



Master Wellness Volunteer Training

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Why are you here?

- ▶ It's tradition (to volunteer)
- ▶ You were asked
- ▶ You want to influence others
- ▶ Use a skill you already possess
- ▶ Fill a personal void
- ▶ Interested in learning something new
- ▶ Give back to the community
- ▶ Want to meet new friends
- ▶ Help others


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Mission

- ▶ Texas A&M AgriLife Extension Service works daily to make Texas better by providing innovative solutions at the intersection between agriculture, natural resources, youth, and health thereby improving the wellbeing of individuals, families, businesses, and communities through education and service.

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Vision

- ▶ The leader in providing science-based information and solutions in agriculture and health to **every Texan**.

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Volunteers help us...

- ▶ Reach more people in Texas
- ▶ Ensure that our programs are relevant
- ▶ Deliver Extension education
- ▶ Interpret the value of Extension to others



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Value of Volunteer Time

\$27.20
per hour



 INDEPENDENT SECTOR

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93,621
Extension Volunteers
provided

5,477,611
hours of service
valued at

\$139,295,650




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Family & Community Health Programs

- Human Nutrition
- Food Safety
- Active Living
- Chronic Disease Prevention
- Maternal Health & Wellness
- Community Safety



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FCH Program Goals


- ▶ Foster health and wellness through educational program delivery to reduce the risk of chronic disease and for the management of targeted chronic diseases.
- ▶ Objectives:
 - ▶ Increase adoption of health and wellness behaviors including:
 - ▶ Increase physical activity
 - ▶ Increase fruit & vegetable consumption
 - ▶ Maintain a healthy weight
 - ▶ Increase water consumption and/or decrease sugar sweetened beverage consumption
 - ▶ Promote health, well-being and safety among children, youth and adults.
 - ▶ Foster workforce development through food safety education and early childhood education programs.

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People do not volunteer for organizations;
they volunteer for other people.

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Our commitment to you

- ▶ Show you impact and benefits of your work
- ▶ Offer meaningful work
- ▶ Time well spent
- ▶ Realistic commitments
- ▶ Flexibility
- ▶ Learn about the community

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Together
WE
Achieve
More

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