

2023 Regional Overview

- Family & Community Health



SOUTH REGION

41

Regional
Counties

52

FCH Agent
Positions

HEALTHY SOUTH TEXAS

FY2023

Total Program Reach

11,293 Participant Contacts
in all 27 HST Counties

HST in the SOUTH REGION

Heart Health Conferences - 242
Dinner Tonight - 198
Cooking Well Series - 208
Step Up Scale Down - 24
Maintain No Gain - 56
Strong People, Strong Bodies - 71
Walk Across Texas Youth - 3,908
Walk Across Texas Adults - 689
Learn Grow Eat Go! - 805
Stress Less with Mindfulness - 74
Mindful SELF - 290
Mental Health 1st Aid - 12
HST Youth Ambassadors - 28

HST PROGRAMS = 6,605

13 Counties

FCH Program Overview

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.

Human Nutrition

- 24 - Counties Involved: **105,053** - People Reached
- **197,989** - Educational Contact Hours

Extension nutrition education programs help people prepare healthy meals, improve their physical fitness, save money at the grocery store, grow their own foods, and adopt better food safety habits. All programs focus on nutrition with an awareness of preventing obesity. In the South Region, SNAP-eligible clientele were reached in 20 counties through the *Better Living for Texans* program and 5 urban counties through the *Expanded Food and Nutrition Education Program*.



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PROGRAM HIGHLIGHTS

Active Living

- **22** - Counties Involved: **32,668** - People Reached
- **48,099** - Educational Contact Hours

Active Living programs provide motivational tools, healthy recipes, and encourage regular physical activity so participants live healthy, active lives. Multiple active living programs were delivered in person and online.

Chronic Disease Prevention

- **13** - Counties Involved: **15,618** - People Reached
- **3,345** - Educational Contact Hours

Chronic disease prevention programs provide educational about an eating and lifestyle approach that can reduce the risk of diet-related chronic diseases. The programs aim to provide participants with the knowledge and behavior skills necessary to implement a healthy eating pattern, which promote healthy aging and potentially decreases the risk of cognitive decline, cardiovascular disease, type 2 diabetes, hypertension and cancer.

Food Safety

- **14** - Counties Involved: **11,206** - People Reached
- **11,695** - Educational Contact Hours

Food Handlers Certifications, Cottage Food Law, and Certified Food Managers 1- and 2- day courses along with food preservation classes which involve food safety principles provide participants in retail and home situations education on safe food handling practices.

Mental Health & Wellness

- **19** - Counties Involved: **4,081** - People Reached
- **4,245** - Educational Contact Hours

Master of Memory, Stress Less with Mindfulness, Mindful SELF, and Mental Health 1st Aid programs teach and encourage adoption of mindfulness skills to reduce stress and enhance participants' lives.

Community Safety

- **27** - Counties Involved: **17,149** - People Reached
- **13,128** - Educational Contact Hours

Community Safety programs focus on educating community members about the importance of building healthy and safe environments for children, youth, and adults.

Base Human Sciences

- **3** - Counties Involved: **8,517** - People Reached
- **6,511** - Educational Contact Hours

TEEA and Extension Study Clubs strengthen families through education, leadership development, and community service.

33
counties

52
agents

105,053
PEOPLE IMPACTED

"After attending the AgriLife programs, I have more energy and feel confident in cooking healthy meals."

*- Isuara Villarreal
92 year old Hidalgo County participant*



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