

2018

# Cameron County Family & Community Health



CEA Agent conducted multiple parent education workshop series in Cameron County utilizing the Parenting Connections curriculum. One hundred and sixty nine (**169**) single session evaluations were completed by participants. **63** parents completed the 4 week program

During 2018, Cameron County adults completed the 'Fresh Start to a Healthier you! Series. Of those **609** participants completed the 30-day follow-up surveys which allow us to assess the extent that targeted behaviors were adopted.



## HEALTHY SOUTH TEXAS

Healthy eating begins at home and with Texas A&M AgriLife Extension Services Dinner Tonight! program, we make it easier for people to plan and cook healthy meals. Recognizing the challenges of busy families, this program uses face-to-face cooking schools and an all access website to teach cooking tips and techniques, provide reliable nutrition information, address food safety concerns, and give guidance on food preparation. Locations Included: Bob Clark Community Service in Brownsville, the Rio Hondo City Hall, and the Primera Iglesia Presbiteriana Mexicana in Brownsville

- *Cameron County hosted a Dinner Tonight Healthy Cooking School with **349** participants*

## Parenting & Life Skills

Throughout the 2018 year, over **1,512** parent and student participants from the Harlingen Consolidated School District/Harlingen Boys and Girls Club's Family P.L.U.S. More program attended presentations wherein they learned tips on how to communicate better with one another, how to manage their money, and how to manage their stress and time in order to strengthen the family unit



## Youth Nutrition

CEP Agent held the 6-week nutrition program "Choose Health: Food, Fun, & Fitness" at various Prospera Housing Community Services locations.

Over **25 youth participants** attended and graduated from the program where they learned lessons such as how to read a nutrition label to make healthier food choices, and the benefit of drinking less sugary drinks.

# 4-H & Youth Development

TEXAS A&M  
**AGRI LIFE**  
EXTENSION



## Rio Grande Valley Livestock Show Sale of Champions

41 Cameron County 4Hers participated in the Sales of Champions. Earning a total **\$133,921**. Several other 4-H members won breed and overall championships in the various breeding divisions. Cameron County 4-H clubs had well over **560 entries** and were well represented in each of the shows divisions. We also had the first place Junior and Intermediate Livestock Judging Teams.



## Kids, Kows, & More

**1,500** 4th graders in attendance from Cameron & Hidalgo. Students learned about production agriculture in: Beef Cattle, Dairy Cattle, Sheep & Goats, Cotton & Citrus



## CEP 4H & Youth Development

### Heroes 4-Health

The goals of the *Youth Voice: Youth Choice 4-H Healthy Living grant* provided by Walmart are to mobilize underserved youth to take action around nutritional deficiencies, healthy food choices, and physical activity. 4-H Agent Guadalupe Castro trained summer program teachers on the Heroes 4-Health program and purchased supplies and food for the schools using grant funds. Teachers conducted the program with their students throughout the summer and reached a total of **105 students**.



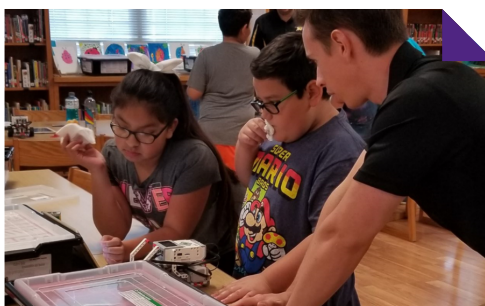
### 4-H Stem Program

4-H Science is the 4-H program's response to our nation's concern for improving human capacity and workforce ability in the areas of science, technology, engineering and mathematics (STEM).

Through the 4-H Robotics program students were able to learn about various careers in engineering, programming, and coding using skills in math, technology, and science. Teacher trainings were conducted throughout the year and the program was implemented by the San Benito ISD's After-School Program in grades 2nd - 12th.

A total of **113 students** were reached through the 4-H Robotics program. San Benito After-School program also participated in the *National Youth Science Day* experiment *Code Your World* during 2018 4-H Week as part of their STEM programming. Code Your World was a four part challenge that taught youth to apply computer science to the world around them through hands on activities.

Three schools participated and were trained in the various experiments and **275 students** conducted the Code Your World experiments.





## Urban Horticulture



### RGV Small Acreage

Over **270 participants** attended the eight workshop Small Acreage series. Programs included: Community Garden Field Day, Production Planning, Goat Production, Beef Cattle Production, Beekeeping, Canning & Preserving, and Grape Pruning. After attending the Small Acreage programs participants reported to expect an average economic benefit of **\$3,379**.



### Learn, Grow, Eat, Go!

Master Gardeners provided multiple lessons from the Junior Master Gardener Curriculum to **85 students** from Harlingen Consolidated Independent School District. (HCISD) *Eight* Gifted and Talented Teachers from HCISD were trained on the Learn, Grow Eat, Go! Curriculum. The teachers cover **17 elementary schools**. A ribbon cutting event took place at Sullivan Elementary for their new garden and greenhouse and **30 afterschool students** graduated as Junior Master Gardeners.



### Growing and Nourishing Healthy Communities

During 2018, **45 sessions** were delivered reaching a total of **524 participants**. A total of **5 community gardens** in Cameron County are actively participating in the GNHC Program yielding more than **1600 pounds** in 2018.



## Master Gardeners

For the 2017-2018 class **12 Master Gardener Interns** completed course work and 50 hours of volunteer service hours and became certified Texas Master Gardeners. The Master Gardener interns and Master Gardener's volunteers contributed **3442 service hours**. This year **19 Master Gardener Interns** completed the class training and will continue to work on volunteer hours needed to become a Texas Certified Master Gardener



## Earth-Kind

Weekly Horticulture Education Article in the Valley Morning Star. Educational programs on Citrus Greening Programs, Palm Tree Care and Management, Native Plants, Rainwater Harvesting and Rose Propagation were provided to Cameron County Residents Presentations were conducted at schools, garden clubs and the Master Gardener Education Garden. Educational publications were distributed at 5 community outreach events.

## Agriculture

### Bull and Heifer Development Program

Beef Cattle producers/consignors had the opportunity to enter the cattle in Motion On Line Video Sale if cattle met criteria in performance and development ranchers were awarded premium price for their cattle during the online video sale. All cattle were preconditioned and were on feed at the Rio Beef Feed yard. Total of **100 head of cattle** entered a 120-day feeding program. 8 different breeds with a 32 lot sale.



### Master Rancher Program/Class

From January to May of 2018 the Master Rancher Program provided increased knowledge in Beef Health Herd Management, Nutrition, Feeding of Rations, Weed and Brush Control, Pest Identification, Agriculture Law on current issues, Fabrication/Processing/Marketing A total of **10 participants**, with **52 hours of Educational Instructions**.



## Coastal & Marine

### Rescue Efforts

This year Texas Coastal Naturalists targeted wildlife rescue efforts assisting with the recovery of **194 cold stunned sea turtles** from the Lower Laguna Madre and **92 downed brown pelicans** at the Bahia Grande.



### RGV Shrimp Farms

Aquaculture rebounded this year with RGV Shrimp Farms comprising over **400 acres** in ponds producing **370 thousand pounds of shrimp** in 2018 estimated to be worth **\$1.5 million**



The 2018 Marine Extension program in Cameron County focused on wildlife rescue, volunteer education and training, endangered species conservation, fisheries and aquaculture

### Texas Master Naturalists

Membership for the South Texas Border Chapter and Rio Grande Valley Chapter Master Naturalists exceeds **400 members**. In 2018 they contributed **24,583 hours** of volunteer time in the Valley valued at **\$606,954**.



### Cambered Doors Save Costs

Cambered shrimp trawl doors and super-fiber netting introduced by AgriLife, saved the Cameron County fleet **\$1.5 million** in fuel costs in 2018. The remainder of our fleet saved **\$1.1 million** in the same period utilizing super-fiber netting combined with standard wood or plastic doors



Pictured Right:  
Cambered Trawl Doors

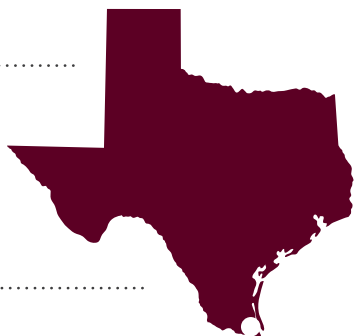
# EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

*Educating Families since 1969*

## 2018 // Cameron County Outreach

**1,541**  
participants

**6,003**  
families



**93%**

made a positive  
change in one or  
more food groups



**132** volunteers

**2,640** hours  
equals  
**\$65,049.60**  
in-kind  
contribution



## Adult Outreach

**78%** increased  
physical activity behaviors



**\$17**  
saved on  
family's  
monthly food  
expenses



**71%**  
practice better  
food resource  
management

## MyPlate Practices



**91%**  
changed diet  
quality  
behaviors



**39%**  
increased  
vegetable intake



**72%**  
improved  
food safety  
practices

## Youth Outreach



**8,686**  
Kinder - 12th

**83%**

improved ability  
to choose  
healthy food

**57%**

improved safe  
food handling  
practices

**47%**

improved  
physical activity  
behaviors





## Expanded Food and Nutrition Education Program Cameron County

### SUPPORTING TEXAS FAMILIES WITH GREATEST NEED SINCE 1969

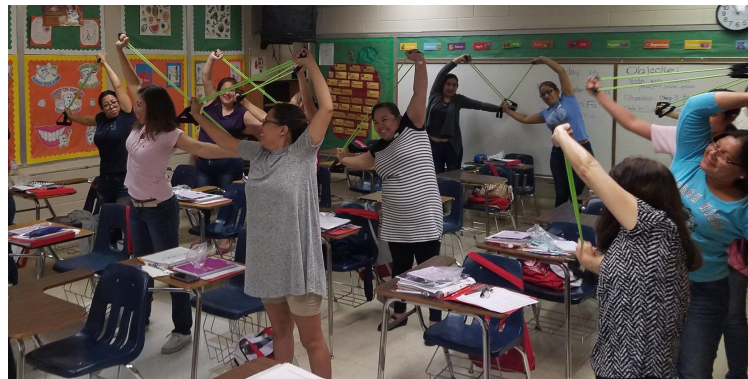
The Expanded Food and Nutrition Education Program (EFNEP) helps young families and youth with limited resources – those most at risk to suffer from hunger, food insecurity and the inability to connect with available support systems. EFNEP offers practical lessons in basic nutrition, food preparation, food budget management and food safety in settings convenient for the participants. Program graduates reflect significant, lasting improvement in eating behaviors and healthy food habits. Texas has a need for EFNEP – 2016 data show that 19% of Texas families with children under the age of 18 were living below poverty level, compared to 17% of U.S. families.

### EFNEP REACHES DIVERSE AUDIENCES

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

In 2018,

- 1,541 families enrolled in EFNEP
- 8,686 youth contacts were made through the EFNEP youth program
- 64% of EFNEP participants have children under the age of 19
- 37% of families were at or below 100% of federal poverty level
- 59% of families enrolled in one or more food assistance programs



### 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 participants will learn to: prepare more meals and snacks at home, be more active, control portion size and have more energy.

#### 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. Through fun and engaging activities youth learn to: build a healthy plate, set limits on sugar, fats and sodium, be active, food safety and to practice healthy behaviors.



### COST-BENEFIT OF EFNEP

Studies have shown that for every \$1 spent on EFNEP, \$10 were estimated to be saved in health care costs and \$2 saved in food costs by participants. For Cameron County, this is \$3 million in estimated health care cost savings and almost \$616,986 in food costs.

### VOLUNTEERS STRENGTHEN EFNEP

In 2018, 132 volunteers donated 2,640 hours of work to EFNEP in Cameron County. At the Texas rate of \$24.64/hr, this volunteerism has a minimum dollar value of \$65,049. Volunteers make a difference in their own communities, and contribute to EFNEP's continued success.

For more information visit [efnep.tamu.edu](http://efnep.tamu.edu).



TexasEFNEP



TX\_EFNEP



Texas EFNEP

Work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

The Texas A&M AgriLife Extension Service provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.