

Kleberg-Kenedy County

2018 Program Highlights



4H and Youth Development:

- 4-H Membership (traditional program): **477** members
- Outreach efforts (school and community programs): **3,121**
- 4-H Clubs: **22**
- Club Managers/Project Leaders: **58** screened volunteers

Summary:

4-H and Youth Development programs provide members and participants with life enhancing skills through an array of project and curriculum opportunities. Leadership and community development programs provide the foundation for future involvement in additional projects and programs. Extension staff work and train adult volunteers to support and encourage participation at the club, county, district, and state level. Families are provided with opportunities to gain knowledge of new and existing projects/programs by participating in workshops, clinics, and directly with Extension agents and experienced leaders.



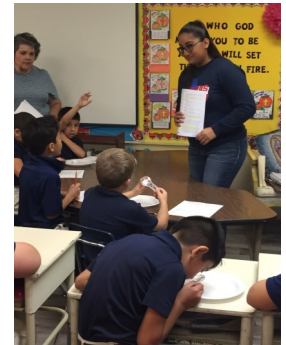
Opportunities for 4-H members
"Robotics Workshop"



Honoring Mrs. Lynn Nollkamper at
4-H Achievement Awards Banquet



Helping local animal rescue center
during "One Day 4-H"



Elementary students learning anatomy
through "Owl Pellet Curriculum"



Council officers promoting 4-H
"Tractor Supply Clover Campaign"



Character Education during
Summer Youth Camp



Kleberg County
National 4-H Week Proclamation

Expanded Food and Nutrition Education Program (EFNEP):

EFNEP assists families and youth with limited resources: those at-risk that suffer from hunger, food insecurities and the inability to connect with available support systems. It 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 adults. Program graduates report significant, lasting improvement in eating behaviors and healthy food habits.



Results

- **95%** 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.
- **78%** improved in one or more food resource management practices such as planning meals in advance.
- **89%** improved in one or more diet quality practices such as eating dark green vegetables more often each week.
- **79%** improved in one or more food safety practices such as thawing foods safely.

Agriculture and Natural Resources:

With 90,000 acres in row crop production and gross receipts averaging \$55 million annually, Kleberg County growers seek opportunities to increase profitability. Through efforts by the local row crop committee and other partners, educational programs such as demonstration trials, soil testing campaign, and educational sessions have provided opportunities to enhance their operation. Extension staff continues to collaborate with several partners to provide private water well screening and remediation education. Over the past year, Texas A&M University Kingsville has been instrumental in seeking funding opportunities to enhance additional water well testing. Pesticide education continues providing opportunities to obtain licensure and credits. Traditional efforts like home/ranch visits gives residents opportunities to gain knowledge on horticulture/agriculture related areas



Result Demonstration collaboration with local producers



Economic benefit of Coastal Bend Soil Campaign



Row Crop Field Tour /Educational program provides producers with innovative advances



Results

- 75% increased their knowledge of Dicamba and 2,4-D formulations
- 75% increased their knowledge on USDA seed cotton program
- 63% of participants have tested their soil within the last three years
- 88% felt they would benefit economically as a direct result of the soil campaign

Health:

Excessive weight and inactivity are consistently linked with increased incidence of chronic diseases. The Health Agent with support of the Healthy South Texas Coalition, task force groups, and volunteers have identified and support the following adult and youth programs related to general nutrition education and chronic disease prevention.

Program Participation

ADULTS	PROGRAMS	PARTICIPANTS	TOTAL
Physical Activity	Walk Across Texas	308	308
Nutrition Education	Dinner Tonight	380	493
	Cooking Well with Diabetes	71	
	Mobile Cooking School	2	
	Maintain No Gain	40	
YOUTH	PROGRAMS	PARTICIPANTS	TOTAL
Physical Activity	Walk Across Texas	1599	1599
Nutrition Education	Dinner Tonight, Jr.	10	537
	LGEG Garden Program	447	
	Path to the Plate Youth Expo	64	
	4H Foods and Nutrition	16	

Significant Results

- Texas A&M AgriLife Extension Health services and programs are available at no cost to participants or to the county.
- 48.6% increase in participants who “more often” consult the ‘nutrition facts’ on ingredient labels for carbs, fat... when planning meals and snacks.
- 55.6% indicated an increased level of confidence in meal planning to prepare healthy meals.
- Adult physical activity program participants have the potential to save a collective \$3,618,916 in future health care costs by avoiding type 2 diabetes and by reducing work absences.

