

TEXAS A&M AGRILIFE EXTENSION



About Family & Community Health

The Texas A&M Agrilife Extension Hidalgo County Family & Community Health team consists of Andrea Valdez-CEA FCH, Joanne Ureste-Armijo-CEA FCH, Melissa De Leon EA-EFNEP and Stephanie Bowman EA-PVAM CEP.

Program topics include nutrition and MyPlate for youth and adults, hands-on food demonstrations, food handler certifications, physical activity, anger management and parenting skills, car seat installations and financial literacy.

58,439 Total Health Contacts
(FCH, EFNEP, BLT, GNHC)
75,324 Total Contact Hours

Health & Wellness

Dinner Tonight Healthy Cooking School hosted over 100 participants with Guest Chef City of McAllen Mayor Jim Darling and honored Senator Chuy Hinojosa for his support of Extension programs. 63% of participants increased knowledge of how the foods we eat impact our health.

Mobile Cooking School graduated 18 participants who learned how to prepare food safely and cook new and healthy recipes.

183 Food Handler certifications were issued in 2018 with a 10 point increase in pre/post test score. This program was extended into the Hidalgo County Jail to certify food trustee inmates.

Meet Me at the Park Grant awarded Hidalgo County Precinct #3, partnered with Texas A&M Agrilife Extension Service, \$30,000 for Katrina Park improvements in Penitas including a walking trail and play equipment for youth.

2018



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Cooperative Extension Program



<http://hidalgo.agrilife.org>

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Strengthening Families

45 Participants at the Childcare Providers Conference, 171 graduates from Anger Control Program, 122 graduates from Parenting Connections, 46 car seat donations, 161 participants in the Money Smart Program

100% of Childcare providers learned new information and will apply it in their program

98% of participants in the Anger Control program were able to recognize their trigger thoughts

98% of Parenting Connections program participants reported an improvement in their child's behavior

54% of Car seat recipients mentioned they needed help installing their care seat before the check up and 100% knew the next car seat step for their child

76% of Money Smart participants now know "Pay Yourself First"

EFNEP and Prairie View A&M

Prairie View A&M CEP: 557 youth reached in the Choose Health: Food, Fun, and Fitness program

83% of participants reported learning about healthy food choices

Expanded Food & Nutrition Education Program:

1,964 adults were enrolled with 1,512 graduates and 21,132 youth were reached

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2018 Hidalgo County Agriculture and Natural Resources

Brad Cowan - CEA Agriculture, Ashley Gregory - CEA Horticulture, and Vidal Saenz – CEA Farm Advisor make up the Hidalgo County Agriculture and Natural Resources program team. Program areas include home gardening and landscaping, small acreage farming and ranching, environmental sustainability, commercial agriculture, ranching, livestock management, small farm loan assistance, and volunteer recruitment and training.



Master Gardener Training

Training program for new volunteers - 50 hours in class and 50 hours hands on instruction

- 11 new volunteers graduated in 2018
- 20 people participated in the 2018 training
- 43 MGs volunteered 4,860 hours
 - Volunteer hours valued at \$119,993

Learn, Grow, Eat, & Go! Curriculum – JMG

- 22 sessions were delivered educating 110 youth on gardening, nutrition and physical activity.

Horticulture Programs



EarthKind Workshop Series

- Over 370 adults and 528 youth educated at 30 workshops
- An average of 375 people reached monthly at Farmers Market Information Table
- Fall and Spring Garden Festivals and Home Garden Tours were attended by over 200 people each

Growing and Nourishing Healthy Communities

While we are no longer focusing on establishing new gardens we continue to support and help maintain 8 community gardens throughout Hidalgo County

- 214 individuals participated in 153 sessions
- 3,100 lbs. of produce harvested

2018 Hidalgo County Agriculture and Natural Resources

RGV Small Acreage Programs

This is a multi-disciplinary and multiple county effort to provide education and resources for small acreage beginning and Veteran farmers and ranchers. The series included workshops on Production Planning, Goat Production & Marketing, and Beekeeping. There were also farm tours, a field day, a beef cattle seminar and a horticulture conference.

- 270 individuals participated in the various educational events
- **Goat Production and Marketing** - 61 program participants were trained on best management practices on goat production and marketing. There was a 70.8% increase in knowledge gained by program participants and an expected economic benefit of \$259 per participant.
- **Beef Cattle Seminar** - 42 program participants were trained on best management practices in beef cattle production. There was an 82% increase in knowledge by program participants and an expected economic benefit of \$10,389 per participant.
- **Horticulture Conference** – 40 participants learned about tomato grafting, on farm pest management, food safety for direct sales, and the current vegetable market outlook. Participants estimated an average economic impact of \$590/operation. Average increase in knowledge across all topics was 71%.



Fly Control Result Demonstrations

Six cow/calf herds in Hidalgo county were provided fly control with the Vet Gun in hopes of the producers adopting this new and effective fly control method. Expected economic benefit was \$250 per producer.

Small Farm Outreach Training and Technical Assistance Program

The Cooperative Extension Program was able to provide technical assistance to 75 producers in filling out USDA-Farm Service Agency loan applications for farm operating and farm ownership in 2018. The total amount in loan funds requested was \$5,223,075. This was a total savings of \$104,461.50 to these program participants.