



Extension Education in Webb County

Making a Difference

The Texas A&M AgriLife Extension Service has long been dedicated to educating Texans. Extension education evolved nationwide under the 1914 federal Smith-Lever Act, which sought to extend university knowledge and agricultural research findings directly to the people. Ever since, Extension programs have addressed the emerging issues of the day, reaching diverse rural and urban populations.

In Texas, all 254 counties are served by a well-organized network of professional Extension educators and some 100,000 trained volunteers. Extension expertise and educational outreach pertain to the food and fiber industry, natural resources, family and consumer sciences, nutrition and health, and community economic development.

EXTENDING KNOWLEDGE *Providing Solutions*

Among those served are hundreds of thousands of young people who benefit annually from Extension's 4-H and youth development programs.

Texans turn to Extension education for solutions. Extension agents and specialists respond not only with answers, but also with resources and services that result in significant returns on the public's investment. Extension programs are custom-designed for each region of the state, with residents providing input and help with program delivery. Here are just a few highlights of Extension impacts on this county and its people.

Webb County – Summary of 2016 Educational Contacts

Agriculture and Natural Resources

2016 Webb County Agriculture and Natural Resources Base Plan

Martha A. Ramirez, County Extension Agent-Agriculture & Natural Resources

RELEVANCE

The Webb County Agriculture and Natural Resources Program Area Committee suggested addressing local issues that producers are facing in Webb County after years of little to no rainfall. In 2015, average rainfall for Webb County was recorded to be 24 inches which was significantly higher than the previous years. As precipitation patterns continue to be favorable, producers focus on increasing cattle numbers and promoting practices to enhance soil and vegetation for both livestock and wildlife purposes. In order to use pastures efficiently and increase the number of livestock on pastures after harsh conditions we must provide educational resources to increase knowledge and profitability to our producers.

RESPONSE

The Texas A&M AgriLife Extension Service in Webb County in collaboration with the Agriculture and Natural Resources Program Area Committee develop the following activities to address this relevant topic.

Educational Programs that were implanted using Extension Specialist and industry professionals included Pesticide Applicator Trainings, Continuing Education Unit Credits (Workshop), Water Well Screening Workshop, Fever Tick Vaccine Program, Annual Ranch Tour that included topics such as Chronic Wasting Disease in Texas, Cattle Marketing Update, Herd Health, & and update on the Private Pesticide Applicators License.

Also, the County Extension Agent serves on the Webb County Appraisal Board-Advisory Member to better help our producers and has one-on-one assistance with local land managers to evaluate livestock, range and pasture conditions.

RESULTS

Results indicate that Webb County agriculture producers that attend numerous educational events and activities increase in knowledge.

ACKNOWLEDGEMENTS

Texas A&M AgriLife Extension Service-Webb County would like to acknowledge the Webb County Agriculture and Natural Resource Program Area Committee for the support and the dedication to the programs. Texas A&M AgriLife Extension would also like to thank all organizations that collaborate and help in the implantation of the educational programs in Webb County.

2016 Webb County Family Consumer Science

Walk Across Texas!

Walk Across Texas! is an eight-week program to help people of all ages support one another to establish the habit of regular physical activity. Walk Across Texas! is recognized as a Best Practice Physical Activity Program by the Texas Department of State Health Services.

The Issue

- 32.4% of Texans are obese⁴.
- 27.2% of American adults report no leisure time physical activity².
- 16.6% of youth report no physical activity².
- Only 19% of adults and 30% of youth reported they get regular, moderate exercise to meet physical activity guidelines².



Background

- Regular physical activity and controlling weight can significantly reduce the risk and impact of chronic diseases like heart disease, stroke, type 2 diabetes, cancer, high blood pressure, and depression³.
- Regular physical activity is also associated with fewer physician visits, hospitalizations, and medications.
- Chronic diseases account for 70% of deaths and 86% of U.S. health-care costs¹.
- Community-wide programs like Walk Across Texas! have been associated with significant increases in physical activity.

Severity of the Problem

- Texas ranks 9th as the most physically inactive state⁴.
- Texas ranks 10th as the state with the highest adult obesity rates⁴.
- Texas ranks 10th as the state with the highest rates of obese 10-17 year olds⁴.

The Educational Program

For eight weeks, teams of up to eight people, school classes, or individuals virtually walk 832 miles across the State of Texas.

- Visit <http://walkacrosstexas.tamu.edu>.
- The program begins with a Texas A&M AgriLife Extension Service agent forming a community task force with members from targeted groups, such as schools, worksites, churches, etc.
- Plan Kick-Off, Half-Way, and Recognition activities.
- Train site managers, captains, teachers, and other volunteer helpers.
- Register participants online.
- Enter mileage online.
- Participate for eight weeks.
- Provide recognition for various accomplishments throughout the program!



Impact of Walk Across Texas!

This program significantly increases participant physical activity.

- 152 Texas counties participated in 2016.
- 36,518 people registered statewide in 2016.
- 185 adults in our county registered and participated in the WAT! program.
- 101 adults in our county completed the eight-week program.
- Adult participants' average weekly mileage increased 4.78 miles from week one to week eight.
- Adult participants' averages weekly mileage increase of up to 53% from week one to week eight in our county.
- 26 registered teams collectively walked a total of 37,282 miles in Webb County



Economic Impact to the County

If the 185 participants completing the eight-week program continue walking at the same level as during Walk Across Texas!, they have the potential to save a collective \$1,692,402 in future health care costs by avoiding type 2 diabetes and by reducing work absences.

Participants' Comments

92.3% reported they or their family benefitted from participating in Walk Across Texas

¡Sí, Yo Puedo Controlar Mí Diabetes!

Webb County, TX

¡Sí, Yo Puedo Controlar Mí Diabetes! (Sí, Yo Puedo) is an evidence-informed, culturally competent educational program targeting low-literate Hispanic/Latinos with diabetes. The curriculum is predicated on the American Diabetes Association’s national standards of care and employs the Social Cognitive and Self-regulation theories as its foundational support.

Empowerment is an overarching theme of the program, and, to this end, *Sí, Yo Puedo* aims to equip participants with knowledge and lifestyle skills to better control their diabetes.

Relevance

- Diabetes cost Texas more than 12 billion dollars. 1
- Texas Hispanic/Latinos 45 to 64 years of age are disproportionately affected by diabetes prevalence (11.0 percent) than their White, non- Hispanic counterparts (16.8 percent.)
- In 2007, mortality rates were more than double among Texas.1 Hispanic/Latinos (40 per 100,000) than Whites, non-Hispanics (19 per 100,000.)1
- Among persons with diabetes, a higher proportion of Texas Hispanic/Latinos (32.5 percent) could not see a doctor in the last 12 months due to cost compared to

Whites (16.5 percent.)2



Response

- Proper management is critical to minimize the potential negative effects of diabetes.
- Self-management education is the cornerstone for diabetic care and vital for blood glucose control.
- Recognizing the need for a culturally-relevant type 2 diabetes self-management education targeting

Texas Hispanic/Latinos *Sí, Yo Puedo* was developed to address this gap in health programming.

Impact of Yo Puedo

In 2016, 12 individuals enrolled in *Sí, Yo Puedo* classes delivered in Webb County, Texas. Eight participants successfully completed pre- and post-test surveys.

The findings below summarize the impact of the *Sí, Yo Puedo* program. Demographic characteristics are based on all registered participants, and outcome indicators are based on pre- and post-test findings. Outcome indicators include diabetes knowledge, self- care behaviors, self-efficacy, health status and HbA1c values.

- Demographic characteristics: 67% (N=8) of the participants were female. The average age was 74 years, and 75% (N=9) of the participants were Hispanic/Latino. Approximately 72% (N=5) of participants reported having completed a college degree. Forty-two percent (N=5) of the participants reported having a yearly income between \$20,000 and \$50,000. Seventy-five percent (N=9) of participants reported having medical insurance. Seventy-five percent (N=9) of participants reported never having received any diabetes classes.
- There was no change in diabetes knowledge, **pre-test 6 M** (out of 10) and **post-test 8.5 M** (out of 10.)
- Self-efficacy scores improved with participants reporting increases in their confidence to engage in diabetes self-care behaviors: **pre-test 2.9 M** (out of 4); **post-test 2.8 M** (out of 4.) (Scale: 1 = I don't feel sure; 4 = I feel very sure.)
- Out of a total score of 44, diabetes self-care scores reveal that participants improved in performing routine health behaviors to better manage their diabetes: **pre-test mean score 25** and **post-test 32**.
- Health status scores improved in their perceived health status: **pre-test 2.5 M** (out of 5) and **post-test 2 M** (out of 5.) (Scale: 1 = Excellent to 5 = Poor.) A lower mean score indicates improvement in health status scores.
- Average HbA1c scores improved from **baseline 9.0 M** to **3-months post-intervention 6.4 M** of the five paired participant scores. A 0.5% reduction in A1c scores significantly decreases diabetes complications.³

Success Stories

- *How to eat healthy without feeling deprived.*
- *I learned about eating healthy. I also learned about carbohydrates and also the portion size of the foods.*

Reflections

Overall, 2016 evidence demonstrates that *Sí, Yo Puedo* enhances participants' diabetes knowledge. This program lends support to the benefits of a culturally competent diabetes self-management education program targeting lower literate, Spanish-speaking Hispanic/Latinos with diabetes. Given the high rates of diabetes among Hispanic/Latinos, *Sí, Yo Puedo* is a strategy to address this problem in Webb County, Texas.



BETTER LIVING
 FOR TEXANS

2015-16 Webb County – Better Living for Texans
 Angelica Sifuentes, CEA-FCS

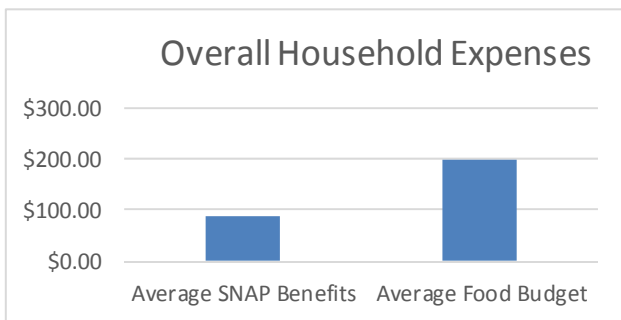
Almost 30,000 cases for SNAP were reported in Webb County in 2016. Research suggests that SNAP recipients and other limited resource audiences consume diets that are not in agreement with current dietary recommendations, potentially increasing their risk for the development of chronic disease. Food insecurity, obesity, and lack of access to healthy foods are other issues that impact this audience and have strong potential to negatively impact health.

- Average SNAP cases in 2016: 29,888
- Average recipients in 2016: 79,734
- Average benefits per case: \$304.00

In 2016, the Better Living for Texans program focused on two curriculums: *A Fresh Start to a Healthier You!* – a 4-session series, and *Walk Across Texas: Walk and Talk*, an 8-session series. Both programs target food and nutrition and encourages participants to:

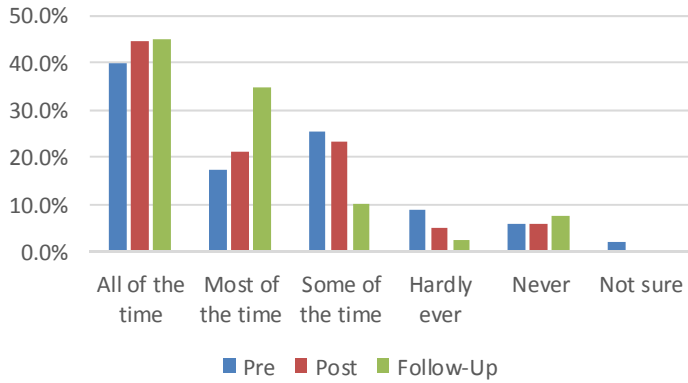
- Increase intake of fruits and vegetables
- Increase physical activity in youth and adults
- Food safety, FightBAC principles
- General financial literacy

Pre, post, and 30-day follow-up surveys were given to participants for both curriculums to track positive behavior changes throughout the course of the program. In the program year 2015-2016, Webb County implemented curriculums in 38 sites including: elementary schools, libraries, community centers, rec centers, senior centers. 332 participants graduated from the series, attending all sessions of each program. Per pre, post, and follow-up surveys, our participant households reported the following:

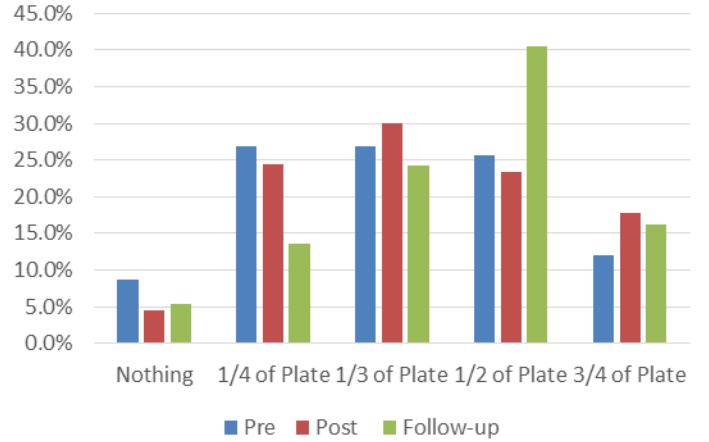


Family and Consumer Sciences

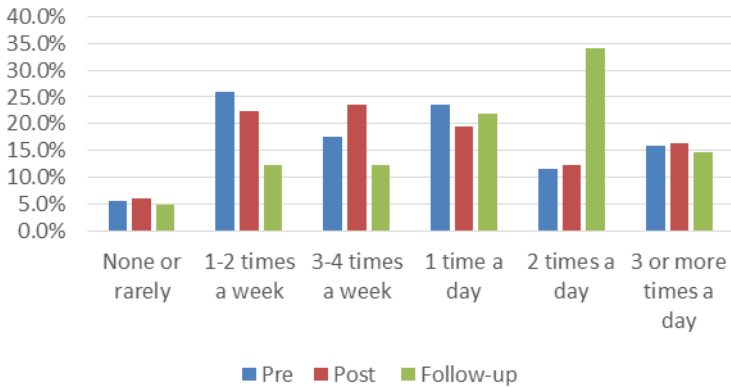
**Physical Activity:
30 min. A Day, 5 Days a Week**



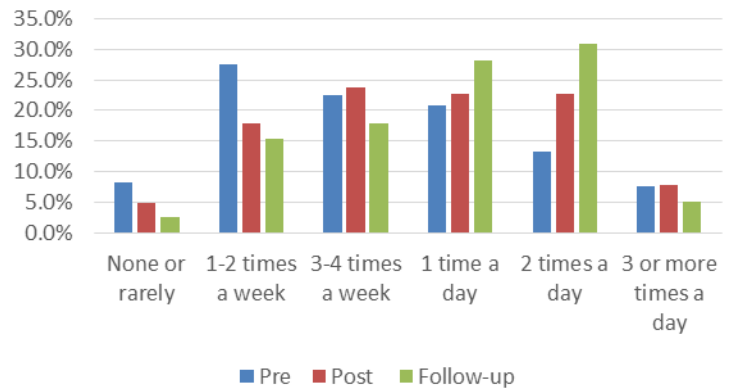
Fruits and Vegetables on Their Plate



Fruit Consumption



Vegetable Consumption





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

Cooperative Extension Program

TEXAS A&M
AGRI LIFE
EXTENSION

4-H YOUTH DEVELOPMENT

Making a Difference in Webb County
2015-2016

Annual 4-H Program Summary

County 4-H Youth Involvement

- 20 Chartered Community Clubs
- 488 Members Enrolled in 4-H Clubs
- 1,820 Youth Reached through Community-based Programs
- 438 Youth Reached through School-Based Enrichment Curriculum

County 4-H Leadership, Advisory, and Support Organizations

- 120 County 4-H Council Members attended 10 Meetings
- 200 Adult Leaders & Parents Organization Members attended 9 Mtgs

Total Youth Reached

2,746



of Youth Attending

<u>Participation in County 4-H Events</u>	<u>County Participation in District Events</u>	<u>County Participation in State/National Events</u>
County 4-H Fashion Show 20	D12 4-H Photography Contest 5	Texas Team Rendezvous 3
County 4-H Food Show/Food Challenge 28	D12 4-H Shooting Sports Postal 20	Texas Roundup Indoor Rifle Match 3
Webb County Postal League 30	D12 4-H Smallbore Rifle Match 20	Texas 4-H Roundup 5
County 4-H Photography Contest 57	D12 Shotgun Match & Invitational 19	Texas 4-H Shooting Sports Games 25
	D12 Archery Match 30	

<u>Most Popular Club Projects in the County</u>	<u>Most Popular Curriculum in the County</u>
Rabbits 111	Ag. Day/Farm City Week 438
Lambs 86	
Swine 69	
Goats 68	
Steer 26	

County 4-H Volunteer Support

- 164 Registered & Screened Volunteers Supporting Clubs
- 40 Club Managers, Co-Managers, and Project Leaders
- 1,312 Hours Contributed by Volunteers in Support of Clubs

Livestock Show Premium Sale Proceeds*

\$616,247

Includes all projects (4-H and FFA)

Value of Volunteer Time Supporting 4-H

\$28,588



d124-h.tamu.edu

Webb County

southtexas.tamu.edu

County 4-H Leadership & Personal Development Programs

- 36 Attended State-level Leadership & Personal Development educational or competitive events
- 94 Attended District-level Leadership & Personal Development educational or competitive events
- 2 Attended the District 12 Shooting Sports Coach's Certification training in Edinburg, Texas.

Significant Leadership & Personal Development accomplishments from county Events & Activities

- Webb County 4-H clubs participated in the One Day 4-H Food Drive Collection at the Mall Del Norte. A total of 200 4-H youth/adult volunteers participated in the collection of non-perishable food items.
- Webb County 4-H ALPA Association presented gift baskets for all 4-H high school students during the Senior Shindig Presentation.
- A total of 250 lbs. of school supplies were collected for the youth affected by the Louisiana flooding.

County 4-H Agriculture & Natural Resource Programs

- 374 Livestock Projects (all species)
- 2 Attended District-level Agriculture & Natural Resources educational or competitive events
- 65 Youth Trained through "Quality Counts" Program

Local Training Opportunities for Youth and Adults

- The Webb County Healthy South Texas Youth Ambassadors attended their first CPR training provided by the local border patrol.

Significant Agriculture & Natural Resource accomplishments from county Events & Activities

- 120 College students attended the lecture series on Basics of Gardening at Texas A&M International University.

Local Training Opportunities for Youth and Adults

- 438 Youth and adults participated in the Annual Ag. Day/Farm City Week Event at Nye Elementary.
- 250 High school students attended the Agriculture Awareness Careers Day at Martin High School.
- 150 Nye elementary students participated in a Career Awareness presentation at Nye Elementary School.

Texas A&M AgriLife Extension Service Webb County

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