

2019 Starr County Annual Report

The *Better Living for Texans* program is based on client needs target behaviors. There are pre and post surveys (where available) of participants who completed the program series.

***BLT Graduates** – (Jan- Mar, two Program Assistants and one Part-time Student Worker)

109 adults completed “*A Fresh Start to a Healthier You!*” series. The program focused on improving fruit and vegetable intake, food safety, and food resource management. The adults that completed the series were 100% Hispanics.

*The *Learn Grow Eat Go* program collected 298 pre-surveys and 247 post- surveys, but had over 618 children who worked in the five elementary school gardens.

In this gardening program participants enrolled in a 10 week program that was hands-on, multi-faceted, and academically rich program. The curriculum incorporates the elements of nutrition, garden science, physical activities, food preparation and fresh vegetable tasting to improve the health and wellness of children.

Healthy South Texas

The Working on Wellness Coalition provided leadership for Healthy South Texas programming. Members of the coalition mobilized the projects and events which included:

Addressing Dietary Changes (Adults):

**Cooking Well with Diabetes* (Jan 29, 2019), High Blood Pressure (Feb 26, 2019)

14 individuals were present for both classes.

***Dinner Tonight– 4 Healthy Cooking Schools (Adults & Youth)**

Dinner Tonight held four Healthy Cooking Schools this year. The schools took place in San Isidro Community (57 in attendance), South Texas Community (70 in attendance), Veteran’s Middle School (201 in attendance and Grulla High School (199 in attendance). In total there were 527 participants.

**All about Beef* – (Youth) Attendance 886 – Youth Expo

**Food Safety Programs* 06/03/19 and 06/13/19 21 in Attendance

Improving Family Life

The Working on Wellness Coalition and Family County Health Committee conducted programs to improve family life by building stronger families. The work being done by Extension in many communities continues to strengthen and support families in all diversity, sizes, beliefs and struggles because the family continues to be the heart and soul of human society.

Importance of play in promoting Healthy Child Development

Week of the Young Child – (Play Day)

April 30 (251 attended) Elementary students (Elementary School Children)

FRED – Families Reading Every Day – Summer Reading Program

Participants included 57 – Children, 29 – Parents

Walk Across Texas 2019

| | |
|--------------------|-------------------------|
| Kick-off | 01/28/19 |
| Mid-point Event | 02/17/19 |
| Celebration Event | 03/27/19 |
| Total Miles | 901,989 Youth |
| Total Miles | 11,604.87 Adults |



When Sean Speaks

| | | |
|---------|-------------------------|------------------------------|
| March 6 | Veteran's Middle School | 180 |
| March 7 | Grulla Middle School | 75 |
| March 8 | Grulla High School | 812 |
| March 8 | Ringgold Middle School | 562 |
| | | 1,629 Students & 67 Staff |

Child Care Conference

July 27, 2019 – 27 Surveys

Starr County Rural Security & Protection Program



The Starr County Rural Security & Protection Program aims to improve the lines of communication between local law enforcement agencies and the agricultural community.

The increased levels of illegal trespassing and the continued rise in rural crimes such as human and drug smuggling, illegal dumping, vandalism, fires, wildlife poaching and thefts of farm equipment, chemicals, livestock, and crops highlighted the need for this effort.

Valley Telephone Cooperative donated \$3000 in an effort to purchase metal gate signs that have a property owner applied number (POAN).

The local 911 dispatch now have personal contact information associated with this number in an effort to dispatch first responders quicker and more efficiently to the area. Some of the contact information includes GPS coordinates, telephone numbers, breed of cattle, and livestock brand information.

The expansion of this program will include small bumper stickers (with the landowner POAN) that landowners can place on farm and ranch equipment in the event it is stolen. The Starr County Sheriff's Office has created a personal file for each of the landowner POAN so that landowners can send pictures to them to be placed on the file. This could include pictures of livestock, tractors, trailers, deer feeders, etc...

11th Annual Starr County Kids Fish Program

Modern society has removed young people from enjoying the outdoors. It is important for young people to enjoy the outdoors, through recreational programs. Many young people do not participate in outdoor recreational programs that can stimulate social skills and develop healthy lifestyles.

As a result of this concern the Starr County Youth Board along with local members of Texas Parks & Wildlife developed a program entitled "4-H Kids Fish" in 2008. The program targeted all youth that could access Falcon State Park in Starr County.

This educational program has now evolved and in 2019 it provided the following educational components: Recreational fishing for young people to enjoy with their parents, and promoting a healthy lifestyle by participating in outdoor recreation activities.

Agents hosted this year's 4-H Kids Fish program where over 93 youth participated. The event was held in a small pond outside of Roma, Tx where the kids had more time to fish and keep the fish they caught.

As a result of this program, Ninety percent (90%) have a better understanding of the health benefits of outdoor recreation activities. It is also evident that participants learned, (96%) that fishing can be and excellent family recreational activity. Almost all the respondents (97%), have indicated that they would be more comfortable with serving in a 4-H leadership role.

| 4-H Enrollment | | | | |
|----------------|--------------|-------------------|---------------------------|------------------|
| Year | Club Members | School Enrichment | Special Interest Projects | Total Enrollment |
| 2017 | 193 | 2,446 | 3,189 | 5,867 |
| 2018 | 217 | 10,020 | 230 | 10,493 |
| 2019 | 269 | 10,792 | 4,652 | 15,971 |