

TEXAS A&M
AGRI LIFE
EXTENSION

WEBB COUNTY

2019 Annual Report



Webb County Extension Staff

TEXAS A&M AGRI LIFE EXTENSION WEBB COUNTY



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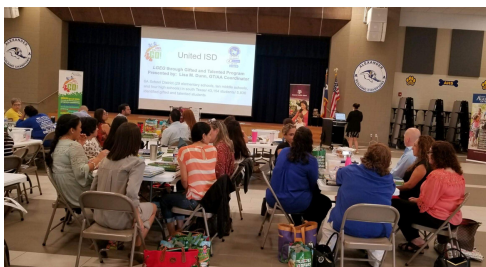
Family & Community Health

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HEALTHY TEXAS RECOGNIZED CAMPUS

A summer in-service was conducted for United Independent School District with 54 teachers attending to expand on Junior Master Gardener program.



WALK ACROSS TEXAS!

A total of 300 adults and 6,313 youth participated in this year's Walk Across Texas program and challenged other schools to a friendly competition. Over 100,000 miles were recorded for adults, and over 250,000 for youth over the 8-week course.



DINNER TONIGHT



Webb County boasted of nine Healthy Texas Designated Campuses in 2019. These schools completed a total of six programs each ranging from Learn, Grow, Eat & Go to Dinner Tonight, Walk Across Texas and Dinner Tonight Jr. and became the first schools with the designation in the county and some of the first in the state.

1,070 elementary and middle school students in U.I.S.D. schools completed a nutrition program that consisted of peer-to-peer learning experiences, like Dinner Tonight Junior or Balancing Food & Play. In turn, 1,113 adults completed nutrition programs related to those offered by the U.I.S.D. and Extension partnership, like Dinner Tonight.



TAMU and Extension hosted their first Dinner Tonight with 47 participants attending and with two a year planned for 2020.



HEALTHY SOUTH TEXAS



Learn, Grow, Eat & Go was implemented in 15 U.I.S.D. elementary schools with 1,549 students completing the 10-week course. Schools implemented weekly cooking demonstrations and activities.



FAMILY AND COMMUNITY HEALTH





Better Living for Texans

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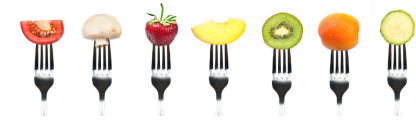
Thirteen eight-week Walk Across Texas sessions were given throughout the course of 2019 to sites such as Holding Institute, Mi Segunda Casa Adult Day Care Center, City of Laredo Health Department, El Eden Recreation Center, and La Presa Community Center, Henry Cuellar Elementary School to name a few.



The Better Living for Texans program completed a total of 68 courses over the year and graduated a total of 675 participants in 4-week to 8-week courses and reaching 4,000 educational contacts and putting in close to 5,000 educational hours. Through these programs, a Walking Club has been created to continue physical activity amongst themselves.



Better Living for Texan's new program: Be Well, Live Well was implemented in Webb County a total of 13 times throughout and became an instant favorite due to relevant nutrition conversations and activities. This program was offered at Rio Bravo Community Center, City of Laredo Health Dept., Esmeralda's Adult Day Care Center and Ladrillito Activity Center.



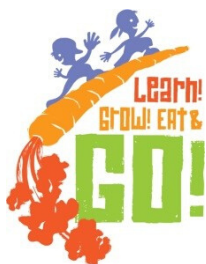
Webb County's most popular Extension program, A Fresh Start to a Healthier You, was implemented 41 times in 2019 in a multitude of elementary schools like Kazen Elementary and Santo Niño Elementary, Webb County Community Centers like Fernando A Salinas Center or Fasken Community Center, as well as to many organizations such as Grupo Amor, Holding Institute, Border Region Behavioral Center and Doctor's Hospital.





Early 2019, the Extension office collaborated with the Webb County Appraisal District and Texas Department of Agriculture to host a Brush Management Workshop with over 20 in attendance.

In collaboration with United I.S.D. and as part of the Healthy Texas School Designation, 107 school garden beds were built for all school campuses implementing Learn, Grow Eat & Go in 2019.



Webb 4-H program had 264 registered & screen volunteers, 42 club managers, co-managers, and project leaders with over 6,000 hours contributed in support.

GROWING and NOURISHING



Border Region Behavioral Health Center became the first ongoing site for Growing & Nourishing Healthy Communities in Webb County, going further than their four garden beds to create their own composting through a quick series of Composting 101 sessions with AgriLife Extension.



Webb hosted the 2019 Showmanship Clinic for all 4-H members. With a total participation of over 50 members showing each a project either in steers, lambs, goats, swine, poultry, or rabbits, the participants learned showman ship skills through feedback from a judge.

With a total of 336 livestock projects submitted to the local fair, 33 steers and 36 lambs & goats were state validated.



This year, there were 22 chartered 4-H clubs with 414 members enrolled. There was a total of 8,943 youth reached through school-based enrichment curriculum.



40 4-H members participated in district competitive events.

This year, 150 4-H Council Members attended 10 monthly meetings and 200 Adult Leaders & Parents attended 9 monthly meetings.

The Annual One-Day 4-H event scheduled on October 12, 2019 at the Mall del Norte had over 200 4-H volunteers participating in a collection drive to help donate pet items in need.

Cooperative Extension Program



Parenting and Life Skills: Bullying
Presentation- Villarreal
Elementary, Zapata, TX
- Over 200 youth were taught on what is bullying. What is considered bullying, the types of bullying and what to do if they witness any bullying.



Health & Wellness:
Stress management for Adults
- Participants learned about mediation and some chair yoga poses that they could practice back at home in order to increase their physical activity.



Childhood Obesity:
Heroes for Health: Choosing Healthy Food Fun and Fitness & Yoga for Kids

- Choosing Healthy Food Fun and Fitness: A 6 week program that teaches youth on how to make a healthy meal or snack. They also learn how to read the food label, measure sugar in 5 different drinks, detect what is a healthy grain, the importance of eating a balanced breakfast, and how serving size affects out fat content.
- Yoga for Kids: A 6 week program that teaches youth on meditation and different fun yoga poses. This program encourages youth to increase their physical activity.

Money Management: Welcome to the Real World!
United Independent School District

The Welcome to the Real World! program relates to the Texas Learning Standards in the areas of language arts, mathematics, and social sciences. The program can be used to help young people, make consumer choices related to future independent living, learn skills needed to manage their finances, evaluate their success in managing their monthly income and expenses, and explore alternatives to balance a budget. They learned these skills by making wiser consumer/lifestyle choices, reducing spending, and developing a realistic spending plan. Students also had the opportunity to consider selecting a different occupation that has a higher income, getting more education/training, getting a roommate to share housing costs thus improving saving and earning potential. Over 100 youth from two middle schools participated in these workshops.

