

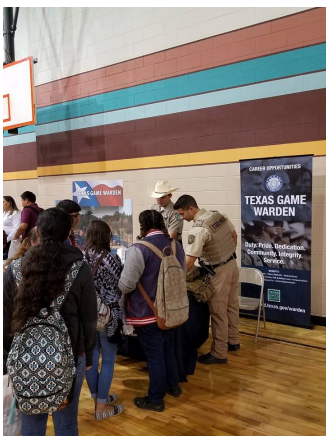
FOREWORD: This document is being provided to you to highlight some of the educational programs, services and opportunities afforded to the people of Zapata County. These efforts would not be possible without the support of The Zapata County Commissioners Court. Thank you for all that you do in support of the Texas A&M AgriLife Extension Service in Zapata County. This is only a highlight of some of the programs and activities conducted during 2017. There are many other events not included.

January: Kicked off Walk Across Texas with all 4 Elementary Schools from Zapata CISD. A total of over 1,100 students participated in this years Walk Across Texas program with over 126,000 miles walked combined.



February: Hosted a community Walk Across Texas Kickoff event at Hawk Stadium. Participants joined in on a fun mile run course and had the opportunity to participate in some mini physical activities provided by different businesses. Some of those activities were Zumba, Knockerball, circuit training, and many more.

March: Healthy South Texas Youth Ambassadors hosted a Taste Testing booth for *National Nutrition Month* at Zapata High School. Students surveyed different smoothies to see which would be added to their breakfast menu. Students also joined in the fun with the smoothie bicycle.



April: North Elementary and Arturo L. Benavides Elementary had the opportunity to start the Learn, Grow, Eat, and GO! Curriculum. Both schools had 15 students in their garden clubs with two raised beds at their schools. Students learned about gardening and even tried food recipes with vegetables from their own garden

May: In collaboration with Zapata High School, Texas A&M AgriLife Extension provided a Student Health and Career Fair for all high school students. Over 900 stu-

dents had the opportunity to meet with different health and career agencies and gather important information from them.



June: Texas A&M Health Science Center provided Zapata County with a Kiosk that will be located at the Zapata County Courthouse. The Kiosk will provide mini lessons with information on Diabetes, Asthma, and infectious disease.



July: The Better Living For Texas (BLT) program started its first program ever in Zapata County called the *A Fresh Start to a Healthier You*. The program had 12 participants join and graduate.

August: In collaboration with Driscoll Health Plan, Boys and Girls Club of Zapata, Sheriff's Dept, and Gateway Community Clinic we hosted a Back to School Health Fair. Backpacks were donated and given to kids attending Zapata ISD. Over 600 backpacks were given out.



September: Started the Zika Surveillance Project to update species distribution maps for *Aedes aegypti* and *Aedes albopictus* in Texas in order to determine areas potentially at risk for local transmission of Zika, CHIK, and dengue viruses. Zapata County found *Aedes aegypti* in 1 oviposition cup site.

October: Healthy South Texas Youth Ambassadors hosted a National School Lunch Week booth and provided information to high school students with a healthy foods model and physical activity information.



November: Zapata County Employees had the opportunity to join the *Maintain No Gain Holiday Challenge* at the Zapata County Employee Workshop on Nov. 22, 2017. Participants had to maintain their weight within 2 lbs. over the 6 week period of the holidays by exercising more and consuming more fruits and vegetables. 66 county employees joined the Maintain No Gain program.



December: The *Better Living for Texans (BLT)* program provided the *Eat Smart, Live Strong* series at the San Ygnacio Nutrition Center. 15 participants joined and learned about specific eating and physical activity behaviors and to improve health and well-being.