

TEXAS A&M AGRI LIFE EXTENSION

2022 Annual Report Webb County



PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES

Cooperative Extension Program



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Aileen Sifuentes
Extension Agent - Better Living for Texans

Cynthia Covarrubias
Extension Agent - Better Living for Texans

Program Associates

Valeria Arredondo
Better Living for Texans - Program Associate



STRONG *People*

A 24-week physical activity program called *Strong People, Strong Bodies* that focused on strength-training workouts was delivered at Fasken Library and Recreation Center.



Continuing strong partnerships with TAMIU through the continued attendance of TAMIU's HealthyU Wellness Fair, annual Dinner Tonight programs and employee participation in Walk Across Texas, Step Up, Scale Down, and Wellness one-shot presentations.



HEALTHY SOUTH TEXAS



**DINNER
TONIGHT**
HEALTHY COOKING SCHOOL

Path to the Plate Edition

This two hour event called Dinner Tonight: Healthy Cooking School focused on delivering food safety tips, MyPlate education, and perform live cooking demonstrations showcasing family friendly meals.



Step Up, Scale Down program in conjunction with Walk Across Texas received 1st place Outstanding Family Health and Wellness Award for Texas Extension Association for Family & Community Health. It also received 3rd place regional winner for the National Extension Association for FCH.



COOKING WELL WITH DIABETES

A 4-week health and wellness program called *Cooking Well with Diabetes* was delivered to the Bruni, TX community at the Bruni Community Center and Webb County Public Health Facility.





Webb County 4-H receiving their first fishing safety training of the year by our 4-H certified fishing coach/Texas Angler Mr. Obed Peña.



Top: Webb Shooting Sports member, Carlos Villarreal won state shoot out in San Antonio. He was invited to a fundraiser help collect funds for 4-H scholarships.



Bottom: Xavier Olivarez participated in record books. the made it to the district competition and placed 2nd.



Top: Klarissa Salazar participated in record books. the made it to the district competition and placed 2nd.

Bottom: Webb County 4-H had a trip to the Laredo Water museum. There the youth were provided with a tour of the facility.

Webb County 4-H was invited to the grand opening of the new Kendra Scott Location. We set up a table explained what 4-H has to offer to them and recruited.

The members of Webb County 4-H practicing backing and canning during our summer camps.

Webb County 4-H practicing livestock judging and proper care of livestock.



During summer camp Webb County had a day at a local pond. We had a great turn out and have now made it a special interest for the youth. Our long term goal is to host a competition where we can invite surrounding counties.



Webb County 4-H youth council meeting. Nominations have been made and elections are in the process of being made. They have received profession training on parliamentary procedure and have started to plan out events.



Better Living for Texans Agent,
Aileen Sifuentes



Better Living for Texans Extension Agent, Aileen Sifuentes, delivered youth nutrition program, Color Me Healthy, which introduces and promotes the integration of fruits and vegetables as well as the importance of staying physically active! The program was delivered at Honore Ligarde Elementary School to a total of 86 pre-k students.



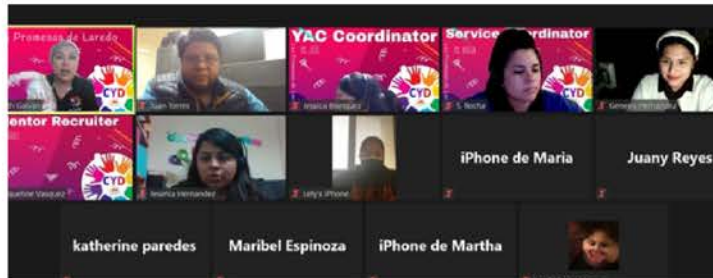
Better Living for Texans program associate, Valeria Arredondo, delivered nutrition and physical education program, Walk N Talk, which is a 8-session program that promotes physical activity with a nutrition-focus topic for discussion on Fruits and Vegetables or Rethink Your Drink.



Former Better Living for Texans, Genesis Hernandez participated in Laredo Independent School Districts' (LISD) "Tie a Yellow Tie Celebration" representing the Parent and Family Engagement department. Genesis continued and strengthened the partnership between AgriLife Extension and LISD's Parent Liaisons



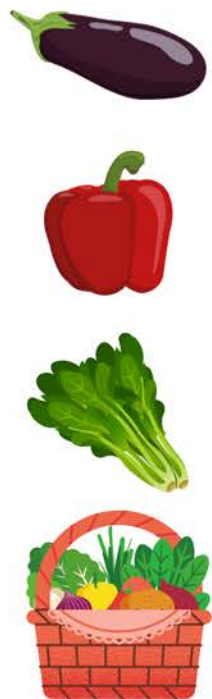
Former Better Living for Texans, Genesis Hernandez virtually conducted the *Get The Facts* nutrition program, which helps participants learn how to read the nutrition facts label to help make healthier choices when it comes to fats, sodium, and added sugars. A group from Las Promesas de Laredo participated and graduated from this program.



Former Better Living for Texans, Genesis Hernandez and a group of participants from La Presa Community Center, celebrating their graduation from the *Get the Facts* nutrition program.



Cynthia Covarrubias joined Webb county towards the end of the year. Covarrubias has started to implement Learn, Grow, Eat, Go! (LGEG) in elementary schools in the Laredo Independent School District (LISD). It is expected to have several graduates in 2023. LGEG is 8 week series that will teach students to garden, participate in physical activities, and experience healthy based recipes.



Gardening programs were conducted in the City of Laredo Canseco House, where there is a city-led community garden. The Growing & Nourishing Healthy Communities program was implemented by previous agent, Javier Alonso. A second program was also conducted at Ladrillito Recreation Center.



GROWING and NOURISHING **Healthy Community Gardens**

Covarrubias has started implementing the Growing and Nourishing Healthy Communities (GNHC) at the El Cenizo Community Center in El Cenizo, Texas. Covarrubias is expected to have graduates in the beginning of 2023. GNHC is a 6-week series that targets the adult audience in the community. This series enables adults to learn how to plant and grow fresh fruits and vegetables to have them readily available.



Adults Programs

Prairie View A&M Cooperative Extension Family & Community Health Extension Agent Genesis Hernandez joined the organization in May 2022 and delivered adult programming to Ladrillera Activity Center named A Taste of Latin Heritage as well as one shots of Balanced Living, a mindfulness centered curriculum to after school coordinators and support staff at UISD and TMC El Lago Head Start Center in Zapata, Texas. Balanced Living sessions was also offered to Casa Misericordia.

Youth Programs

Youth programming was emphasized this year. Character Building was the main theme as 2 different curriculums were offered: Building a Culture of Kindness and Take a Stand, a 4-H curriculum. These programs were offered to UISD after school adventures programs as well as Southwest Key Las Promesas Program. Teen Cuisine, a SNAP-Ed curriculum teaching teens knife skills and general nutrition was also offered at Southwest Key Las Promesas Program.

Professional Development

As the new Family & Community Health Agent for Prairie View A&M CEP, Genesis Hernandez was able to attend the Association of Extension Agents Systemwide Conference. Through this conference, Hernandez was able to learn about relevant health trends, successful program outcome stories and the history of land-grant universities. Ms. Hernandez also continued to attend quarterly meetings with Working on Wellness Environments, as the team is planning to implement health initiatives in Webb County that impact policy and systems in the community.



Teen Cuisine

A TASTE OF LATIN AMERICAN HERITAGE

TAKE A STAND

