

IMPACTS & ACCOMPLISHMENTS 2021



TEXAS A&M
AGRILIFE
EXTENSION

**SOUTH
REGION**



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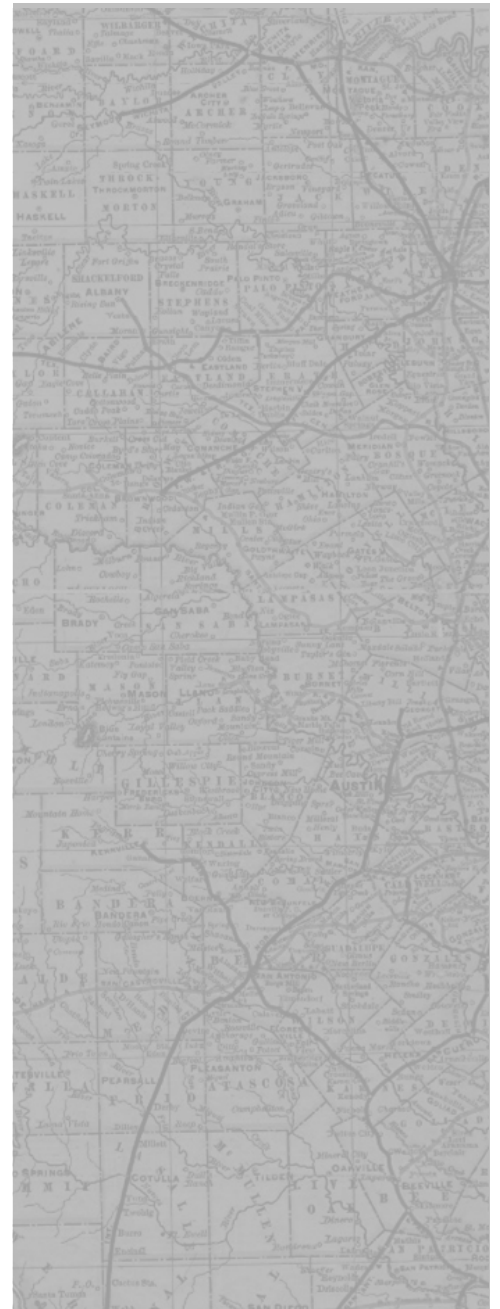
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SOUTH REGION OVERVIEW

The South Region is comprised of 41 counties and supported by the Texas A&M AgriLife Research & Extension Centers in Uvalde (District 10) and Weslaco (District 12). The region has a total population of 6,246,445 with an ethnic breakdown of 61% Hispanic, 30% Anglo, 5% African American, 4% Native American/Asian/Other. County populations range from over 2 million residents in Bexar County to 350 in Kenedy County. Throughout the 41 counties, 131 County Agents and Specialty Agents, plus approximately 50 program assistants work to provide program support and educational capacity in the South Region.

EDUCATIONAL CONTACTS

1,520,608 Total Contacts
521,612 Educational Event Contacts
2,227,287 Educational Session Contact Hours

OTHER CONTACTS:

998,996 Contacts including Newsletters & Educational Resources
46,341 Social Media Posts; 896,121 Followers

VOLUNTEER ENGAGEMENT

19,392 Total Volunteers
1,599,269.65 Volunteer Hour Contributed
\$45,643,155.81 Value (\$28.54 per hour)
178,551 Contacts by Volunteers
2,611 "Master" Volunteers (Gardeners, Naturalist, Wellness)

REGIONAL TEAM

JANA OSBOURN

Regional Program Leader
 Family and Community Health
 4-H Youth Development

MICHAEL HAYNES

Extension Administrator
 District 10

NELDA SPELLER

Bexar County
 Extension Director

JASON OTT

Regional Program Leader
 Agriculture and Natural Resources
 4-H Youth Development

DR. RUBEN SALDAÑA

Extension Administrator
 District 12

MAGGIE JOHNSON

Travis County
 Extension Director

BY THE NUMBERS

1.5M

TOTAL EDUCATIONAL CONTACTS

including events, newsletters
and educational resources

1.5M

TOTAL VOLUNTEER HOURS CONTRIBUTED

\$45.6M

Total Value of
Volunteer Time

AGRICULTURE & NATURAL RESOURCES

AgriLife Extension teaches agricultural producers to adopt best management practices based on new scientific knowledge that will help them increase production, enhance sustainability, and conserve natural resources. Also, by educating the public about agriculture and food production, AgriLife Extension creates a partnership with all Texans that can improve food safety and security, reduce the prevalence of food insecurity, and improve diet and human nutrition throughout the state.

Additionally, safeguarding our precious natural resources and maintaining a clean and healthy environment are among AgriLife Extension's top priorities. We encourage production practices and the use of technologies that promote sustainability in agricultural production, conduct conservation programs that reduce drought impacts, improve and preserve water quality, minimize wildfire risks, and help maximize water supplies through more efficient irrigation and conservation. We also help to promote the safe and reduced use of pesticides through the pesticide use training, and the integrated pest management program.

PROGRAM ACCOMPLISHMENTS

Many of the challenges to programing faced by County Extension Faculty in the South Region Ag and Natural Resources program area in 2020 spilled over into 2021. Agents continue to address these by adapting many different learning methods apart from our traditional face to face delivery. Innovative approaches, using virtual, video, face-to-face, social media, and AgriLife Learn platforms were utilized, and often a hybrid of these to reach clientele. Of note, there were 625 individuals from the South Region that completed online ANR courses using the AgriLife Learn Platform. There were 51 different ANR courses taken by South Region Clientele. Of the 41 counties in the region, 33 had at least one person complete an ANR course via AgriLife Learn. The region conducted 23 result demonstrations in 2021.

ANIMAL AGRICULTURE

Animal Agriculture is the predominant agricultural revenue generator in the South Region. South Texas livestock and range management program fit hand in glove with most programs not only addressing livestock production aspects, but also address the proper management of rangeland resources. Predominate topics included sire selection, value of replacement females, stocking rates, pasture recovery and brush control practices, forage economics, herd health practices, and marketing strategies. Contact totals for Animal Agriculture was 21,197 through 1,552 educational events conducted in all 41 counties.

PROGRAM ACCOMPLISHMENTS

ANIMAL AGRICULTURE & WILDLIFE (cont'd.)

- Multi-County **Bull Gain Test and Heifer Development** program an official 112-day bull gain test and heifer development program that continued for its 23rd consecutive year by adding two online educational programs discussing the data collected that reached 93 patrons. Total value of this program since its inception is \$846,500.
- Multi-County **Reproduction Management Workshop** teaches producers concepts of reproductive management, rectal palpation, reproductive disease, and pelvic measurements.
- The **Luling Foundation** Field Day reached 256 producers.
- The **Master Rancher Program** as an educational approach to address the Management Deficiencies being utilized by beef and forage produces in the county. Educational programs were conducted through a four-part series of educational lessons that totaled over 16 hours of classroom instruction.
- **Sheep and Goat Ranching** in-depth programs were offered by 3 counties reaching 686 producers through 95 group meetings in the Hill Country.
- Multi-County **Wildlife** Programing across the region addressed topics Axis research after the Winter Storm Uri, hunting season outlooks, stock pond management, and a Chronic Wasting Disease update. The 2021 program effort in wildlife education reached **7,247 total clientele** in 787 group events.
- **Weed and Brush Management** continues to be addressed through demonstration work conducted in 10 counties. Weed and Brush Management program participants in Guadalupe Co anticipated an economic benefit to their operation of **\$173 thousand**.
- **Master Naturalist** are 1,297 strong in the South. Ten Chapters report 65,777 hours donated for a total value for volunteer service at \$28.54 per hour of nearly **\$1.9 million**.



PROGRAM ACCOMPLISHMENTS

CROP AND FARM BUSINESS

- **Cotton and Grain** Producer programs include Field Days, Tours, Pre-Plant Conferences and Fall Producer Meetings. **85%** of respondents (54) anticipated an economic benefit to attending the Fike Farms Field Day in Hidalgo County. Soil Testing Campaigns in the Coastal Bend and Rio Grande Valley are conducted annually.
- 21 **IPM Pest Audio Updates** were given during the grower season for those signed up to receive them via text. This was a new service we provided and for our South Texas region we had **107 subscribers** made up of mainly growers, and ag industry people.
- **Peanut production** in Frio County is the largest field crop produced in the county with over 14,500 acres in production; Atascosa County contributes an additional 4,000 acres annually. Producers are supported by grower newsletters, Annual Growers Meetings, demonstration work, and Peanut Producers Tours. Program participants anticipated an economic benefit of **\$8.03/acre**.
- Supporting Texas **Strawberry** production, demonstrations on herbicides, fertility, varieties, and low tunnels were conducted along with 3 educational events.
- A **Spinach field day** with 75 attendees was conducted in Zavala County to provide a hands-on approach to ongoing spinach projects at Tiro Tres Farms in Zavala County. The field day included speakers from spinach disease specialist, walk through a spinach outdoor nursery evaluating spinach varieties resistant to white rust disease, evaluation of various fungicides for the control of white rust in spinach and evaluation of various spinach cultivars for various traits such as disease resistance, color texture and potential yields.
- **Summer Turf Grass Educational Workshop** was held in Atascosa where 40,00 acres of turf are in production. 83.3% of producers plan to act or make changes as a result of attending this workshop. 75% of producer anticipate benefitting economically as a direct result of what they learned from this activity.



PROGRAM ACCOMPLISHMENTS

HORTICULTURE AND PUBLIC / AG INTERFACE

- Cameron, Hidalgo, and Willacy counties **Small Acreage Production** have a combined vegetables, fruit, and nursery sales market value \$214 million. Small farms (under 9 acres) continue to increase with a total of **1,410 farms** across the three counties. In 2021, 245 people attended workshops. 64% of the participants were beginning farmers (farming less than 10 years). Since 2016, Participants estimated an economic benefit of \$1,868 per farm (\$40/acre), or a total of **\$1.48 million**.
- **Horticulture** continues to be in strong demand by South region clientele. The Extension response in the South Region thrives through our expert Horticulture Agents, County Extension Agents, and our vast volunteer engagement through the Master Volunteer programs. With the metropolitan areas of Travis, Bexar, Hidalgo, Cameron counties, and the I-35 corridor counties our outreach is vast. **Total contacts of 777,194** in 11,680 events.
- 16 counties offer **Master Gardener** programs in the South with 1,174 volunteers to assist with educational outreach. These members contributed 47,243 volunteer hours to the horticulture educational effort. A value of **\$1.3 million**.
- 33 **Earth-Kind Program** Workshops were hosted in the Region reaching 4,009 participants.
- COVID-19 continued to limit opportunities for the Bexar County **Children's Vegetable Garden Program**. However, Fall programs reached 52 youth. In this program for a nominal fee materials are furnished and individual attention provided to each child giving them the opportunity to garden in their own 100 square foot raised planting bed.
- Gillespie County **Grow It Cook It** program series is an interdisciplinary program that taught 43 participants how to grow and prepare tasty meal items with various vegetables.



FAMILY & COMMUNITY HEALTH

The goal of AgriLife Extension Family and Community Health (FCH) programs is to foster health and wellness through educational program delivery to reduce the risk of chronic disease and for the management of targeted chronic diseases. This is done through educational programs developed by subject matter experts and delivered locally by Extension agents and trained volunteers. The primary focus of FCH programs is human nutrition, active living, chronic disease prevention, food safety, mental health and wellness, and community safety.

PROGRAM ACCOMPLISHMENTS

HUMAN NUTRITION

- **Better Living for Texans**, the SNAP-Ed education program of AgriLife Extension, made **26,165 contacts** with limited resource individuals from 26 counties. The educational series - *Fresh Start to a Healthier You*, *Growing & Nourishing Healthy Communities*, *Be Well Live Well*, and *Walk 'n Talk* - improved individual's ability to prepare nutritious, safe meals, stretch food dollars, and increase physical activity. **1,711 adults** and **1,939 youth** graduated from a program series.
- **Expanded Food and Nutrition Education Programs** educated **1,946 limited resource families** and **29,903 youth** in Bexar, Cameron, Hidalgo, Travis and Willacy Counties on topics related to dietary quality, food resource management, food safety and physical activity. Upon exit, 94% of adults indicated improvement in 1 or more Diet Quality practices and 91% indicated improvement in Food Resource Management practices. Total of 66,587 EFNEP educational contacts were made.
- **Adult Nutrition Programs** in the South Region reached **8,225 adults**; of these **427** individuals from 11 counties graduated from a program series including *Dinner Tonight* and *Cooking Well* series. These programs provided busy families with quick, healthy, cost-effective recipes and taught meal planning and food preparation skills.

ACTIVE LIVING

- **Active Living** programs – *Step Up Scale Down*, *Maintain No Gain*, and *Healthy Living* - provide motivational tools, healthy recipes, and physical activity to assist participants to lose/control their weight. **958 adults** from 12 counties completed one of the program series.
- **Walk Across Texas** events engaged **4,958 individuals** including 2,165 adults and 2,793 youth participants representing 26 counties. Over **464,973 miles** were logged by youth and adult participants. For adult participants, the lifetime estimated health care cost savings (diabetes and cardiovascular prevention/control) is **\$9,477,366**.
- In 2021, **11,100 educational contacts** were made in support of Healthy Lifestyle programming.

PROGRAM ACCOMPLISHMENTS

CHRONIC DISEASE PREVENTION

- **Diabetes Education** teaches basic nutrition and self-care management topics to help individuals with diabetes learn skills needed to manage their disease successfully. **678 adults** participated in one of the five program series including *Do Well, Be Well with Diabetes*, *Cooking Well with Diabetes*, *Si Yo Puedo Controlar Mi Diabetes*, *Wisdom Power Control*, or *Coping 2 Control*. For the 82 adults completing DWBW, SYP or WPC, there is an estimated lifetime healthcare cost savings and improved productivity **economic benefit of \$2,827,934**.
- In 2021, **33,973 educational contacts** were made in support of CDP programming.

FOOD SAFETY

- **Food Protection Management** was developed to meet the need for quality food safety education in Texas retail food establishments. **377 individuals** in 13 counties completed the *Food Handler* certificate program, which is accredited by the Department of State Health Services and trains front-line food service workers on basic principles of food safety. The 2-day Food Protection Management class prepares dietary managers to successfully complete the *Certified Food Management* exam. In 2021, **91 participants** in 3 counties successfully completed the course.
- In 2021, **1,937 educational contacts** were made in support of Food Safety programming.

MENTAL HEALTH & WELLNESS

- The **Mindful Living campaign** was created and launched by FCH Agents in 8 counties – Caldwell, Comal, Duval, Frio, Hays, Hidalgo, Uvalde and Webb counties. The social media program reached **9,475 individuals**. **Stress Less with Mindfulness** is a 5-week series that reached **106 adults** in Bexar and Hidalgo Counties. **Mental Health 1st Aid** was implemented in Hays & Caldwell Counties graduating **12 adults**. **Master of Memory** is a 6-lesson series to help improve participant's memory function. **44 senior adults** in Comal County graduated from the multi-regional series.



PROGRAM ACCOMPLISHMENTS

COMMUNITY SAFETY

- **Child Passenger Safety** programs work to reduce deaths and injuries from motor vehicle crashes by increasing the proper use of child safety seats. In 2021, **168 safety seats** were inspected in Atascosa, Cameron, Gillespie, Hidalgo, Starr, and Wilson counties. By reducing the risk of injury and death which leads to reduced medical costs, avoidance of lost future earnings and improved quality of life, the **economic impact** is an estimated **\$280,259**.
- **Watch UR BAC** is an awareness campaign that refers to blood alcohol concentration (BAC) and teaches Texans about the dangers of alcohol and other drugs. 21 programs reaching **3,708 youth and adults** were delivered through a grant from Texas Department of Transportation.
- **Early Childhood Educator Training** conferences in the South Region reached **204 educators** who care for 3,122 children daily. A total of **1,151 clock hours** of training were provided to professionals seeking to meet the state mandated requirements.
- **Parenting Connections** is a fee-based program to help reduce the risk of child abuse and neglect by encouraging positive parenting practices. **106 parents** in Cameron and Hidalgo Counties completed the court-mandated program in 2021.
- In 2021, **1,696 educational contacts** were made in support of Safety programming and **5,437 contacts** made in support of Early Childhood Education.

AgriLife Learn: 363 Family & Community Health courses with 16,848 completions



4-H YOUTH DEVELOPMENT

For over a century, AgriLife Extension has conducted youth development programs, including Texas 4-H, working in partnership with schools and youth organizations as well as with thousands of volunteers. Today, we offer hands-on learning experiences that help young people develop leadership, responsibility, and a spirit of service. Our goal is to ensure the health and well-being of our young people and to encourage them to be the leaders and motivators of tomorrow.

4-H PROGRAM PARTICIPATION

South Region 2020-21 4-H Enrollment

Club Membership = 11,591

Special Interest + Curriculum Enrichment = 31,857

Total Membership = 43,448

Youth & Adult Volunteers = 4,318

Top 5 Projects...

1. Foods & Nutrition
2. Shooting Sports
3. Goats
4. Rabbits
5. Swine

Top 5 Special Interest/Curriculum....

1. JMG/LGEG
2. 4-H Afterschool
3. Wildlife & Fisheries
4. Hatching in the Classroom
5. Water Conservation & Education

Etc....

54 4-H members received **\$673,500** in 4-H Foundation scholarships

PROGRAM ACCOMPLISHMENTS

LIVESTOCK & AGRICULTURE

- 4-H Youth from across the state dedicate 6 days to understanding production agriculture and what it takes to feed this country through the **Youth Agricultural Lifetime Leadership** (YALL) tour. 40 participants learned the value of technology in livestock and crop production. Leaders in the industry shared production practices, job opportunities and the issues facing agriculture. In 2021, YALL included the opportunity to tour Texas Tech University, West Texas A&M University, and Angelo State University as part of the experience. The program is sponsored by 27 industry businesses and coordinated by Bexar, Gillespie, Kerr, Mason, Medina, and Val Verde AgriLife Extension
- **Path To The Plate** Youth Expos were held in 2 counties reaching 1,700 youth with the message that ag provides the essentials we need to live. Due to school closures, 4 counties were unable to conduct the PTPP programs that were planned. **Hatching in the Classroom** was conducted in 2 counties teaching 1,144 elementary students about egg anatomy, incubation process and chick anatomy.

PROGRAM ACCOMPLISHMENTS

FAMILY & COMMUNITY HEALTH

- The largest 4-H project in the South Region is **Foods & Nutrition**. We have 4-H members involved in the F&N project in **all 41 counties** in the region. Youth learn kitchen safety and how to prepare nutritious meals and snacks through a variety of learning experiences which focus on nutrition, food purchasing, food preparation, food safety, and related careers. 4-H'ers compete on the County, District and State levels in *Food Challenge* (3 teams in top 3 @ State), *FCH Quiz Bowl* (1 team 1st @ State) and *Food Show* (2 in top 3 @ State).
- **41 Healthy Texas Youth Ambassadors** volunteered **1,788 hours leading** 178 educational programs and **volunteering** with 127 service-learning events.
- **Fashion & Interior Design** teach youth the basics of design, construction, and consumer skills when purchasing clothing and household items. Project workshops taught construction and shopping skills and personal care and grooming to **388 youth**. 4-H members share what they have learned while competing in the *Duds 2 Dazzle* contest (3 teams in top 3 @ State), *Fashion Show* (7 in top 3; 9 categories @ State) and *Storyboard* contest.
- In the **Consumer Decision Making** project, **132 youth** learned how to compare prices, test for quality, and make purchases based on facts and research. 4-H members compete on teams at the District and State *CDM Contest*, plus multiple statewide invitationals.
- With a focus on 'county experiences', 616 4-H members in the South Region participated in County FCH contests this past year.

STEM

- **STEM**-based education teaches youth more than science and mathematics concepts. The focus on hands-on learning with real-world applications helps develop a variety of skill sets, including creativity and 21st-century skills. The South Region STEM projects encompass **Photography** with **1,034 youth**, **Robotics** with **273 youth**, and **STEM** with **148 youth**.
- The inaugural **CORE Academy** (Career Opportunities Reflecting Excellence) was held in 2021. This 4-day exploration program for high school youth to experience higher education and career choices was led by agents from Bandera, Gillespie, Kendall, and Kerr Counties. Youth toured Texas A&M Corpus Christi and Texas A&M Kingsville and met with industry professionals that exposed the youth to career paths in Hospitality/Tourism, Business and International Relations, ANR and Wildlife careers, Marine Fisheries and STEM (working with drones). Many of the youth were challenged in a variety of ways to improve their leadership and interviewing skills as well as building a stronger resume.



PROGRAM ACCOMPLISHMENTS

NATURAL RESOURCES

- For kids who love to be outdoors, there is a project in **Natural Resources** they will enjoy. In the South Region, NR projects include Entomology, Outdoor Education, Range Science, Shooting Sports, Sportfishing, Wildlife & Fisheries and Water Education. According to 4-H enrollment data, one of the Region's largest projects is **Shooting Sports** (1,632)! Another popular project is wildlife with 765 4-Hers enrolled. After participating in months of project workshops, youth compete in district and state contests in this project.

LEADERSHIP & CITIZENSHIP

- The goal of the South Region 4-H program is to grow the leaders of tomorrow! Youth develop their individual leadership skills by learning more about themselves through all project areas. But for those individuals who want to focus on their leadership development, a variety of programs and projects are available. In 2020-21, **1,285 members** participated in *leadership*-specific project work.
- The 4-H Ambassador program teaches leadership, problem solving and public speaking skills. Over 2/3 of the South Region counties participate in some type of Ambassador program. County 4-H Ambassadors, Livestock & Horse Ambassadors, Healthy Texas/Healthy South Texas Youth Ambassadors, and Tech Ambassadors are the largest groups.
- At Texas 4-H Roundup, South Region members placed: **Leaders 4 Life** -> 1st, 3rd & 4th, **Open Educational Presentation** -> 1st, and **Promote 4-H Educational Presentation** -> 1st.
- 2020-21 enrollment for the region **Clover Kids** program = **916** Kindergarten – 2nd grade youth.

2021 Educational Contacts in 4-H Youth Development = 99,220
91,438 F2F; 7,782 Technology Assisted

South Region 4-H'ers Competing in National Contests

National Woold Judging Contest – Champion Team – Gillespie County
 American Royal Livestock Judging – Reserve Champion Team – Guadalupe County
 American Royal Meat Judging – Champion Team – Kendall County
 National 4-H Poultry Contest – Champion Team – Wilson County
 National Western 4-H Roundup FCS Quiz Bowl – Champion Team – Wilson County
 National Western 4-H Roundup Parli Procedure – Reserve Champion Team – Guadalupe County
 National Western 4-H Roundup Fashion Revue Construction – 7th place – Cameron County

DISASTER ASSESSMENT & RECOVERY

AgriLife Extension is uniquely positioned to provide disaster assessment and recovery due to its statewide network of educators, volunteers, and offices serving all 254 Texas counties. The agency has rapidly deployed specialized professionals to disaster impact zones as a member of the Texas Emergency Management Council, continuing to support the lead state agencies during such operations. The agency has a demonstrated a history of responding to the needs of Texas communities affected by floods, wildfires, tornadoes, hurricanes, and pandemics.

PROGRAM ACCOMPLISHMENTS

COVID RESPONSE

- Texas A&M AgriLife Extension Service South Region - DAR Agents were tasked with numerous responsibilities that included educating local schools and jails, working within the **TDEM Warehouse** with the Texas Forest Service and Texas Military Department for state-wide logistical support, serving the State of Texas as part of the Capital Covid 19 testing force, and aiding Governor Abbot's Covid testing team.
- A total of 467 pallets of PPE were delivered, **256 thousand doses of vaccine** distributed, 523 thousand COVID-19 test kits were dispensed, and **104 trainings** were conducted reaching approximately **800 individuals** in 2021 by South Region – DAR Agents.
- TDEM Warehouse operational support was provided by fulfilling STAR requests and managing Zumro inventory owned by the State of Texas. Temporary shelters were set-up for hospitals, TIFMAS teams, and infusion centers.
- Agents, in conjunction with TEEX, TDEM and TMD, supported the **COVID 19 testing** of individuals meeting with Governor Abbot prior to press conferences across the state.
- Agents worked at **the RSOC as the Texas A&M AgriLife Extension** liaison for the Pony Express COVID mission, managing the daily operations of DAR agents across the state with the movement of supplies, vaccines, and tests.
- Agents provided educational training to schools in a response to the COVID 19 Test Kits they were receiving (BINAX or CARE START) School Districts had the opportunity to ask questions and gain clarification of how test were conducted, recorded, and reported, as well as disposed of. **11 school districts** in the South Region asked for assistance with this.

PROGRAM ACCOMPLISHMENTS

GENERAL EMERGENCY RESPONSE

- South Region DAR Agents participated in **Operation Lone Star** sponsored by the Texas Department of State Health Services. The purpose of the exercise was to provide emergency response teams with real-time training, while simultaneously servicing the local population of companion animals to be prepared and well equipped for a potential public health emergency in the future. Disaster Assessment and Recovery Agents coordinated and worked alongside the TAMU-VET Unit in Raymondville for this event. **735 dogs and cats** were provided with primary care and wellness examinations.

IMPACT / TESTIMONIALS

- When asked how Operation Lone Star would impact Willacy County, a pet owner stated, “Since there is no veterinarian in Willacy County, the necessity for pet health is critical in keeping our community safe”.
- All total the value of the vaccine doses and COVID-19 test kits comes to over **\$9.2 million**.

AgriLife Learn: 18 Covid-19 courses with 9,342 completions



HEALTHY SOUTH TEXAS

Shifting culture towards healthy living to reduce health disparities across the state is the focus for the 13 counties in the South Region which are part of Healthy South Texas. Counties include: Brooks, Cameron, Duval, Hidalgo, Jim Hogg, Jim Wells, Kleberg, Kenedy, Live Oak, Starr, Webb, Willacy, and Zapata. Every day, AgriLife Extension, working through local coalitions of volunteers, program partners, and organization/agency representatives, AgriLife Extension agents work with subject-matter specialists to develop and deliver educational programs, services, events, and activities to meet and address the most critical health needs in each community it serves.

PROGRAM ACCOMPLISHMENTS

TRAINING AND RECRUITING VOLUNTEERS

- Each county maintains a **Healthy South Texas Coalition**. Members are recruited and trained each year. The HST Coalitions meet a minimum of 3x each year, and in some counties they meet monthly. The HST Coalitions work with the agent to plan, implement, and evaluate educational programs which meet the needs of their communities.
- **Healthy Texas Youth Ambassadors** are youth 'health experts' who motivate others to make changes in their lifestyle and improve their overall health. **33 HSTYAs** volunteered **1,048 hours** assisting with educational programs, food demonstrations, and health fairs after participating in the South Region Healthy Texas Youth Ambassador Summit.

NUTRITION EDUCATION & CHRONIC DISEASE PREVENTION

- **Healthy South Texas Adult** programs included *Dinner Tonight*, *Cooking Well with Diabetes*, and *Step Up Scale Down*. During FY21, **1,324 adults** participated in these program series which taught nutrition, ways to incorporate more fruits/vegetables in the diet, food safety, food preparation skills and promoted increasing physical activity. The programs which were implemented in all 13 D12 HST counties involved Master Wellness Volunteers, HST Youth Ambassadors and HST Coalition members. Due to very limited in-person classes during FY21, most of these programs were implemented by teams of multi-county agents. These collaborative efforts created new workplace teams which have been critical for the success of Healthy South Texas.
- **Healthy South Texas Youth** programs have involved multiple teacher in-service trainings to implement the *Learn Grow Eat Go!* curriculum. In partnership with numerous School Districts and After-School Programs, these nutrition programs reached 1,356 students during FY21. The impact of Covid-19 was greatly felt with the closure of schools. We are looking forward to a return to school programming and increasing the LGEG outreach to over 5,000 students in FY22.



HEALTHY SOUTH TEXAS

PROGRAM ACCOMPLISHMENTS

ACTIVE LIVING

Walk Across Texas! Is the physical activity program designated by the Texas Department of State Health Services as a Best Practice Physical Activity Program for both *Adults* and *Youth*. WAT! was implemented in all 13 counties in partnership with school districts, county governments, businesses, cities, and colleges/universities including Texas A&M University-Kingsville.

- **2,793 youth** walked **64,879 miles**
- **1,198 adults** walked **111,927 miles**
- For those adults, the lifetime estimated health care cost savings (diabetes and cardiovascular prevention/control) is **\$2,500,029**.



HST Recognized School program recognizes a school's commitment to supporting and encouraging students, staff and parents with healthy lifestyles thus creating a *culture of health* in that community. Schools must participate in a school-wide Walk Across Texas for youth and adults, Learn Grow Eat Go! gardening program, and an adult nutrition/health program for staff and parents. Despite the pandemic, **Harrel Elementary** (Kleberg Co) and **Lyford Elementary** (Willacy Co) both achieved *recognized status*!

ABOUT THE TEXAS A&M AGRILIFE EXTENSION SERVICE

The Texas A&M AgriLife Extension Service works daily to make Texas better by providing innovative solutions at the intersection of agriculture, natural resources, youth, and health thereby improving the wellbeing of individuals, families, businesses, and communities through education and service. With a statewide network that includes 252 county offices, extension educators and their more than 93,000 volunteers serve all 254 Texas counties, making some 25 million teaching contacts a year. The programs, tools and resources provided by AgriLife Extension teach people how to improve agriculture and food production, advance health practices, protect the environment, strengthen our communities, and enrich youth. Our Texas 4-H Youth Development Program engages nearly 600,000 youth annually. Extension education provides a unique force for the betterment of Texas.

Learn more at AgriLifeExtension.tamu.edu or follow us on [Facebook](#), [Instagram](#) and [Twitter](#).

AT [AGRI LIFE EXTENSION.TAMU.EDU](https://AgriLifeExtension.tamu.edu) OR FOLLOW US ON TWITTER AT [@txextension](#).