



## Extension Education in Brooks County

Making a difference  
2009

Improving Lives.  
Improving Texas.

AgriLife Extension has been dedicated to serving Texans for nearly a century. The agency was established in 1915 under the Smith-Lever Act to deliver university knowledge and agricultural research findings directly to the people. AgriLife Extension programs have continued ever since to address the emerging issues of the day, serving diverse rural and urban populations across the state.

Through a well-organized network of program specialists, professional educators, and some 98,000 trained volunteers, the Texas AgriLife Extension Service delivers practical research-based knowledge to Texans in all 254 counties. Our expertise and educational outreach pertain to the food and fiber industry, natural resources, family and consumer sciences, nutrition and health, and community economic development. Among those served are the hundreds of thousands of young people who benefit annually from AgriLife Extension's 4-H and youth development programs.

Texans turn to AgriLife Extension for solutions. Its agents and specialists respond not only with answers, but also with resources and services that result in a significant return on investment to boost the Texas economy. The agency custom-designs its programs to each region of the state, relying on residents for input and for help with program delivery.

These are just a few highlights of AgriLife Extension's impacts on Brooks County and its people:

## Brooks County – Summary of Educational Contacts

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Total Educational Programs Conducted	163
Total participants	20,735
Contact Hours	8,144
4-H Members	143
4-H Leaders	31
4-H Clubs	7
Special Interest Participants	806
Extension Education Club Members	16
Office Contacts	1547
Site Visits	702
Phone Calls	2407
Newsletters	5867
Cash and In-Kind Donations by AgriLife Supporters and Collaborators	\$7,820



## 2009 Brooks County Master of Memory (Outcome)

### Relevance

Research points to the fact that ability to remember is much the same in older adults as it is in younger people. While more than 80% of those over age 65 complain about their memory problems, only 15% take steps to remedy their forgetfulness, be it speaking with their health provider or doing mental exercises to help improve brain function. In all age groups, memory losses are most often caused subjectively, usually by such factors as inattention, anxiety or depression. Societal pressures augment these conditions in old age: living alone, stress, illness, adapting to loss of relationships and the negative stereotypes of society. Attributing memory problems to age suggests a negative focus on growing older. Population over the age of 65 is 15.7% in Brooks County.

### Response

- Master of Memory Lesson 1 Am I Losing my Mind - Event date: 09/24/2009
- Master of Memory Lesson 2. Memory Strategy - Event date: 10/01/2009
- Master of Memory Lesson 3 Nutrition & Cognitive - Event date: 10/08/2009
- Master of Memory Lesson 4 Medication and Memory - Event date: 10/06/2009
- Master of Memory Lesson 5 Medical conditions and Memory - Event date: 10/13/2009
- Master of Memory Lesson 6 Exercise for your Body & Mind - Event date: 10/20/2009

### Results

33 of the 80 clients participated in the Master of Memory program in Brooks County. Outcome results will be based pre and post questions. When asked losing memory is a normal part of growing older 52.4% stated yes and when asked at the end of the program 76.9 % stated yes. When asked there may be things I can do to slow or stop my memory loss 66.7% stated yes whereas after the program 100 % agreed that there are things that can slow or stop memory loss. Clients were asked my memory is getting worse as I grow older and 38.1 % stated yes, now when asked the same question 53.8 % stated yes the slight increase led me to believe that the clients felt that their memory is getting worse as they grow older. When asked about High blood pressure 61.9% stated it could have a negative effect on their memory; a significant increase after the program to 92.3%. 85.7% of the clients felt that physical activity like walking can improve their memory after the program 100% agreed to physical activity improving their memory. When asked about depression negatively affecting their memory 61.9% said yes changing to 84.6% after the program. Clients were asked about hearing and the negative effect on their memory and 66.7% said yes and after the program the Percentage increased significantly to 92.3%. When asked about worrying about forgetting 71.4% to 76.9% a minimal increase. When asked about my memory is as good as it always was 38.1% said yes to an increase of 69.2% after the program. When asked about a loss of a spouse could negatively affect their memory 66.7% stated yes with a slight increase to 76.9 %. Clients were asked about keeping their mind busy with puzzles and games 81% said definitely with the majority agreeing at 100%. Taking certain types of medication could affect their memory 61.9 % said yes and with a significant increase of 100% at the end of the program. and finally when asked about herbal supplements if they could affect their memory 47.6 said yes whereas after the program 84.6% said yes to herbal supplements affecting their memory. Utilizing the evaluation tool after each lesson provided the instructor with feedback on the program to enhance the program for future classes.



## 2009 Brooks County Walk Across Texas (Outcome)

### Introduction

Health and well-ness is an important topic in Brooks County and the health conscious people of Brooks County are always seeking a fun and new way to get fit and stay healthy. By implementing Walk Across Texas Program the participants were able to have fun, stay fit and exercise together.



### Relevance

Physical activity was recently named as one of the 10 leading health indicators in Healthy people in 2010. Physical inactivity is associated with an increased risk of a number of chronic health conditions including cardiovascular disease, diabetes, some cancers, high blood pressure, as well as overweight and obesity. In Texas, 25% of Texans are obese. Between 1988-1994 and 1999-2002 16% of Americans 6 to 19 years is overweight. 61.5% of children aged 9 to 13 years do not participate in any organized physical activity during their non-school hours and that 22.6% do not engage in any free time physical activity. Additionally, research indicates that only 25% of adults and 27% of high school students get regular, moderate exercise. 29% of American adults are not physically active at all. Walk Across Texas is an eight week program designed to help people of all ages support one another to establish the habit of regular physical activity. Regular physical activity and controlling weight can significantly reduce the incidence and impact of chronic diseases like heart disease, stroke, diabetes, cancer, high blood pressure, and depression and is associated with a longer healthier life.

### Response

The following educational activities were provided for a successful Walk Across Texas Program. The following response is as follow:

- Program planning with the Brooks county Family and consumer science committee
- Marketing and promotion of WAT program throughout the community.
- Worked with the committee as we set and implemented the WAY kick off on May 1, 2009
- Imputing WAT mileage onto WAT website
- Assisted teams with mileage via telephone.
- Reported WAT Participation
- Agent and committee provided a WAT celebration and Wrap up for the completion of the WAT program July 1, 2009.

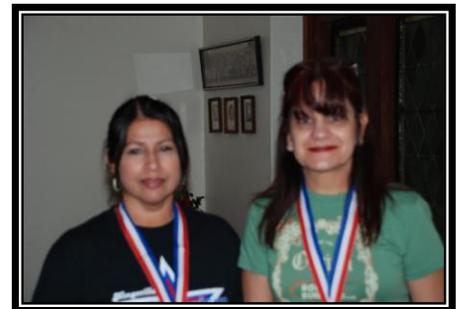
### Evaluation method

An individual registration form was requested from each team member. Within the registration form participants were asked a variety of questions such as how long you exercise, how often, who recommended the program to them and so on. After the WAT program participants who completed the program were given a wrap up evaluation form to input their comments and results.

### Results

65 of 97 members completed the WAT program in Brooks County.

- Team mileage for Brooks County 6,229.86
- 33 of the 65 completed the wrap up at the end of the program.





## Family and Consumer Sciences

- 32 of the participants stated they were physically active in some other type of physical program at least 30 minutes a day five days a week with the average of 43 minutes.
- 31 stated they walk and 6 stated they run with 10 stating they do other physical activities.
- Participants were asked where they do these activities and 2 use the parks, 7 local fitness center, 5 home fitness center, 3 track and 24 walk in the neighborhood.
- When asked how they learned about WAT 24 stated AgriLife Extension, 26 through friends, and 3 from the WAT brochure and 1 other.
- Potential impact \$795,030.



(Walk across Texas Wrap up)

### 2009 Brooks County Better Living for Texans (Outcome)

#### Introduction

BLT is delivered through a variety of teaching methods that reflect audience needs. Teaching methods include, lesson series, single education events, one to one consultations, demonstration, and tours. With the presence of BLT in almost every county in the state, Extension is poised to reach all areas of Texas, both rural and urban, and increase the likelihood of meeting the nutrition education needs of underserved Texans.

#### Relevance

In Brooks County, residents are potential eligible for assistance and have incomes that are 185% of poverty or below; 35% received food stamp benefits. Research has shown that individuals who live in poverty have dietary intakes that are not congruent with current recommendations. This audience, like many, many not recognize their risk for food borne illness. Stretching resources so food is available throughout the month is also a challenge.

#### Response

The Better Living for Texans (BLT) Supplemental Nutrition Assistance Program (SNAP-Ed.) Project was initiated in 1995 as a cooperative endeavor among Texas AgriLife Extension Service, Texas Health and Human Services Commission (HHSC), and the Food and Nutrition Services (FNS) of USDA. The program is offered in every county that is served by a County Extension agent-Family and Consumer Sciences (CEA-FCS), including Brooks County. A component of the SNAP, BLT provides educational programs to food stamp recipients, applicants, and other approved audiences to help improve their ability to plan and prepare nutritious meals, stretch food dollars, and prepare and store food safely. In addition, BLT incorporates its programs with the Walk Across Texas Program to promote physical activity. During 2009, more than 31 Brooks County adults participated in the BLT *Eat Better to Live Better Series*. This program focuses on meal planning, stretching food dollars, and adopting selected behaviors that can reduce the risk of food borne illness. *Get the facts*, a three lesson series on the Nutrition Facts label, was developed to align with the Dietary guidelines for Americans. The series focused on label reading, serving size, sodium and fat.

#### Evaluation Method

Evaluation of the Brooks County BLT program was conducted via the use of Pre, post and 30 day follow up survey. This allowed for the collection of data that reflected current behaviors, behaviors that participants intended to adopt, and extent to which behaviors were actually adopted. The instrument also allowed for the estimated of changes in out-of-pocket food expenses that may



occurred as a result of their participation in BLT. This report represents 31 adults of which 25 completed the pre, post, and post 30 day follow up surveys. The same evaluation tool was utilized with the "Get the Facts Series."

## Results

Participant characteristics were female and Hispanic. 43% of participants had a high school education and 20% had completed college. Of the 13 participants who reported their age, the average was 33 years; average household size was 4.8. Food pantries and Food Stamps were programs utilized most often by participants.

### *Meal planning and Food Resource Management - Adoption of behaviors*

- Plan meals: Current behavior 40%, Intent to change 60% and Behavior 88%
- Shop with list: Current behavior 40%, Intent to change 64% and Behavior 92%
- Compare prices: Current behavior 44%, Intent to change 60%, and Behavior 92%
- Use Unit pricing: Current behavior 36%, Intent to change 64% and Behavior 76%

Overall, most participants were using the targeted food resource management practices either "always" or "sometimes" when they first entered the BLT program. Immediately after the program ended there was a noted increase in the percentage of participants who intended to adopt these behaviors "always"

### *Food Safety- Adoption of Behaviors*

- 64% left their meals out less than one hour
- 80% washed cutting boards, knives and counter tops after cutting up raw meat or poultry.
- 84% washed hands with soap and water before and during cooking.

A majority of participants were following the targeted food safety practices when they first entered the BLT program, although 16% were not washing their hands before or during food preparation. Immediately after the program, there was interest by the participants to adopt these behaviors "always." Thirty days later, the percentage of participants who "always" washed their hands before and during food preparation and who "always" washed cutting boards and counter tops after cutting raw meat or poultry rose to 100%. In addition, more participants were eating or storing foods immediately compared to when they first entered the program.

## **2009 Brooks County Westside Extension Educators Association (Output)**

### Response

The Texas Extension Education Association was organized in 1926 as a way to strengthen and enrich families through educational programs, leadership development and community service. This association has as its objectives: to strengthen, develop, coordinate, extend adult research-based education to improve the quality of life for families and communities in cooperation with Texas A&M University System; promote family strengths and leadership development, serve as a medium for the expression of charitable and educational interests, and award 4-H and TEEA scholarships on a nondiscriminatory basis to worthy applicants; offer a means by which members in cooperation with Texas cooperative Extension may interpret and provide programs of state, national and international importance in the preservation of the American home and the promotion of better international understanding; and to function exclusively for charitable, educational and scientific purposes as a 501c3 organization.

## Results



## Family and Consumer Sciences

Provide guidance and leadership to Westside Extension Education Association in Brooks County. County Extension agent provided best management practices to all club members during the club meeting. Assisted with 4-H scholarship drive as well as provided programming throughout the year as needed. Westside EEA club members for all the wonderful work they do throughout the community.



### 2009 Brooks County 4-H Curriculum & Projects (Output)

#### **Relevance:**

Youth need a variety of projects and activities to help them develop into contributing members of society. 4-H volunteers provide leadership for projects and activities.

#### **Response:**

For 2009 we had a variety of great successes going on such as the following projects and or events:

- Beef project hoof trimming clinic
- Poultry Project clinic
- Rifle Safety classes
- Photography classes
- Rabbit Clinic
- Arts & Crafts
- Brooks County Fair
- New Covenant Christian Academy (HE classes)
  - Sewing classes
  - Cooking classes
- Wood Working
- Basic First Aid
- 4-H Foods and Nutrition project
- County and District Food Show
- County and District Food Challenge
- County and District Fashion Show
- County and District Fashion Show
- County and District Photography
- County and District Shooting Sports
- Food Forum Lock in
- Food Challenge

#### **Result**

Youth and adults are provided with many opportunities for growth. In 4-H we pride ourselves In allowing the child to discover him or herself by participating in what they enjoy and rather than seeing the event from the sidelines.



### 2009 Brooks County 4-H Leadership and Volunteer Development (Output)

#### Relevance

Youth and Adults are provided with opportunities to develop leadership skills such as:

#### Response

- Adult Leader Quarterly Meeting 01/17/09
- Brooks County Fair Ag-day 03/13/09
- Brooks County Fair Ag-Day 02/13/09
- Adult Leaders Quarterly Meeting 04/01/09
- Leadership Lab 06/22/09
- Kleberg County Officers Retreat 08/17/09
- County Council Officer Training 08/17/09
- 4-H Club Officer Training 11/16/09
- 2 certified Rifle instructors 09/11/09

#### Results

Youth have acquired knowledge in the area of leadership by participating in local, and or district events in which they gained added skills to apply in their lives as well as in their respective clubs. With the Brooks county council our youth have participated in District Leadership Lab, and the officer's retreat held in Kleberg County. By participating in such events our council officers are better prepared to handle the county events with great leadership abilities.

### 2009 Brooks County 4-H Management (Output)

#### Relevance

Oversee 4-H and youth development program including management of 4-H club managers, volunteer leaders, clubs/groups, coordination of Youth Advisory Board and work with partners to ensure effective functioning of the 4-H and Youth development program.

#### Response

- Brooks county 4-H club contacts 01/01/09
- 4-H Enrollment 01/01/09
- Ala Blanca 4-H Club Meeting 01/11/09
- Club Managers Meeting 01/15/09
- District 12 4-H Meeting 01/17/09
- Club Managers Meeting 02/01/09
- Brooks County 4-H Club Contacts 02/01/09
- Encino 4-H Club Meeting 02/08/09
- Westside 4-H Club Meeting 02/15/09
- 4-H Enrollment 03/01/09
- Club Managers Meeting 03/01/09
- Brooks County Club Contacts 03/01/09
- 4-H Enrollment 04/01/09
- Brooks County Club Contacts 04/01/09
- Club Managers Meeting 04/01/09



## 4-H and Youth Development

- Club Managers Record book Training 04/08/09
- Youth Advisory Board Meeting 04/14/09
- District 12 4-H Meeting 04/25/09
- Brooks County Club Contacts 05/01/09
- 4-H Enrollment 05/01/09
- 4-H Enrollment 06/01/09
- District 12 4-H Meeting 06/22/09
- 4-H Enrollment 07/01/09
- 4-H Enrollment 08/01/09
- Brooks County Club Contacts 08/01/09
- 4-H Kick-Off Annual Enrollment 08/20/09
- School District Contacts 08/28/09
- 4-H Enrollment 09/01/09
- Brooks County Club Contacts 09/01/09
- Youth Advisory Board 09/02/09
- Brooks County Club Contacts 10/01/09
- 4-H Enrollment 10/01/09
- Club Managers Meeting 10/02/09
- Food Show & Food Challenge 4-H Connect 10/21/09
- 4-H Enrollment 11/01/09
- Brooks County Club Contacts 11/01/09

### **Results**

In 2009 the Brooks county 4-H Youth Advisory Board planned and implemented the “End of Summer Bash” The Summer bash was used to bring in a new audience into the 4-H program.

- During the bash approximately 70 youth enrolled. The summer bash was put on with many volunteers, and local agencies that provided many of the funds and man power needed to host such an event. Total cost for the event was \$2000.00 costing the 4-H county council \$400.00.
- Working with the youth advisory board with all 4-H projects and events.
- Club manager meetings monthly except summer months
- Keeping up with all 4-H enrollments
- Club meetings
- District 4-H meetings
- 4-H monthly newsletter

(End of Summer Bash 4-H Registration)



# **Texas AgriLife Extension Service Brooks County Staff**

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