration plots and educational series.
- Agent collaborates with numerous state, federal, and private sector (USDA, FSA, NRCS, TAHC, TDA, STCGA, etc.) agencies, organizations, and companies to provide quality, relevant information/resources on improving the lives of people. Program partners provide additional resources and information to local residents in the area of Agriculture and Natural Resources.
- Timely news columns/articles addressing local events, activities, and agriculture/natural resources/horticulture subject matter continue to be coordinated with the local newspaper. Numerous programs are also placed in the newspaper community calendar for advertisement to the community.

#### Community and Economic Development:

- Measurement Mania continues to be a huge success story with the local community and school districts. The Chamber of Commerce and other community groups and organizations (TAMUK, NASK, Kleberg Bank, King Ranch, Extension, Celanese, etc.) have provided leadership to this fifth grade math preparedness program. The program provides additional math skills to fifth grade students in an effort to successfully increase STARR testing scores.
- Local collaborations with the Chamber of Commerce and the Economic Development Council provide successful efforts to community functions.

#### Expanded Nutrition Program:

- 148 families were reached through the Expanded Food and Nutrition Education Program (EFNEP).
- 570 youth participated in a series of educational learning sessions in the areas of: basic nutrition, food preparation, food budget management, food safety and physical activity.
- Participants increased their knowledge in:
  - Food Safety
  - Reading food labels "Nutrition Facts" to make healthy choices
  - Meal Planning
  - My Plate Food groups
  - Smart Shopping

Partnership/Collaborators:

- Community Education continues to be the corner stone of providing quality educational programs and information to homeowners, youth, growers, and citizens in Kleberg and Kenedy County. Without the involvement of the numerous partnerships and collaborations, the Extension Service would struggle to succeed. Partners and collaborators included: Kingsville Parks Department, Independent School Districts (KCWCISD, RISD, RISD, KISD, SGISD, etc.), private/religious schools (Pan American Episcopal, Epiphany, Kingsway Academy, St. Gertrude's), Coastal Bend College, Texas A&M University Kingsville, Caesar Kleberg Wildlife Research Institute, Naval Air Station Kingsville, WIC, LULAC, Chamber of Commerce, Texas Department of Agriculture, Farm Bureau, Farm Service Agency, Natural Resources Conservation Service, local Parks and Recreation Department, City-County Health Department, H.E.B., Brookshire Foundation, Gulf Coast Coop, local agriculture producers, seed and fertilizer companies, city and county emergency management coordinators, Kleberg Extension Education Association, Extension Quilters, Kleberg Trap and Skeet Range, L.E. Ramey Golf Course, Kleberg Bank, First Community Bank, National Weather Service, Methodist Child Development Center, Marc Cisneros Center Young Children, Boys and Girls Club, Registered Home Child Cares, and numerous others that supported and made 2014 successful.



## 4-H YOUTH DEVELOPMENT

# Making a Difference in *Kleberg-Kenedy County* 2014-2015

## Annual 4-H Program Summary

### County 4-H Youth Involvement

- 24 Chartered Community Clubs
- 473 Members Enrolled in 4-H Clubs
- 5,091 Youth Reached through Community-based Programs
- 762 Youth Reached through School-Based Enrichment Curriculum

### County 4-H Leadership, Advisory, and Support Organizations

- 8 Youth Board Members attended 7 Meetings
- 24 County 4-H Council Members attended 5 Meetings
- 0 Adult Leaders & Parents Organization Members attended 0 Mtgs

Total Youth Reached

**6,326**



### # of Youth Attending

#### Participation in County 4-H Events

County 4-H Fashion Show Events	47
County 4-H Food Challenge	44
County 4-H Leadership Retreat	19
County 4-H Recordbooks	18
County 4-H Food Show	13

#### County Participation in District Events

District 12 4-H Roundup (All Events)	21
District 12 4-H Leadership Lab	16
District 12 4-H Recordbook Judging	16
District 12 4-H Food Challenge	14
District 12 4-H Fashion Show	13

#### County Participation in State/National Events

Texas 4-H Roundup	13
Texas 4-H Recordbook Judging	4
Texas 4-H Horse Show	1

### Most Popular Club Projects in the County

Livestock Related Projects	467
Food & Nutrition	212
Photography	81
Consumer and Family Science	32
Shooting Sports & Sportsfishing	25

### Most Popular Curriculum in the County

Workforce Preparation & Careers	2,550
Science of Agriculture (Ag Fair)	1,958
Youth Garden Program	762
Food & Nutrition	589
Environmental Education	401

### County 4-H Volunteer Support

- 135 Registered & Screened Volunteers Supporting Clubs
- 47 Club Managers, Co-Managers, and Project Leaders
- 146 Hours Contributed by Volunteers in Support of Clubs

Livestock Show Premium Sale Proceeds\*

**\$983,380**

*Includes all projects (4-H and FFA)*

Value of Volunteer Time Supporting 4-H

**\$3,368**



**County 4-H Leadership & Personal Development Programs**

- 17** Attended State-level Leadership & Personal Development educational or competitive events
- 58** Attended District-level Leadership & Personal Development educational or competitive events
- 16** Attended District Leadership Lab
- 7** Received 4-H Scholarships valued at a total of **\$15,500**

**Local Training Opportunities for Youth and Adults**

- 60** One Day 4-H Food Collection and Ag Olympics
- 19** Leadership Retreat
- 8** Council Officer Training
- 4** 4-H Roundup Workshop

**Significant Leadership & Personal Development accomplishments from county Events & Activities**

Kleberg-Kenedy County 4-H members continue to make an impression in the community through service projects. This year 4-H'ers collected 300 lbs of non-perishable items during One Day 4-H. During the holiday's 4-H youth provided 40 Thanksgiving meals to needy families, 50 gifts to foster children and served nearly 1000 meals at the Feast of Sharing.

**County 4-H Agriculture & Natural Resource Programs**

- 467** Livestock Projects (all species)
- 341** Participated in County Livestock Shows
- 87** Attended State-level Livestock Shows
- 25** Attended District-level Agriculture & Natural Resources educational or competitive events
- 21** Youth Trained through "Quality Counts" Program

**Local Training Opportunities for Youth and Adults**

- 12** Clipping/Shearing Clinic
- 12** Horse Judging Practice
- 18** Livestock Project Clinic
- 22** Livestock Judging Practice

**Significant Agriculture & Natural Resource accomplishments from county Events & Activities**

The Kleberg-Kenedy 4-H youth are very active in livestock activities, with 89 % of county 4-H members exhibiting livestock at the county fair. 4-H members are also very active in attending major livestock show. The livestock judging team has grown to over 30 members participating in 4-5 contests a year. Shooting sports and sportsfishing are new interests here.

**County 4-H Family & Consumer Science Programs**

- 10** Attended State-level educational or competitive events
- 44** Attended District-level educational or competitive events
- 104** Attended County-level educational or competitive event
- 212** Attended Kleberg-Kenedy County Junior Livestock Show Youth Homemaking Contest

**Local Training Opportunities for Youth and Adults**

- 5** Clothing & Textiles Project Leaders Training
- 18** Clothing & Textiles Project Workshop
- 12** Consumer Decision Making Practice
- 20** Food & Nutrition Workshop

**Significant Family & Consumer Science accomplishments from county Events & Activities**

Kleberg-Kenedy County 4-H members continue to learn and improve their knowledge and skills in the food & nutrition, clothing/textiles and consumer education projects. Workshops are organized and student led with guest speakers brought in when available. These trainings give the youth opportunities to learn new things and help teach younger members.

### 2015 Kleberg-Kenedy County Water Education (Conservation and Quality) In-depth Plan

Developed by:

Frank Escobedo

Kleberg-Kenedy County Extension Agent – Ag/NR

#### **Relevance**

Through the local Extension Community Forum of 2011 and 2015, respectively, Kleberg and Kenedy County residents identified water conservation and quality as a major issue. Members of the Leadership Advisory Board prioritized water education as one of the top issues facing local municipalities and private water well owners. Municipality water users were concerned with best conservation practices. Private water well owners were concerned with conservation practices as well as contaminants (arsenic, nitrate, fecal coliform bacteria, and salinity) due to the five year drought of 2010-2014. Private well owners depend on water for human and livestock consumption as well as for irrigation and recreational use.

As state-wide media drought coverage intensified, many communities were facing similar water issues including area Extension Agents from surrounding counties. For this reason, the implementation of water education continues to be a vital part of this multi-county effort which provides best conservation practices and private water well owners with peace of mind.

#### **Response**

Although drought conditions have started to improve, water education continues to be an important issue across the state. Through the water education plan and the utilization of Extension resources, approximately 10,500 newspaper subscribers were provided with research based information on best water conservation practices. This included information related to Water Conservation in the Home, Rainwater Harvesting, and Landscape Use.

Eleven local private water well owners were involved in water well screening. Three of the 11 owners submitted multiple samples. Water samples were collected following Texas A&M AgriLife Extension Water Specialist, Dr. John Smith, procedures for collecting and submitting water samples. Area Extension agents collaborated similar water screening efforts in their respective county. Agents continue to realize the importance of creating multi-county water educational program in which information would be organized by individual counties. Well owners received their water well results and were provided with a one-on-one educational session explaining the contaminants screened and options available to rectify water problems. Additional water resources (*What's In My Water*, *Private Drinking Water Well Basics*, *Drinking Water Standards*, *Drinking Water Problems: Nitrates*, *Disinfecting Water Wells by Shock Chlorination*, and *Drinking Water Problems: Arsenic*) were provided to water well owners whose sample(s) were not within Environmental Protection Agency (EPA) and/or Texas Commission on Environmental Quality (TCEQ) water standards.

#### **Results:**

Data below shows one contaminant that continues to increase in levels higher than the recommended water standards. The recommended EPA/TCEQ salinity water standard is no greater than 500 parts per million (ppm). The high level could be contributed to years of ongoing drought conditions. The average salinity level of the 11 samples screened was 3,138 parts per million, as shown in Figure 2.1 below.

## Agriculture and Natural Resources

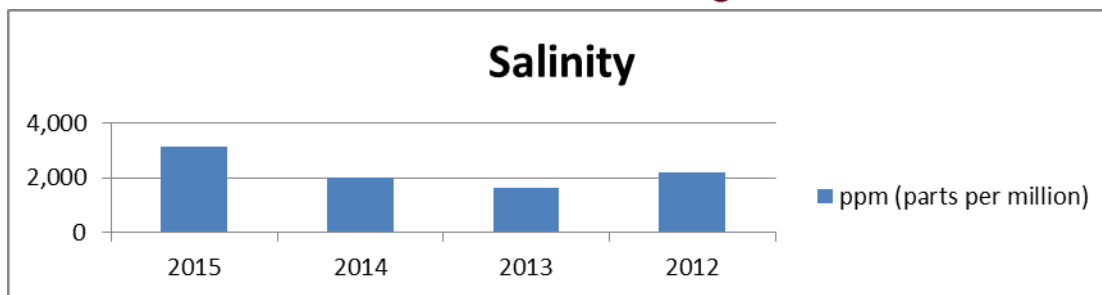


Figure 2.1 represents the Salinity Levels of Kleberg-Kenedy County water well samples.

The nitrate level was higher this year than last year. EPA/TCEQ nitrate water standard is no greater than 10 ppm. The average was 2.9 ppm. Bacteria were present in 35% of the samples submitted last year. This year 36% of the samples submitted were positive for the presence of bacteria. Arsenic was not present in any of the local water samples submitted.

Water well owners understand that the water screening numbers change from year to year. There is also an increased knowledge in applying the educational publications they have received to help make the water safer to drink and use on a daily basis.

Participants in the program were given a retro-post knowledge evaluation. Fifty five percent of the evaluations were returned by private well owners participating in the water screening program. Below is the summary of the evaluation:

- **85%** of the participants knew that it is recommended for private water wells to get screened annually
- **65%** of the participants had knowledge of the contaminants (arsenic, nitrates, fecal coliform bacteria, and salinity) being screened
- **55%** of the participants had their water wells screened by another entity other than Extension. The average time lapse was 10 years ago
- **90%** of the participants indicated that if the results were not within Environmental Protection Agency (EPA)/Texas Commission on Environmental Quality (TCEQ) drinking water standards they would correct the problem

The economic benefit to the implementation of this water well screening has greatly helped well owners understand and take proper measures towards their water quality and quantity concerns. Participants were asked to indicate the value in participating in this water education/screening program.

- **20%** indicated Same Value (\$100 - \$250)
- **45%** indicated Considerable Value (\$251 - \$1,000)
- **30%** indicated Tremendous Value (\$1,001 – more)

Sixty percent of the participants indicated that their well water was used for human consumption. Forty percent said their well water was used for livestock consumption. Twenty percent indicated they use their well water for irrigation only. Not only is water a precious resource for human needs but it is necessary for livestock and plant production as well. Having safe water for the land is imperative to a productive land. Working together and reaching out to near-by counties was also a great way to increase the awareness of Texas A&M AgriLife Extension Service to more than of screening to make sure that they are being educated on water conservation and quality.

## 4-H and Youth Development

### 2015 Kleberg-Kenedy County Curriculum Enrichment and Outreach Programs (4738) In-Depth Plan

Developed by:

Niki Kaiser

Kleberg-Kenedy County Extension Agent – 4-H and Youth Development

Frank Escobedo

Kleberg-Kenedy County Extension Agent – Ag/NR

#### **Relevance:**

Curriculum Enrichment and Outreach programs are enhanced youth opportunities that provide informal learning through recreational activities. The programs focus on the same objectives and subject matter experienced in a classroom environment. These programs relate to real world lessons through a variety of learning experiences and teaching approaches. Studies have shown that learning is more effective when students enjoy what they are doing. Student acquisition of knowledge and skills are enhanced when students construct their own meaning through knowledge and skills application. The Kleberg-Kenedy County Curriculum Enrichment and Outreach Program plan is a variety of programs that provides learning experiences and enrichment activities related to agriculture and natural resources, higher education, character education and nutrition/healthy living.

#### **Response:**

Target Audience: Youth ages Kinder through 12<sup>th</sup> grade

Over 4,000 youth participated in a curriculum enrichment or outreach program in 2015. Programs varied on subject matter and depth of experiences.

Educational Response: Youth experiences included the following programs.

- Agriculture/Wildlife Fair, known as Ag Fair to many local schools is an educational outdoor event. The purpose of the event is to create learning partnerships that help youth and adults enhance their lives and communities. Ag Fair introduces students to a variety of aspects in agriculture; many found in our local community. Approximately 720 youth from Kingsville ISD participated in the event featuring sessions on dairy science, beef production, beef by-products, cotton and grain production, soil and water conservation, wildlife conservation and preservation. Students played and interactive role in the sessions and saw many demonstrations ranging from milking a cow to ginning cotton. Presenters included Texas Farm Bureau, Natural Resources Conservation Service, Coastal Bend Bays and Estuaries, Southwest Dairy Cattle Producers, and Texas A&M Kingsville.
- Adventure and Kiddie Camp is a six week long summer camp program for youth ages 6-18 that Kleberg-Kenedy County Extension, the City of Kingsville and Kleberg County Parks and Recreation Department partner to provide youth learning opportunities focused on natural resources, life skills and recreation. Daily activities begin with fitness and nutrition targeting obesity and diabetes awareness and encouraging healthful food choices. The program continues with educational and interactive activities that range from touring local museums, aquarium, or wildlife preserves to field trips to teach kayaking and fishing, or archery and golf. Each day

## 4-H and Youth Development

provides a new subject and activity. Anti-bullying and drug education lessons are also tied into the program. Additional partners/collaborators with Adventure and Kiddie Camp include Kingsville Police Department, Brookshire Foundation and Kleberg County Human Services.

- The 15<sup>th</sup> Annual South Texas Career EXPO exposes student's grades 8-12 to career awareness and college preparation. The annual event allows students to browse through careers of interest and visit with professionals on what the career entails. Student objectives are to identify knowledge of personal characteristics, interests, aptitudes, and skills, develop awareness of and respect for the diversity of the world of work, understand the relationship between school performance and future choices, and understand the value of personal goal-setting and decision-making. The purpose of the South Texas Career EXPO is to give student's a "picture" of technical and other demonstrable careers and a better understanding of what each requires. Approximately 2,500 students attended this event.
- Educational Livestock Show Youth Tours is a program for daycare and elementary aged youth. The purpose of the event is to provide short educational presentations by high school 4-H members with tours of the livestock barns. Students are given the opportunity to see and touch several different livestock species including rabbits, chickens, goats, lambs, cattle and horses. Nearly 400 youth participated in this event in 2015.

### Results/Testimonials:

According to parents, the outreach programs continue to provide the necessary life skills to the youth in making more aware of the importance of agriculture and natural resources, leadership development, higher education and college preparation, and healthy choices. School officials have praised these programs and continue to partner with Texas A&M AgriLife Extension Service.

#### *Career Expo:*

"The Expo had a variety of career opportunities that you had the option to explore. They had college booths and job insights to help the youth in exploring what they were interested in for their future. One booth that stuck out or helped me tremendously was the A&M Animal Science booth. With their help I have done further research and have picked the right career for me. I'm not saying that pursuing a veterinarian is what my heart is set on, but for the time being I think it's something that fits me well." -Academy High School Junior

#### Future Program Actions

- Introduce new programs that continue to develop youth character and leadership skills.
- Marketing of the program to other collaborators/partners in the community
- Increase hands-on interaction.

#### Partnerships and Collaborators

- School Districts (Kingsville ISD, Riviera ISD, Ricardo ISD, Epiphany Episcopal School, Santa Gertrudis ISD, Kenedy County Wide Common School District)
- Kingsville Parks & Recreation

## 4-H and Youth Development

### 2015 Kleberg-Kenedy County Youth Gardening Program (4761) – InDepth

Developed by:

Niki Kaiser

Kleberg-Kenedy County Extension Agent- 4-H and Youth Development

#### **Relevance:**

Many communities are characterized by unhealthy options when it comes to diet and physical activity. Childhood obesity is an important issue identified in many parts of Texas and across the nation. Youth garden programs have shown to improve attitudes about eating healthful foods while offering ways to youth to become more active and engaging. Gardening programs not only bring connections to academics, such as science, math and nutrition, but also provides an opportunity for youth to develop self-esteem and take pride in their accomplishments. The goal of this plan is to engage students and teachers/volunteers with lessons and activities on gardening and improving nutritional choices.

#### **Response:**

Target Audience: Elementary Students (Grades Pre-Kinder through 6th grade)

There were seven hundred sixty two students from Pre-K through 6<sup>th</sup> grade that participated in the Youth Garden Program curriculum enrichment program. The program was implemented in 4 school districts across the county and in a private school.

#### Educational Response:

Youth were taught lessons on planning and preparing a garden, soil, fertilizer, water & irrigation, insects, weeds, harvesting and nutrition. Students actively participated in their garden during all stages of production. Students were given the opportunity to plant seeds, identify differences between seedlings and weeds, search for beneficial and harmful insects, water fruits and vegetables, measure growth and harvest the garden. Demonstrations include identifying soil type by viewing sediment layers and making soil ribbons, making bug catching devices and deconstructing plants/fruits/vegetables.

#### Additional resources (Educational Response):

Junior Master Gardener (JMG) and The Great Garden Detective Adventure publications/websites were used as additional resources which provided valuable information during the program.

#### Partnerships and Collaborators

- School Districts (Kingsville ISD, Riviera ISD, Ricardo ISD, Epiphany Episcopal School, Kenedy County Wide Common School District)
- Kleberg-Kenedy County Master Gardeners

## 4-H and Youth Development

### Evaluation Strategy:

#### Knowledge Based

- Pre-test (Knowledge based) was administered to students prior to first lesson. Post-test (knowledge based) was administered at the conclusion of the program.

### Clientele Feedback:

Teachers continue to praise the program for teaching students gardening fundamentals and why you should make healthful food choices. They also indicated how the hands-on interaction increases student involvement and awareness.

### Results:

The Pre- and Post- Tests were used to determine the level of knowledge gained/loss in the Kleberg-Kenedy Youth Garden program.

One Hundred Eighteen students completed the pre- and post- tests for the Youth Garden program. The average score on the pre-test was 42% correct, and the average post-test was 81% correct. Students improved their knowledge about the water cycle, photosynthesis, insect care, plant parts and functions, and fruit/vegetable nutrition.

### Future Plans:

#### Benefits/Impacts

Program continues to make youth more aware of gardening benefits through physical activity and nutrition education. School officials have become more proactive in preparing for garden program and assisting during the lessons.

#### Acknowledgments

Special thanks to the following school teachers and partners for their support: Harrel Elementary (Mrs. Herrera), Perez Elementary (Mrs. Gonzalez), Sarita Elementary (Mrs. Brown), Ricardo Elementary (Mrs. Terrell), Epiphany School (Mr. Huerta), Riviera Nanny Elementary (Mrs. Kimball).

### Future Program Actions

- Introduce Learn, Grow, Eat, Go curriculum
- Marketing of the program to other schools
- Increase hands-on interaction.
- Involve more partners/resources: Boys & Girls Club, local Parks Department

## 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

## Expanded Food and Nutrition Education Program Kleberg 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 – 2014 data show that 20% of Texas families with children under the age of 18 were living below poverty level, compared to 18% of U.S. families.

### ***EFNEP REACHES DIVERSE AUDIENCES IN KLEBERG COUNTY***

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

In 2015,

- 148 families enrolled in EFNEP.
- 570 youth contacts were made through the EFNEP youth program.
- 76% of families were at or below 100% of federal poverty level.
- 90% of families were enrolled in one or more food assistance programs.
- 89% of EFNEP adult participants were Hispanic/Latino.
- 5% of EFNEP adult participants were Not Hispanic/Latino, White.

## ***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:

- 94% with positive change in any food group at exit. Specifically, EFNEP participants consumed 0.9 more cups of fruits and vegetables at completion, compared to entry.
- 73% improved in one or more food resource management practices such as planning meals in advance.
- 84% improved in one or more nutrition practices such as using the “Nutrition Facts” on food labels to make food choices.
- 53% improved in one or more food safety practices such as thawing foods safely.


### Youth Program:

The EFNEP – Youth program is directed toward low-income school-age youth. These students participate in a series of fun and educational lessons on good nutrition and food safety as part of summer programs, classroom and after-school activities. The following results show how youth participants’ food behaviors improved after attending EFNEP classes.

- 72% improved ability to choose foods according to the Dietary Guidelines.
- 41% improved their safe food handling practices more often.
- 30% improved physical activity practices.

**VALUE**

Expanded Food and Nutrition Education Program



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.

# Texas A&M AgriLife Extension Service Kleberg-Kenedy County (Faculty and Staff)

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