

DIMMIT COUNTY 2019 PROGRAMS

COOKING WELL WITH DIABETES

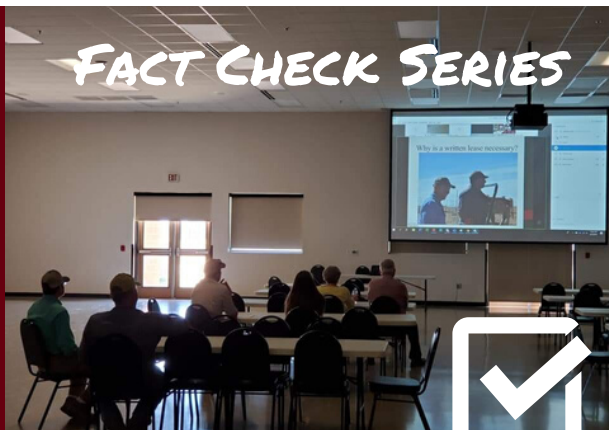


- 13 PARTICIPANTS
- COLLABORATED WITH METHODIST HEALTHCARE MINISTRIES OF SOUTH TEXAS WESLEY NURSE
- 71.4% OF PARTICIPANTS REPORTED TO ADDING EXTRA VEGETABLES TO DISHES AFTER COMPLETION OF PROGRAM.



- **ECONOMICAL WATER SCREENING**
- 24 WATER WELLS CHECKED IN DIMMIT
- TESTED FOR SALINITY, NITRATES, HYDROCARBONS, & BACTERIA

FACT CHECK SERIES



- 4 SERIES EDUCATIONAL PROGRAM
- EDUCATION INCLUDED: LAND OWNER LIABILITY, BRUSH MANAGEMENT, & EXOTIC WILDLIFE
- UTILIZED TECHNOLOGY IN PROGRAM DELIVERY TO HAVE ACCESS TO CONTENT **SPECIALIST**

COUNTY WORKSITE WELLNESS



DINNER TONIGHT

- 54 PARTICIPANTS
- FEATURED 3 HEALTHY RECIPES
- 92.9% OF PARTICIPANTS REPORTED CONFIDENCE IN MODIFYING RECIPES TO REDUCE SODIUM CONTENT AFTER PROGRAM.

MAINTAIN NO GAIN

- 19 PARTICIPANTS
- 6 WEEKLY WEIGH-INS
- 72.2% OF PARTICIPANTS MAINTAINED WEIGHT

WALK ACROSS TEXAS

- 2 SESSIONS TOTALING 12 WEEKS
- 83.3% OF PARTICIPANTS REPORTED THEY WERE PHYSICALLY ACTIVE 4 OR MORE DAYS A WEEK AS A RESULT.



"To make the best better"



SHOOTING SPORTS

- DISTRICT, STATE, AND NATIONAL PARTICIPATION IN ARCHERY AND RIFLE
- HIGH POINT PARTICIPANT AT STATE



DIMMIT COUNTY CLASSIC

- RAISED APPROXIMATELY \$9,000

4-H VOLUNTEER RECOGNITION

MRS. JOHN RECEIVED 4-H
SALUTE TO EXCELLENCE
SERVICE VOLUNTEER AWARD
FOR 20 YEARS OF DEDICATION
AND SERVICE TO DIMMIT 4-H.
SHE ALSO WON FREE
WHATABURGER FOR 1 YEAR



FCH

- FASHION SHOW
- FOOD SHOW
- 4-H SUMMER CAMP



- PEER EDUCATION TO PROMOTE SHOOTING SPORTS AT LOCAL, DISTRICT, AND STATE LEVEL





RURAL STUDENT SUCCESS INITIATIVE

- ACTIVE SHOOTER SAFETY, ROADSIDE SAFETY, SELF-DEFENSIVE, PULL-OVER ETIQUETTE, DUI EDUCATION
- OVER 300 STUDENTS REACHED
- FINANCIAL LITERACY WORKSHOP
- WELCOME TO THE REAL WORLD/ EATING ON A BUDGET WORKSHOP



ENROLLMENT:

- COMMUNITY CLUBS: 153
- 4-H VOLUNTEERS: 11



Online  Outreach



COMMUNITY SERVICE

- MADE FOOD DONATIONS TO WOMENS SHELTER
- EL INDIO HWY CLEAN UP
- BLANKET DONATIONS



DIMMIT COUNTY 4H CLUBS:

- DIMMIT COUNTY ELEMENTARY
- DIMMIT COUNTY JR HIGH
- DIMMIT COUNTY HIGH SCHOOL
- DIMMIT COUNTY 4-H PARENT LEADER ASSOCIATION

HIGHLIGHTS:

- 150 Youth Participated in County 4-H events
- 45 Youth Participated in District 4-H events
- 10 Youth Participated in State 4-H events

COMMUNITY SERVICE

- STUFFED ANIMAL TOY DRIVE FOR DOMESTIC BATTERY CHILD VICTIMS
- SEWED CHEMO PORT PILLOWS FOR CANCER PATIENTS



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Dimmit County AgriLife Extension