



Cooperative Extension Program
Prairie View A&M University



Extension Education in **FORT BEND** County

Making a Difference
2010

*Improving Lives.
Improving Texas.*

The Texas
AgriLife
Extension
Service 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. 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 professional educators and more than 100,000 trained volunteers, Extension 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 Extension's 4-H and youth development programs.

Texans turn to 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. Here are just a few highlights of Extension's impacts on this county and its people:

FORT BEND County – Summary of Educational Contacts

Total Educational Programs Conducted - 609

Total Participants - 342,438

Contact Hours via Educational Programs - 439,340

4-H Members - 481

4-H Adult Volunteers - 249

4-H Clubs - 24

Curriculum Enrichment Participants - 2,536

4-H Special Interest/Short Term - 49,088

Master Volunteers - 255

Extension Education Club Members - 52

Office Contacts - 1,575

Site Visits – 2,081

Phone Calls - 7,768

Newsletter/Mail/E-Mail Contacts - 43,365

Web Contacts - 97,410

Radio and Television Programs - 12

News Releases & Announcements - 916

Cash and In-Kind Donations by AgriLife Extension Supporters and Collaborators - \$105,160

2010 Fort Bend County – Master Gardener Interns

Developed by Shari Grahmann, Ph.D., Fort Bend County Extension Agent - Horticulture

Relevance: Fort Bend County's population is one of the fastest growing in the nation. Increased population gives rise to urbanization. Fort Bend County faces a dilemma in creating a definition as either an urban or rural county. In actuality it is both. Fort Bend County encompasses over 560,000 acres. More than 100,000 acres are in agricultural production while the rest is considered urban. Urban homeowners make up over 85% of the population, making home landscapes an important part of the horticultural makeup. Many of these homeowners are unaware of the consequences of improperly using lawn and garden products, such as fertilizers, pesticides and other treatments. Therefore it is important for Texas AgriLife Extension Service to conduct educational programming to inform the community about acceptable horticultural practices and consequences of improper use of practices.

Response: The Master Gardener program educates participants on sound horticultural practices for their home landscapes, with the intent of creating good environmental stewards. This program requires participants attend sixty hours of classroom instruction. Classroom instruction introduces the participants to the basics of horticulture including trees, perennials, landscape design, propagation, turf, entomology and pathology, and the Earth-Kind® approach. The Master Gardener training course spans eighteen weeks with a different topic covered every week. Twenty-seven individuals enrolled in the Fort Bend County Fall 2010 Master Gardener class. Class members receive a tremendous amount of education and in return are expected to give sixty hours of volunteer service to Texas AgriLife Extension Service to become a certified Master Gardener.

Results: A retrospective post evaluation was administered to determine changes in the participants' understanding of environmental concepts relating to horticultural practices. A total of 24 participants completed the survey.

1. Mean score differences using a Likert scale¹ to reveal perception of knowledge change concerning Earth-Kind Environmental Stewardship increases using a retrospective post evaluation method.

Topic	Before	After	Change	%Change ²
Understanding of how to landscape for energy	2.14	3.19	1.05	49.07%
Knowledge of how to manage your irrigation system	2.46	3.54	1.08	43.90%
Knowledge of rainwater harvesting to conserve water in the landscape	2.23	3.23	1.00	44.84%
Understanding of how landscape design affects water usage	2.33	3.67	1.34	57.51%
Knowledge of soil preparation	2.38	3.38	1.00	42.02%
Knowledge of appropriate plant selection to better conserve water	2.25	3.38	1.13	50.22%
Understanding of how to safely use and handle pesticides	2.19	3.29	1.10	50.23%
Understanding of how to safely use and handle fertilizer	2.32	3.45	1.13	48.71%
Knowledge of how to prepare and use compost	2.09	3.13	1.04	49.76%
Understanding how to use mulch more effectively	2.67	3.71	1.04	38.95%

¹Likert scale is indicated by the following: 1=poor, 2=fair, 3=good, 4=excellent

²Percent change is calculated by the following formula: [(After – Before)/Before]*100

Intentions to adopt - The following results indicate intentions to adopt practices associated with the Environmental Stewardship program.

- **18 out of 24 (75%)** respondents stated they definitely will or probably will adopt Earth-Kind landscape design principles. **4** respondents stated they already adopted these principles.
- **16 out of 24 (66.7%)** respondents stated they definitely will or probably will adopt appropriate mulching practices. **8** respondents stated they already adopted these practices.
- **20 out of 24 (83.3%)** respondents stated they definitely will or probably will adopt plant selection practices based on water conservation. **3** respondents have already adopted these practices.
- **18 out of 24 (75%)** respondents stated they definitely will or probably will adopt practices to improve the management of their home irrigation. **5** respondents have already adopted this practice.
- **17 out of 24 (70.8%)** respondents stated they definitely will or probably will adopt practices to modify soil for water conservation. **2** respondents already adopted this practice.
- **12 out of 24 (50%)** respondents stated they definitely will or probably will adopt rainwater harvesting practices. **3** respondent has already adopted this practice.
- **16 out of 24 (66.7%)** respondents stated they definitely will or probably will adopt landscape practice for energy conservation. **5** respondent has already adopted this practice.
- **19 out of 24 (79.2%)** respondents stated they definitely will or probably will adopt practices to decrease fertilizer use. **4** respondents already adopted this practice.
- **19 out of 24 (79.2%)** respondents stated they definitely will or probably will adopt practices to decrease pesticide use. **4** respondents already adopted this practice.
- **17 out of 24 (70.8%)** respondents stated they definitely will or probably will adopt practices to prepare and use compost. **4** respondents already adopted this practice.

Satisfaction - The following results indicate satisfaction of the participants in the Master Gardener program.

- **22 out of 24 (91.7%)** respondents were mostly or completely satisfied with the program.
- **21 out of 24 (87.5%)** respondents were mostly or completely satisfied with the course materials.
- **21 out of 24 (87.5%)** respondents were mostly or completely satisfied with the location of the program.
- **24 out of 24 (100%)** respondents were mostly or completely satisfied with the accuracy of the information.
- **24 out of 24 (100%)** respondents were mostly or completely satisfied with the information being easy to understand.
- **21 out of 24 (87.5%)** respondents were mostly or completely satisfied with the range of topics covered.
- **20 out of 24 (83.3%)** respondents were mostly or completely satisfied with the completeness of the information.
- **22 out of 24 (91.7%)** respondents were mostly or completely satisfied with the timeliness of the information.

- **23 out of 24 (95.8%)** respondents were mostly or completely satisfied with the instructor's knowledge.
- **20 out of 24 (83.3%)** respondents were mostly or completely satisfied with the helpfulness of the information in making decisions.
- **22 out of 24 (91.7%)** respondents felt the information provided gave them the ability to make better landscape management decisions.

Future Plans: The Master Gardener program is a huge success in Fort Bend County. The class will continue to be offered in the fall of the year. However, with the increase in popularity of gardening and increased urbanization, the Master Gardener class has become an event that is in demand. Many individuals have expressed interest in the Master Gardener program but simply cannot commit to the class because of work schedules. Therefore, we are offering an evening Master Gardener class in the spring.

2010 Fort Bend County Green Thumb Seminars

Developed by Shari Grahmann, Ph.D., Fort Bend County Extension Agent – Horticulture

Response: Fort Bend County has offered the Master Gardener training since 1989 to help educate homeowners on proper landscape management, however, the 60 hours of training and 60 hours of volunteer service are more than many of our residents can accomplish. Therefore the need for an additional educational program that presents similar horticulture basics with less time demands was identified. To address this need, the Green Thumb Seminar Series was developed. The topics for the Green Thumb series include: Fort Bend Yard Care Basics, Plant Growth and Disease Control, Soil and Composting, Trees, Fruits and Vegetables, Home Lawn Care, Plants that Live in Fort Bend, Gardening to Attract Butterflies and Birds, Plant Propagation, Landscape Planning and Renovation and Pests. The presentations are delivered at various locations throughout the county. Presentations are developed and taught by the Horticulture County Extension Agent and Master Gardener Volunteers.

Results: Each Green Thumb Seminar covered a different topic. Over 150 individuals attended the Green Thumb Seminars. Each seminar attracted different individuals looking for information. The seminars focusing on vegetables and lawn care were especially well received. Many individuals attended these events and were particularly interested in the best methods to growing their own food, especially vegetables and citrus. Interest was particularly high in production of citrus with a record number of people requesting information about the yearly tree sale which features citrus and other fruits.



2010 Sustainable Agriculture for Profitability Series

Plan developed by Major W. Stevenson, Jr., Extension Agent, Prairie View A&M University, Fort Bend

Relevance: The sustainability of the small farmer and ranchers in Ft. Bend County as well as other counties in Texas is a major concern of the Cooperative Extension Program at Prairie View A&M University. Limited resource producers are faced with many challenges producing and marketing their products. Through several educational programs, producers will gain knowledge, adopt management practices, and skills that will help them to gain a greater return on their investments that will support their operations.

Response: Goals of the Sustainable Agriculture For Profitability Series facilitated by the Cooperative Extension Program in Fort Bend County was to developed a series of programs in a effort to help local producers gain knowledge, as well as allow an opportunity to adopt management practices. Throughout this program series, the audiences were introduced to new and diverse methods of making the small farm more profitable and less laborious.

Program series topics included: Trail Ride Safety Awareness of the Silent Killer Carbon, Monoxide, International Brahman Cattleman's Tour, Tri County Beef Cattle Program, Small Acreage Beef Cattle Project, Chute Side Manners, and Prairie View A & M University Agriculture Field Day.

Programs for 2010:

Trail Ride Safety Awareness of the Silent Killer Carbon Monoxide – Held January 27 and February 6, attendees - 127 adults, 66 youth, in Houston, TX at Golden Coral meeting place Diamond L Wagon Group and Prairie View Trail Ride Wagons. A series of trail ride safety programs were held for the groups in Fort Bend and Waller Counties. An Equine Trail Ride Safety Awareness of the Silent Killer Carbon Monoxide was held for the Fresno Community Trail Ride groups. Topics of Discussion: (Generator safety, Equine safety, ATV safety) discussing all trail ride safety issues that should be addressed before hitting the trail. Dr. W. C. Baker DVM provided participants with hands on experience, discussing important issues in equine nutrition. Dr. Baker also taught the value of routine veterinary visits and discussed the importance of Coggins testing as a part of equine herd management. Also Dr. Baker demonstrated the proper methods of hoof maintenance and care while on the trail.



International Brahman Cattleman's Tour – Held March 6, attendees - 28 adults, 6 youth. The International Brahman Cattleman's Tour was a collaborative effort between Texas Department of Agriculture and Houston Livestock Show and Rodeo. The tour was a part of the International Week at HLSR. Were the group toured two of the most prominent Brahman Ranches in the World, J.D. Huggins Cattle Company and V8 Ranch. The local ranchers discussed and the Thailand cattleman discussed semen and embryo sales for International uses and registry for these types of sales.

Tri County Beef Program - This was a series of six programs collaborated with Fort Bend, Waller, and Washington Counties. The programs were held on: March 13, 2010 in Waller Co.; April 24, 2010 in Washington Co.; May 15, 2010 in Fort Bend Co.; May 29, 2010 in Washington Co.; August 21, 2010 in Fort Bend Co.; and November 13, 2010 in Waller Co. There were on the average of 15 participants in attendance for the six programs. These programs educated the small limited resource Beef Cattle producers on various topics as they relate to the beef industry (calving season, rotational grazing, forage management, A.I., Cattle Synchronization). The beef industry is changing daily and from field experience it has shown that many of these producers are still doing things that are outdated. Producers will be educated in the areas of herd health, record keeping, and chute side manners, forage production, artificial insemination and others as they relate to the beef industry.

Small Acreage Beef Improvement Program - This Small Acreage Beef Improvement Program will educate the small limited resource Beef Cattle producers on various topics as they relate to the beef industry (calving season, rotational grazing, forage management, A.I., Cattle Synchronization). This will be a model to show producers hands on ways to improve their farms and ranches by the practices implemented throughout this program. The beef industry is changing daily and from field experience it has shown that many of these producers are still doing things that are outdated. Producers were educated in the areas of herd health, record keeping, and chute side manners, forage production, Artificial Insemination and others as they relate to the beef industry. The results of this program for 2010 will be illustrated at the last wrap up session on the final Tri County Beef Program in Waller County.

Chute Side Manners - This program was held for Fort Bend County beef cattle producers. The educational topics of discussion were proper methods of shot giving and proper site injections, and proper vaccinations for beef cattle. The program was held on the farm of Derrick McCoy and the cattle used belonged to the producer.

Prairie View A & M University Agriculture Field Day - Attendees included 200 adults and 50 youth. This was an educational program for Agriculture Producers of Texas held at Prairie View A & M University. The program topics of discussion were goat parasite, disease and management workshops,



beef cattle production and forge management. I taught a workshop on the Advantages and Disadvantages of Artificial Insemination in Beef Cattle.

Feral Hog Program - This program will be held on December 13, 2010 @ the Fort Bend County Fairgrounds in Rosenberg, TX. While collaborating with the CEP Agriculture Agents from these two counties and Texas AgriLife, we will be able to bring this program to producers on managing feral hogs in these two counties. We will educate them about learning what is legal and what is not about feral hog trapping. Topics of discussion will be to recognize signs of feral hogs, gate methods, snaring, building a snare and hands on demonstrations on feral hog trapping.

2010 Fort Bend County Pesticide Re-Certification

Developed by: Dr. Allen A. Malone, Fort Bend County Extension Agent-Ag and N/R

Relevance - Public concerns about the general welfare of our environment and communities have caused the need for certification opportunities for those needing to acquire their TDA Private Pesticide Applicator license. These individuals are required by Texas State law to receive Continuing Education Units (CEU's) annually for Private, Non Commercial, and Commercial pesticide applicators.

Response - Several training opportunities were designed to help applicants increase their knowledge and skills in the areas of General categories, Laws and Regulations, Integrated Pest Management (IPM) and Drift minimization. Texas AgriLife Extension Service in Fort Bend County developed and implemented Pesticide Re-Certification programs to provide a training that will serve to increase the knowledge, skills and awareness of the participants.

Results - A survey instrument was used at each event to determine the clientele's knowledge gained on a specific topic as well as their ranking of the overall effectiveness of the speakers on the program. All evaluations were conducted post program.

Outcome Results - Respondent rate at all three programs was 100%, because the participants had to turn in a completed survey to get their CEU certificate.

I increased my knowledge of Understanding Herbicides:

1% Strongly Disagreed
9% Neutral
65% Agreed
25% Strongly Agreed

I increased my knowledge of TDA Laws & Regulations:

7% Neutral
54% Agreed
39% Strongly Agreed

I increased my knowledge of Raspberry and Fire Ant Management:

1% Strongly Disagreed
1% Disagreed
7% Neutral
55% Agreed
36% Strongly Agreed

I increased my knowledge of Drift Minimization:

7% Neutral
68% Agreed
25% Strongly Agreed

*I increased my knowledge of Controlling the common
Gulf Coast Weeds:*

59% Agreed
41% Strongly Agreed

*I increased my overall pesticide management
Knowledge and Skills as a result of this program:*

1% Neutral
63% Agreed
36% Strongly Agreed

*How would you rate the meals and facilities
for today's program:*

2% Poor
2% Fair
8% Neutral
55% Good
33% Excellent

Future Program Actions - Each year we need to strive to gain new knowledge through training programs to help producers make informed farming decisions and minimizes the damage or impact to the environment. With the increased urbanization in Fort Bend County it is imperative that farmers make choices that yield them more profit on less acreage, but in a safe and sustainable manner. To continue to sustain a healthy positive farming environment the Texas AgriLife Extension Service in Fort Bend County will continue to provide relevant, timely and research based information to the pesticide applicators in Fort Bend County.

2010 Fort Bend County Beef Cattle Symposium & Hay Show

Developed by: Dr. Allen A. Malone, Fort Bend County Extension Agent-Ag and N/R

Relevance - Beef cattle and forage production are still an integral part of agriculture in Fort Bend County. Beef Cattle producers need useful and timely information to remain profitable, gain new knowledge and keep up with the latest agricultural trends.

Response - Several training opportunities were designed to help producers increase their knowledge and skills for beef and hay production. Texas AgriLife Extension Service in conjunction with the Fort Bend County Beef and Forage Committee developed the Upper Gulf Coast Beef Cattle Symposium and Hay Show to provide relevant educational opportunities to local producers.

Results - A survey instrument was used at each event to determine the clientele's knowledge gained on a specific topic as well as their ranking of the overall effectiveness of the speakers on the program. All evaluations were conducted post program.

Outcome Results –

BEEF CATTLE SYMPOSIUM

Re-building your Cow Herd with Dr. Jason Cleere: **57 % rated the session GOOD**
43% rated it EXCELLENT

TDA Laws and Regulations with Melissa Barton: **50 % rated the session GOOD**
50% rated it EXCELLENT

The Facilities was rated: **FAIR by 1%**
GOOD by 57%
EXCELLENT by 42%

- 100% percent of the respondents were male.
- 50 % Own their farm land, 13% lease and 37% have a own lease combination.
- Of those who responded 95% were Anglo (White) and 5% were Hispanic.
- With regard to age 4% were between 30 - 39, 21% were between 40 - 49, 16% were between 50 -59, and 58 % were age 60 or older.
- 13% farm/ranch between 1 and 50 acres, 30% farm/ranch between 50 and 249 acres, 35% farm/ranch between 250 and 500 acres, 18% farm/ranch between 500 and 1,000 acres and 4% farm/ranch over 1,000 acres.
- The participants were involved in the following farming/ranching enterprises 85% were involved in Beef Cattle, 68% in Hay, 11% in Grain Sorghum, 14% in Cotton Production, 7 % in Soybeans and 14% in Corn production.

- 36% heard about the program via the Newspaper, and 64% from the Extension Office Mailout.
- Participants also stated the on an average they participate in 1 to 3 (68%), 4 to 6 (23%), or greater than 7 (9%) Extension Programs each year.

HAY SHOW

Hay Quality and Clover Production with Dr. David Bade: **18 % rated the session GOOD**
82% rated it EXCELLENT

The Facilities and meal were rated: **GOOD by 23%**
EXCELLENT by 77%

- 100% percent of the respondents were male.
- 43 % Own their farm land, 9% lease and 48% have a own lease combination.
- Of those who responded 95% were Anglo (White) and 5% were Other.
- With regard to age 5% were between 30 - 39, 18% were between 40 - 49, 18% were between 50 -59, and 59 % were age 60 or older.
- 10% farm/ranch between 1 and 50 acres, 35% farm/ranch between 50 and 249 acres, 40% farm/ranch between 250 and 500 acres, 10% farm/ranch between 500 and 1,000 acres and 5% farm/ranch over 1,000 acres.
- The participants were involved in the following farming/ranching enterprises 100% were involved in Beef Cattle, 58% in Hay, 17% in Grain Sorghum, 17% in Cotton Production, 7 % in Soybeans and 9% in Corn production.
- 42% heard about the program via the Newspaper, 8% via the web or e-mail and 50% from the Extension Office Mailout.
- Participants also stated the on an average they participate in 1 to 3 (61%), 4 to 6 (33%), or greater than 7 (6%) Extension Programs each year.

The winners of the 2010 Hay Show classes were a Bermudagrass with 15% Crude Protein and 60.3 5 Total Digestible Nutrients. Other Hay (Sorghum Alum with 11.2 % Crude Protein and 56.3 Total Digestible Nutrients. And the winner of the third and final class, Bahia grass had 6.2 % Crude Protein and 51.9 % Total Digestible Nutrients. Each class winner and the runner up received an engraved pocket knife.

Future Program Actions - Each year we need to strive to gain new knowledge through educational programs to help producers make informed farming decisions to make them more sustainable, efficient and profitable. With the increased urbanization in Fort Bend County it is imperative that farmers make choices that yield them more profit on less acreage. To continue to promote this aspect of modern agriculture, the Texas AgriLife Extension Service in Fort Bend County will continue to provide relevant, timely and research based information to the pesticide applicators in Fort Bend County.



2010 Fort Bend County Master of Memory

Developed by Sandra Fry, Fort Bend County Extension Agent Family and Consumer Sciences

Relevance: Studies show that 80 percent of older adults complain about memory problems, but only 15 percent report them to their health professional. People of all ages complain about forgetting, but older people tend to worry more about forgetting and memory loss.

Many things may diminish memory. Increased anxiety about memory loss may interfere with the hippocampus, which puts together new memories and processes them for storage as long-term memories. Regardless of age, memory losses are increased by factors such as inattention, anxiety or depression. Living alone, stress, illness, adapting to the loss of relationships and the negative stereotypes of society all may affect the older person and their memory. Biological and psychological factors may also affect memory. Hearing and vision loss are examples of biological factors that may affect the mind. Also, medical conditions such as hypertension or high cholesterol may play a role in memory function.

Physical activity combined with proper nutrition may be able to impact high blood pressure and high blood cholesterol. In addition, higher levels of physical activity may increase blood flow to the brain, which is integral to brain function. While there are changes in memory as people grow older, most people can improve their memory with training and practice. Improving memory, however, requires a belief that change is possible. Studies have shown that older adults were less likely than younger adults to attribute memory function to controllable factors such as using effective strategies. Those elders who did make attributions to these factors demonstrated better performance than their peers who did not see memory as being under their control. Other research demonstrated that older adult memory performance can be improved through external and internal strategy training.

Nearly 7% of the population in Fort Bend County is over the age of 65. Since people are living longer, it is more important than ever to learn how to keep the brain functioning at peak levels.

Response: The Master of Memory series was conducted once in Fort Bend County with 88 people attending 3 meetings during which two lessons were taught each time.

Results: As a result of attending the educational series in Fort Bend County, participants demonstrated higher confidence levels in their ability to take steps to improve their memory functioning. Similarly, respondents indicated a reduction in negative attitudes related to memory and aging. Data also indicated respondents had a statistically significant increase in their understanding

of risk factors that may be controlled to help memory function, including diabetes, depression, hearing loss, and vision loss. Lastly, respondents indicated an improved understanding of proactive steps they could take to improve their memory.

Selected Evaluation Results (*Percentages are figured based on the number of persons completing a particular evaluation and are not adjusted for lack of response*):

- **91%** feel more confident in their ability to remember.
- **55%** reported learning a memory strategy that they plan to use at home.
- **91%** reported learning that small changes may help exercise their brains and improve memory.
- **91%** reported learning changes in vision and hearing may affect memory and the ability to learn.
- **75%** reported learning many memory problems are treatable and may be reversible.

Selected Demographic Data: Gender: 100% Female Age range: 60-93

Future Plans: Master of Memory series will continue to be offered to the community to educate the elderly and adult children about loss of memory and aging. A goal is to develop Master Wellness Volunteers to assist with the educational process.



2010 Fort Bend County Do Well, Be Well with Diabetes

Developed by Sandra Fry

Fort Bend County Extension Agent-Family and Consumer Sciences

Relevance: Do Well, Be Well with Diabetes is a program with curriculum covering four nutrition and five self-care management topics. The program helps people with diabetes learn the skills needed to manage their disease successfully.

The Issue:

- 9.7 percent (1.7 million) of Texans 18 years and older have a diagnosis of diabetes; another 425,157 are believed to have undiagnosed diabetes. In Fort Bend County, 8.8 percent of the population has been diagnosed with diabetes.
- In 2008, the number of people diagnosed with type 2 diabetes rose sharply.
- The number of Americans w/ diabetes is projected to increase 43%, growing to 17.4 million by 2020.
- Health care costs now average \$11,744 per person with diabetes, for an annual total cost of \$174 billion in the U.S. - \$116 billion for health care and \$58 billion in lost productivity.
- Men with diabetes miss an average of 11 work days each year; women miss about 9 work days.
- Almost \$1 of every \$5 spent on health care is for people with diabetes.
- Currently, only 7 percent of people with diabetes are at recommended levels for blood glucose, blood pressure, and blood cholesterol.
- Poor diabetes management increases health care costs.
- People with diabetes who maintain their blood glucose, blood pressure, and cholesterol numbers within recommended ranges can keep their costs, health risks, quality of life, and productivity very close to those without the disease.

Background:

- Diabetes occurs when the body does not make enough insulin and/or the insulin does not work properly.
- While diabetes is not curable, it is manageable.
- Skills needed to effectively manage diabetes are well documented.
- Diabetes education is not readily available.
- Burdens of diabetes mismanagement are disproportionately borne by those with little or no insurance coverage, lower literacy, poor or no English skills, lower educational and income levels, and poor access to transportation.

Severity of the Problem:

- The annual cost of diabetes in Texas is estimated at over \$12.5 billion.
- An estimated 1.7 million adult Texans have been diagnosed with diabetes.

- An estimated 1.7 million adult Texans have been diagnosed with diabetes.
- Texas is projected to have a greater incidence rate and increased costs in the future due to the growing population of Hispanics/Latinos, who are at greater risk for the disease.

The Educational Program:

- Extension health professionals developed *Do Well, Be Well with Diabetes*, a low-cost class series covering nine self-care and nutrition topics delivered in five sessions.
- Class materials include a curriculum consistent with the American Diabetes Association Standards of Care along with overheads, videos, a complete marketing package, and an evaluation program.
- Volunteer local health professionals, with leadership by county Extension agents, use *Do Well, Be Well with Diabetes* to teach the classes.
- The primary goal of the program is to improve blood glucose management.
- A *Do Well, Be Well with Diabetes* series was taught in Rosenberg with the follow-up *Cooking Well with Diabetes* series. There were 13 participants at *Do Well, Be Well with Diabetes* (9 who had diabetes and completed the classes) and 8 participants (6 completing the classes) at the *Cooking Well with Diabetes* programming.

Lessons:

Do Well, Be Well with Diabetes

- What Is Diabetes?
- Nutrition – First Step to Diabetes Management
- One Diabetes Diet – No Longer the Sole Option
- Managing Your Blood Glucose
- Nutritional Labels
- For Good Measure at Home and Eating Out
- Diabetes Medicines
- Preventing and Managing Complications

Cooking Well with Diabetes

- Carbohydrates
- Making Recipes with Fat Better for You
- Double-Pleasure Side Dishes
- Celebrating Sensibly with Diabetes
- Diabetes and Exercise

Results: Outcome results are based on participants who have diabetes, attend the nine lessons and submit all forms for documentation. There were nine participants who met the criteria for *Do Well, Be Well with Diabetes*. 56% (5) were Hispanic; 44% (4) were white. 80% had diabetes more than four years. 67% (6) had never received any previous diabetes education. 22% had no insurance. 89% (8) were on some type of diabetes medication. 44% (4) considered their ability to control their diabetes to be poor. Six participants completed the *Cooking Well with Diabetes* and will receive their cookbooks.

Future Plans: Educational programming for diabetes and cooking for people with diabetes will continue to be offered in Fort Bend County with classes offered in January and March.



2010 Fort Bend County Food Protection Management

Developed by Sandra Fry,
Fort Bend County Extension Agent-Family and Consumer Sciences

Relevance: Retail food establishments are required by Texas law to maintain a certificate in “Food Protection Management” to show knowledge of safety and sanitation rules and to train fellow employees in the establishment. There are over 500 food establishments in Fort Bend County. Texas AgriLife Extension Service of Fort Bend County shares with the Fort Bend County Environmental Health Department, the responsibility of providing educational opportunities for food service providers.

Response:

Food Safety – It’s Our Business is a curriculum developed by Texas AgriLife Extension Service with input from Texas Department of Health and a statewide Advisory Committee. The curriculum must follow the Texas food safety and sanitation laws. It is a 12 hour curriculum that includes:

- Know the Facts
- Prevent Biological Contamination
- Physical and Chemical Contamination
- Practice Proper Handwashing
- Purchase Safe Food
- Keep Food Safe in Storage
- Prepare Safe Food
- Serve Food Safely
- HACCP
- Clean Facilities
- Pests and Rodents
- Work with the Inspector

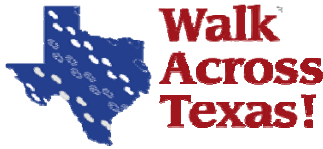
Beginning in January 2010, testing is being provided by Prometric, a nationwide testing business. A participant passing the Prometric test receives a certificate that is recognized throughout the nation and is good for five years.

The program is marketed through website listings with Fort Bend County (<http://co.fort-bend.tx.us>) and Texas AgriLife (<http://foodsafety.tamu.edu/>), news releases and fliers sent to county and city environmental health departments.

The target audience for this program includes food service providers and other county residents who have a need or an interest in completing the course. Food safety certification training was implemented once in Fort Bend County. There were eleven participants in the training.

Results: There were eleven participants in the class held in August. Six participants (55%) passed the test and received their certificate.

Future Plans: *Food Safety – It's Our Business* is scheduled for four sessions in 2011. There are fewer testing locations and phone calls asking about the classes have increased.



2010 Fort Bend County Walk Across Texas!

Developed by Sandra Fry,
County Extension Agent-Family and Consumer Sciences

Relevance: *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: Twenty-six percent of Texas adults and 19% of Texas children are obese. Only twenty-five percent of adults and twenty-seven percent of high school students get regular, moderate exercise, while 29% of American adults are not physically active at all.

Background:

- Regular physical activity is associated with a longer, healthier life.
- Regular physical activity and controlling weight can significantly reduce the incidence/impact of chronic diseases like heart disease, stroke, diabetes, cancer, high blood pressure and depression.
- Chronic diseases account for seventy percent of deaths and seventy-five percent of U.S. health-care costs each year.
- Estimated direct costs of obesity and inactivity together account for approximately 9.4% of U.S. health expenditures.
- With regular physical activity, fifty-eight percent of all people with pre-diabetes were able to temporarily or permanently delay the onset of type 2 diabetes.
- Community-wide programs like *Walk Across Texas!* have been strongly associated with significant increases in physical activity.

Severity of the Problem:

- Texas ranks 8th in the nation as the most physically inactive state.
- Texas ranks 12th as the state with the highest obesity rates.
- Texas ranks 6th as the state with the highest childhood overweight rates.

The Educational Program: (Visit: <http://walkacrosstexas.tamu.edu>)

- Teams of eight people, school classes or individuals walk 830 miles across a map of Texas during the eight week period.
- The program begins by an Extension 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.
- Walk for eight weeks.
- Enter mileage on the website.
- Provide recognition for the team walking the most miles and the team reaching the destination (830) miles first.

Response: The departments of Fort Bend County government comprise the majority of the teams. A planning meeting is scheduled with the site coordinator who is in the Human Relations Department. A starting and ending point is determined. The site coordinator publicizes the program through the county newsletter. A total of twenty-five teams registered for the event. The site manager held a Kick Off meeting at the Rosenberg Annex, explained the new website and distributed forms to captains. Captains were encouraged to turn in all forms at the end of the event. Teams who turned in the wrap up forms and the mileage logs were entered into a special drawing at the Celebration Event. Of the twenty-five teams registering, fifteen teams returned all of their forms. County teams were not entered into the website as there was too much difficulty with the new website. The site manager monitored the mileage through an excel spread sheet. A total of 33,484.53 miles was logged for the eight week activity. An estimated 75% of the participants are repeat participants. There is a great deal of competitiveness among the county departments.

A news release was published prior to the start of the activity. This news release generated an additional thirteen teams from Lamar CISD, Imperial Sugar, Wharton County Junior College and other community groups. These teams logged an additional 13,228.15 miles.

Results: A total of 304 people in Fort Bend County registered to participate in the *Walk Across Texas!* activity. Potential Economic Impact for 2010 is based upon the activity of 77 participants from the community groups. The average age for both males and females was 45. It is estimated that 12 females and 4 could delay the onset of diabetes if they continue their physical activity routine. The Net Present Value for health care costs savings for Females is estimated to \$764,931 and for males, \$236,010. The total savings for Net Present Values including calculating savings for lost wages is > \$1,000,000. This information is much greater when you consider the thirteen teams from Fort Bend County not included in the Potential Economic Impact calculations.

Future Plans: *Walk Across Texas!* will continue its relationship with Fort Bend County Departments and will encourage community groups to join in the activity planning as well as the Walk. It is planned for March.

2010 Fort Bend County Texas Extension Education Association of Fort Bend



Developed by Sandra Fry,
Fort Bend County Extension Agent-Family and Consumer Sciences

Mission: The mission of the Texas Extension Education Association is to work with Texas AgriLife Extension Service to strengthen and enrich families through educational programs, leadership development and community service.

Texas Extension Education Association of Fort Bend is comprised of 4 clubs with a total of 52 members. Educational programs hosted by TEEA included: "Growing Herbs", "How to Research Public Records" and "Making Spring Rolls and Egg Rolls". At their annual meeting, they were trained to teach the lessons: "Protecting Our Natural Resources", "Talking with Your Doctor", "Connecting Generations", "Picture Yourself", "Character/Ethics" and "Cooking with Herbs". Besides these lessons, each club may offer other types of educational programming. Educational tours they participated in included: Whole Foods, Co-Cathedral and the Bellville Castle. The Textile Study Group lessons included "Making Purses", "Aunt Philly's Toothbrush Rug" and an annual quilt shop hop in the Houston area. This year, the members enjoyed a 'Spring Fling' with a presentation of "The Importance of Fiber". Thirty-five members and five guests attended the 'Spring Fling'. Over 880 people attended their educational programs.

In addition to the educational programming, they provide community service throughout the county. They provided two scholarships to 4-H totaling \$800 and donated \$300 each to Helping Hands, Fort Bend County Libraries and the Salvation Army. In addition to the monetary donations, members donate materials to Activities Supporting Adolescent Parents (ASAP) at Lamar CISD and Ronald McDonald House.

They contributed over 1871 hours valued at \$19.51 per hour (\$36,503.21) to educational programming and community service and over \$2,787.03 for other community service and educational programming materials for a total of nearly \$39,290.24.

TEEA is able to support their educational and community service programming through pecan sales and an annual Garage Sale held in August. Members donate to the Garage Sale that has become a notable event for the Rosenberg area.

TEEA members attend six council meetings a year, a fall District Officer Training and a District Spring Conference as well as an annual state meeting held in Wichita Falls in 2010. TEEA members participate in the county fair by entering exhibits and volunteering in the Exhibit Hall. There are numerous committees that meet as needed to conduct the business of the Texas Extension Education Association of Fort Bend. They are already into a new program year and are planning to host the 2011 District 9 Spring Conference.



2010 Fort Bend County Pantry 2 Plate Nutrition Summer Camp

Developed by María M. Rangel, County Extension Agent-Family Consumer Science

Relevance: According to the Centers for Disease Control (CDC), approximately 25 million or about 17% of all children in the US are overweight. Experts are concerned that today's children are likely to be the first generation to live shorter, less healthy lives than their parents. Many children are not getting the 60 minutes of daily physical activity as recommended by MyPyramid and the Dietary Guidelines for Americans. Likewise, many children are not consuming the recommended servings of fruits and vegetables. Lifestyle modifications, including the adoption of improved food selection and increasing daily physical activity can improve health and may help to reverse this trend. Nationally, 19% of children ages 6-11 years are obese (95th percentile for body mass index (BMI) by age/sex). In Texas, 23% of fourth grade children are obese. Childhood obesity is associated with increased risk for diabetes, high blood pressure and adult overweight/obesity.

The Educational Program: The first youth Pantry 2 Plate Nutrition Summer Camp was developed to provide an opportunity to learn nutrition and health concepts and basic cooking skills. We presented 3 different topics:

- *Kitchen Basic 101* (Participants learned about: cooking terms and their meanings, proper food storage principals, practice food safety, kitchen tool names and their uses, the use of a food thermometer, different spices and their uses.)
- *MyPyramid* (Participants learned about: nutrition and healthy eating, improving meal planning for a healthy lifestyle, how to read a Nutrition Fact Label, the nutrition facts of fruits and vegetables, the importance of using MyPyramid in my meal planning, about Puerto Rican Cuisine, Vegetables of Puerto Rico & Kitchen Utensils.)
- *Living Well* (Participants learned about: healthy snack alternatives, increased awareness of eating disorders, body mass index (BMI), increase physical activity for a healthy lifestyle, improving meal planning for a healthy lifestyle.)

Participants cooked different recipes from Tex Mex., Puerto Rican and American food.



Results: Two boys and 15 girls participated in the camp. In total 17 completed the 3 day camp. 17 participants were divided into 3 groups. Every day all three groups prepared a meal and share the food and experience with the other groups. On the third day, the participants shared meals with the other groups and their family guests. After the camp ended, the participants were given a survey evaluation. The results indicated that 100% would follow food safety procedures, 88 % could measure dry ingredients correctly, 94 % could measure liquid ingredients correctly, 94 % would read the nutrition labels before choosing food, 81% would increase physical activity in their daily routine, 40 % need more information about BMI and eating disorders and the 100 % enjoyed cooking at the camp. Some of the participants comments were: It was all really, fun, I liked it all; the cooking class was really fun; I loved the camp all did a good job teaching us; I loved this camp; I loved this camp; I wish it was longer; I love the cooking class; I really loved it and I will love to come again; I love it; and thank you for all your hard work for us.



Future Plans: We are going to repeat the Pantry 2 Play camp in July 2011 in collaboration with the FCS Agent from Prairie View University.



2010 Fort Bend County Better Living for Texans

Developed by María M. Rangel, County Extension Agent-Family Consumer Science

Relevance: An estimated one of every six households (16.2 percent) in Texas lives in poverty. Research has shown that individuals who live in poverty have dietary intakes that are not in agreement with current recommendations (i.e., Dietary Guidelines). The diets of low-income households, including those with children, often lack variety and are typically inadequate in fruits, vegetables, whole-grains, dairy products, and lean meat. Consequently, the diets of low-income households tend to be low in fiber, vitamins A and E, folic acid, zinc, calcium, and iron.

They are also higher in total fat, saturated fat, and sodium than currently recommended by the USDA. This is a concern since dietary quality has been linked to four of the ten leading causes of death including heart disease, cancer, stroke, and diabetes.

The Issue: 2.1% of 411,096 Fort Bend County population are food stamp recipients and 31,726 county residents are potentially eligible at 185% or lower of the Federal Poverty Income Level (Source: Statistical Data Chart for BLT Reference). Research suggests that limited resource individuals consume diets that are not in agreement with current dietary recommendations (i.e. Dietary Guidelines and Food Guide), potentially increasing their risk for developing chronic disease. Additionally, limited resource audiences are at a higher risk for food insecurity and hunger, which also impacts health.

Background:

- In five years, according to the Fort Bend SNAP Benefits report, the number of recipients increases to 41% ($23,632 + (16,583) = 40,215$) between 2005 and 2010. (See Table)
- The country cases increase by 43%.
- Most SNAP recipients are children or elderly. 56% ($15,507 + 13,902 = 29,409$) were children and another 9% ($720 + 3025 = 3745$) were age 60 or older.
- The average SNAP household receives a monthly benefit of \$315.

Severity of the problem:

- Until October 2010, Fort Bend SNAP program received \$ 4,978,323 for 15,806 cases.
- The country cases increased 43%.

The Educational Program: BLT is a component of the Supplemental Nutrition Assistance Program (SNAP-Ed) and provides educational programs to SNAP-Ed 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. BLT also provides educational programs that help the target audience improve their overall diet quality and increase their level of physical activity.

The program has **4 Goals**. By participating in BLT/SNAP-Ed (Supplemental Nutrition Assistance Program):

- clients will improve dietary quality and engage more often in physical activity,
- clients will adopt one or more food resource management skills such as meal planning, comparison shopping, or shopping from a list.
- clients will improve in one or more food safety practice, such as proper hand washing, proper storage and thawing of food,
- clients will indicate a reduction in out-of-pocket food expenses.

Fort Bend October SNAP Benefits Cases and Recipients

Year	Number of		Recipients Ages:					Total Ft. Bend Payments	Avg. Payment /Case
	Cases	Recipients	< 5	5 - 17	18 - 59	60 - 64	65 +		
2010	15,806	40,215	7,061	15,507	13,902	720	3,025	\$4,978,323	\$315
2005	8,980	23,632	3,733	8,442	8,997	421	2,039	\$2,441,103	\$272
	6,826	16,583	3,328	7,065	4,905	299	986		43
%	43	41	47	46	35	42	33		
http://www.hhsc.state.tx.us/research/TANF_FS.asp									

Lessons:

Series 1 - Eat Better to Live Better (Lessons: Better Health with Better Choices, Shopping Strategies to Stretch your Budget, and Food Safety and You)

Series 2 - Get the Facts (Lessons: Serving Sizes, Fat, and Sodium)

Series 3 - Three Easy Bites That Won't Weigh You Down (Lessons: Start with Breakfast, Snack Right, and Enjoy a Healthy Plate)

Single Education Events: Choosing Lean Meats, Dinner Time Dilemma, Fish Advisory, Packing a Safe & Healthy Lunch for School, and Pantry-Pests

Results: All BLT lessons for 2010 were taught to the FBISD, LCISD, Head Start, Parent Resource Center and Catholic Charities. We did 24 lessons by Extension agents for 125 participants. Please note: Participants of these service providers show some difficulty in completing the program process of 3 consecutive lessons for the BLT program. In addition, Extension agents participated in several different activities:

- FB Fair Activity Barn - September - 429 participants
- FB Community Wellness Fair in Fresno – October 27 participants
- Health Fair in Travis Elementary – January 125 participants
- Fluor Corporation Wellness Fair – May 150 participants

The Extension agents completed the 453 BLT hours proposed for 2010.

Future Plans: This program will continue educating low-income families in Nutrition and Health. BLT office accepts the proposal to move the County to Silver level. In this level, we will have a Program Assistant and additional educational hours to benefit the community in nutrition and health.



2010 Fort Bend County Cooperative Extension Program Family and Consumer Sciences Project D.E.A.P. (Diabetes Education Awareness Prevention)

Developed by Fralonda W. Anderson, EA-CEP –FCS, Fort Bend County

Relevance: Diabetes has had an increasing affect on the death rate in America. According to the Fort Bend County Community Health Assessment conducted by the Department of State Health Services, diabetes is the third leading cause of death, with cardiovascular disease as number one and cancer following. While diabetes is not curable, Project D.E.A.P. (Diabetes Education Awareness Prevention Program) emphasizes an increase in knowledge related to diabetes risk factors to promote prevention and decrease the death rate associated with diabetes complications. The number of Americans with diabetes is projected to increase 43%, growing from 12.1 million to 17.4 million by 2020. Currently in Fort Bend County a total of 6.8% prevalence in Precinct 2 suffers from diabetes, 6% White, 9.7% African American, 8.1% Hispanic. Through the use of the Diabetes Education Awareness Program curriculum, trained volunteers, advisory committees and collaborators, limited resource families and individuals will be recruited to participate in educational classes and events that will assist in decreasing case of diabetes and diabetes complications while promoting healthy lifestyle choices in citizens.

Response: Project DEAP (Diabetes Education Awareness Prevention) is a health education program that takes a holistic approach to reducing diabetes in children and adults in minority communities. The primary focus of the project is creating lifestyle changes, including a healthy diet, exercise, and weight loss, if needed, to help prevent or delay the onset of diabetes. Developed by the Texas Department of State Health Services and adopted by the Cooperative Extension Program the following activities were used to address this relevant issue. 6 Session Series Includes:

- Understanding Diabetes and Risk Factors
- Monitoring Type 2 Diabetes
- Get Up & Get Moving- Physical Activity and Diabetes
- Management of Diabetes through Meal Planning
- Diabetes Complications
- Coping with Diabetes

Evaluation analysis will capture participant's knowledge of diabetes, management of diabetes, relevance of portion control and benefit of physical activity for health and wellness.



Collaborators included:

- Prairie View A&M University
- Fort Bend Meals on Wheels
- Texas Department of State Health Services
- Lone Star Community College
- Christ Clinic of Katy
- YMCA

Results: With barriers such as uninsured populations, lack of services underserved populations, and lack of services for at-risk populations the Prairie View A & M University Cooperative Extension Program promoted Project DEAP (Diabetes Education Awareness Prevention) Program throughout Fort Bend County in efforts to helping decrease mortality rates in individuals with diabetes. Pre and Post Surveys were used to evaluation participant change in knowledge and behavior.

CHANGE IN KNOWLEDGE

- **76.5 %** Increased in understanding of diabetes risk factors
- **57.9 %** Increased in understanding of damages to the body from uncontrolled diabetes
- **88.2%** Increased in understanding normal blood glucose levels
- **60.0 %** Increased in understanding of the role of physical activity with diabetes
- **62.5 %** Increased in understanding of the role you play in your health

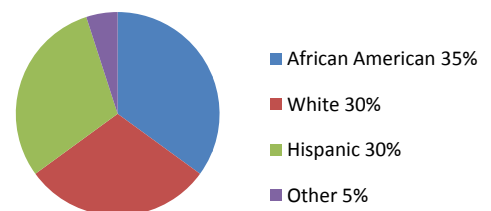
CHANGE IN BEHAVIOR

- **47.1 %** Test blood glucose at proper times
- **57.9 %** Check for changes in feet and skin often
- **43.8 %** Test blood pressure at proper times
- **67.4 %** Increased physical activity

Future Plans: Plans to continue to conduct the Diabetes Education Awareness Prevention Program at Christ Clinic of Katy and Catholic Charities have already been set for the upcoming year. Tools of continuous marketing of the Diabetes Education Program will be emphasized to increase opportunities to provide programming to limited resource individuals. Efforts to raise community awareness and decrease the onset of diabetes and deaths due to diabetes complications will continue to be a goal this program's purpose strives for.



Ethnicity of Project DEAP Participants





2010 Fort Bend County Master Wellness Volunteer Program

Developed by María M. Rangel, County Extension Agent-Family Consumer Science

Relevance: A primary program area for FCS agents is health and nutrition. There are numerous outcome and output programs available for implementation at the county level. However, there is a limit to the programming one person can implement. Volunteers can contribute greatly to the FCS program and can extend education further into the community. A group of trained volunteers who also serve as advocates for Texas AgriLife Extension Service can substantially increase the scope and impact of the FCS program. There is a need to establish a Volunteer Program that would impact the community in the areas of nutrition and health.

Background: More than 104,000 Texas Extension volunteers do the hard work and the "heart work" of educating youth and adults throughout this great state, dedicating themselves to taking action and solving problems in their communities. These folks have a positive impact on the future of our country. In 2009, these volunteers made more than three million direct teaching contacts and contributed more than four million hours of service. That's equivalent to 2,140 full-time employees, and a value of \$82 million to the state of Texas.

The Extension's volunteer force put their knowledge and skills to work as part of the largest grassroots educational organization in Texas. All the lessons taught by volunteers are research-based information to improve qualities of life and to build a bright future for our state.

Severity of the problem: One of the highest-priority issues addressed by Texas AgriLife Extension Service is helping county residents improve their health. AgriLife Extension has great programs to help people learn and adopt behaviors that can positively impact their wellness. The challenge that we face is using these programs among the vast audiences who are in need of such education. One idea for expanding the reach of our Extension health and nutrition programs is to use volunteers. More information will need to be providing on a local level to individuals with health related needs and nutrition concerns to achieve the quality of life everyone deserves.

The Educational Program: The Master Wellness Volunteer Program provides volunteers with 40 hours of health and nutrition education. In return, the volunteers give back 40 hours of volunteer service. This is a plan for the recruitment, training, and management of Master Wellness Volunteers. Volunteer educational methods will be report under the appropriate subject matter plans. This plan provides the tasks necessary for sound volunteer administration. This education takes place over five days of training. The major topics covered include reaching limited-resource audiences, basic nutrition, food safety, health and wellness, and childhood obesity. Participants are required to take a

certification exam to ensure that they learn the primary concepts related to each training class.

Lessons:

- Day 1 - History of Extension presentation
 - Master Wellness Volunteer Program Overview presentation
 - Development of Elevator Speeches presentation
 - Walk Across Texas Overview presentation
 - Kick-off of Walk Across Texas
 - Better Living for Texans Overview presentation
 - Diversity: Obstacle or Opportunity? Presentation

- Day 2 - MyPyramid: “Are You Able to Teach the Label?”
 - What’s New with Nutrients? presentation
 - Training Program
 - Eat Smart
 - Eat Better to Live Better

- Day 3 - Understanding Dates on Food Labels presentation
 - Keeping Food Safe for You and Your Family presentation
 - Training Program
 - Packing a Safe and Healthy Lunch for School

- Day 4 - Staying Healthy – Living Longer and Better presentation
 - Finding Reliable Health Resources on the Web presentation
 - Exercise Basics presentation
 - Training Program
 - Skin Cancer

- Day 5 - _Coloring Our Children’s Plates with Fruits and Vegetables presentation
 - Child’s Play: Better Health One Step at a Time presentation
 - Public Speaking: How to Effectively Convey Your Message presentation
 - What’s next? – Volunteer Opportunities and Plan for Future Meetings/Training

Results: During the year, we worked to promote the program. In October and part of November, we did the 5 day training to 6 volunteers including: 2 teachers, 1 retired teacher ,1 University student, 1 retired police officer and 1 retired nurse.

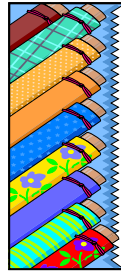
Future Plans: During the year will be training in the following areas: Do Well Be Well With Diabetes, Child Obesity and Better Living for Texans. There will be a quarterly newsletter developed and distributed to the volunteers to provide them with the necessary information about ongoing training and volunteer opportunities. The next training is schedule for February.

2010 Fort Bend County – Other Significant Programs

Developed by Sandra Fry, Fort Bend County Extension Agent-Family and Consumer Sciences

4-H Sew & Sew Camp

Response: The 4-H Sew & So Camp was developed to provide an opportunity for youth to learn how to sew. The camp was five days and was offered twice in Fort Bend County with 21 youth enrolled for each week. Participants used a sewing machine, a serger machine, learned how to use an iron, how to make a French seam and learned about new fabrics. The sewing camp is a team activity. I work with Galveston County for two weeks with their camp and the agent in Galveston County comes to Fort Bend County for two weeks to work with our camp. I had seven volunteers assist with the teaching of the activities which involved more than 200 hours of volunteer time.



Two other activities included a Winter Workshop with 19 participants who made a kitchen towel using a potholder for the hanger and a Quilt Challenge Workshop. Eight participants each made a patchwork block that was incorporated into a 45"x45" quilt that was auctioned off at the annual 4-H banquet. One hundred thirty-five dollars was generated and donated to Sew & So Camp to purchase supplies for the 2011 4-H Quilt Challenge.

Results: Forty-five percent of the youth have attended at least one previous camp. On the last day of the camp, the youth participated in a fashion show modeling their blouse, recycled blue jean apron and tote bag. Parents and other relatives were invited to the fashion show and enjoyed punch and cake. The participants were given a survey evaluation. Favorite things about camp included making the blue jean apron, making cool stuff to wear and meeting new people. Participants came from Katy, Richmond, Rosenberg, Needville, Sugar Land and Missouri City.

Fashions from the Cotton Patch Expo

Response: Fashions from the Cotton Patch Expo is an event planned by the Fashions from the Cotton Patch Task Force. It is a multi-county, multi-disciplinary Task Force including agents from Fort Bend and Galveston Counties and members of the American Sewing Guild-Houston Chapter. 2010 was the fourth year for this event that addresses construction skills through modeling of garments, accessories and home decor using 100% cotton fabrics. Participants learn about the agricultural side of cotton through a presentation made by a member of the Farm Bureau Board of Directors.



Results: There were 92 participants attending the Expo including 18 models with 23 entries. All participants received rosettes and ribbons. A sewing machine was donated (\$150 value) for the overall youth winner. Door prizes and gifts (\$200 value) for all attendees were provided by Task Force members. Four judges assisted with

the fashion show with each receiving a gift (total \$200 value). Donors for the event included Kunz Farms, Farm Bureau and Hlavinka Equipment (total \$200 donations). More than 50 hours of volunteer time were contributed to the Fashions from the Cotton Patch Expo. Four youth from the Sew & So Camp participated in the Expo. The 2011 date is August 27.

Information Fair

Response: The Information Fair is an event planned by the Family and Consumer Sciences Program Area Committee. The objective of the event is to provide opportunity for government and non-profit agencies to network and learn what services they provide that will help each other best serve their clientele. 2010 was the fourth year for the event.



Results: Forty-five agencies participated in the 2010 Information Fair that was held at the Fort Bend County Fairgrounds. The event lasted for two hours and was for the first time open to the public. Planning for the event in 2011 is underway and includes a partnership with Fort Bend Alliance (a United Way networking group) and Better Business Bureau Education Foundation. It will be held on February 11 in Sugar Land. More than 350 volunteer hours were expended to plan and implement the Information Fair.

Senior Fraud Expo

Response: Senior Fraud Expo was a first time event in Fort Bend County. A committee was developed including Better Business Bureau Education Foundation (BBBEF) to plan the event that would target seniors addressing fraudulent schemes.



Results: The Senior Fraud Expo was held in Sugar Land with 35 people attending each of three sessions. The topics were Medicare fraud, financial fraud and postal fraud. There were fifteen vendors representing agencies providing assistance to seniors. More than 80 volunteers hours were expended planning and implementing the Senior Fraud Expo.

Future Plans: To make better use of resources including agency time and travel, the Senior Fraud Expo will be held in conjunction with the Information Fair in 2011. The event will be held in Sugar Land in February.

Partners for Parenting Conference

Response: Partners for Parenting Conference has struggled to reach the grandparents and relatives raising children audience for the past five years. In 2010, the Partners for Parenting Task Force partnered with Fort Bend ISD Community Connect Conference and provided a track of six presentations targeting the grandparents and relatives raising children audience.

Results: There were a total of 35 attendees at six presentations. Most of the attendees were social workers from the school districts throughout the county. Discussion following the conference leans towards providing a train the trainer type conference for 2011.

Each year a grandparent is awarded the Pamela Terry Award for their efforts in raising children. The recipient for 2010 was a 78 year old grandparent who has adopted 6 grandchildren and resides in Needville. The Partners for Parenting Task Force comprised of ten members expended 224.5 volunteer hours planning and implementing the conference.

2010 Fort Bend & Harris County Career Quest

Developed by: Shelley Pappas, CEA-4-H & Urban Youth Development, Fort Bend County & Misty Young, CEA-4-H & Youth Development, Harris County

Relevance - Grassroots involvement has helped Extension maintain relevance in the community. In order to continue providing quality, educational programs, we must be persistent in developing partnerships with community leaders. Youth Board membership should represent the diversity of the county and other youth organizations. The Youth Board serves as a Program Area Committee and should work together to identify youth issues in the county. Based on the findings, members are expected to sponsor an educational activity that addresses the youth issues identified as being relevant in the county.

Response - Career Quest was designed to enhance the goals of Achieve Texas. Achieve Texas is an effort to redesign education so that students are better prepared for opportunities in today's and tomorrow's world. It recognizes that our education system is Texas' primary way of building a strong workforce that can compete favorably with that of any other state or nation. The goal of Career Quest '10 was to provide students with information on careers that will be available to them when they enter the workforce.

The Career Quest program featured an opening session with keynote speaker, Ed Apodaca, Vice President of Student Services and Enrollment Management at the University of Houston-Downtown. Breakout sessions included Identifying and Applying to College and Opportunities in Higher Education (focusing on differences in degree programs). The third session was time spent visiting exhibitors which included schools and businesses.

Results: A total of 271 students in grades 8-10 attended Career Quest. Students were from one school district in Fort Bend County (Lamar Consolidated ISD) and one school district in Harris County (Spring ISD).

Racial Breakdown:

African American – 26.9%

Asian – 3.3%

Hispanic – 37.3%

White – 17.3%

Other – 15.2%

Gender



Satisfaction Measured	Mostly or Completely Satisfied (%)
Overall, how satisfied were you with Career Quest?	79.4
Satisfaction with the timeliness of the information.	73.1
Satisfaction with the completeness of the information given on each topic.	78.7
Satisfaction with the helpfulness of the information in decisions about your own situation.	75.9
Satisfaction with the instructor's knowledge level.	83.1

Future Plans

Future plans include holding the 2011 event in Fort Bend County. We plan to invite additional Harris County school districts to participate. We also plan to secure additional sponsorships. We would like to expand the diversity of the exhibitor area as well.

Quality Counts 2011- Fort Bend County

Developed by Dwight D. Callis, County Extension Agent - 4-H

RELEVANCE: Texas has the highest totals in 4-H and FFA livestock projects in the country. In 2006, there were over 89,000 market entries for steers, swine, meat goats, and lambs across the state (Coufal 2007). These figures have constantly climbed over the last decade and into the new millennium. Thus, Quality Counts in Texas has been developed for 4-H and FFA members who participate in these livestock project areas.

Quality Counts in Fort Bend County is an on-going program for 4-H and FFA members exhibiting livestock projects. This included market and breeding projects such as beef cattle, sheep, swine and goats. The purpose of Quality Counts in Fort Bend County is to provide youth the opportunity to learn personal character attributes and acceptable livestock management practices. In Fort Bend County, we have 481 4-Hers in community clubs. Of the 481 members, 300 are involved in livestock projects. 256 of these members completed the Quality Counts program. That leaves us with 44- 4-Hers that need to complete this program. With the concerns of providing a wholesome product for the consumer and make sure that 4-Hers do the right thing and make the right decisions when feeding and showing livestock, the 4-H Parent Leaders, along with the 4-H Livestock Task Force decided that this program has to continue in this County.

RESPONSE: Texas AgriLife Extension in Fort Bend County offered one training and two workshops to train leaders and 4-Hers using the Quality Counts curriculum. 4-Hers would receive three-hours of training on Quality Counts to be verified as a Quality Counts Exhibitor.

The training areas included:

- I. Lesson 1. The Purpose of Quality Counts
- II. Lesson 2. The Purpose of 4-H and FFA
- III. Lesson 3. The Purpose of Livestock Projects
- IV. Lesson 4. The Importance of Quality Assurance in Livestock Production

The three hour long session included activities to support the curriculum. All 4-H members and leaders who attended the Fort Bend County 4-H Livestock Workshop and Livestock Project Check received training on Quality Counts.

RESULTS: This was a year-long program that started with an informative meeting on the Quality Counts curriculum. 51 4-Hers received three-hours of training on Quality Counts Lessons 1 through 4. In addition, these 4-Hers also enrolled in Texas Trail, an online module for Quality Counts that gives an additional two-hours of training. All 51 4-Hers participating in this program had to fill out pre-test and post-test evaluations to be verified as a Quality Counts Exhibitor in Fort Bend County. Leaders noticed a change in 4-Hers' knowledge in

both quality assurance and character education in their livestock projects. All members who completed this program will be awarded a Quality Counts Tote Bag that was sponsored by Frost Bank.

PLANNED ACTIONS: All responders thought that the Quality Counts Program did increase their knowledge in quality assurance and enhanced their ability to make the right decisions and do the right thing when managing livestock projects. This program will continue in 2011 to help educate new 4-H members in the area of Quality Counts. We will also introduce a new program for adults called “Quality Counts Gold.”



2010 Fort Bend County, CEP- Civic Engagement

Developed By: Timothy Sandles, Fort Bend County Extension Agent- CEP (4-H)

Relevance: With approximately 146,870 youth in Fort Bend County, across Texas many youth reside in communities where youth can get involved in civic and community development opportunities. In many cases, the emerging issue is that young people are faced with limited access to role models with civic responsibility and rebel against exposure to community connectivity and neglect community issues. Throughout numerous communities, volunteering among youth is unpopular and youth and community leader partnerships are sparse. Community youth development is the process of young people and adults working together in partnership to create the necessary conditions that will result in the successful development of young people, their peers, families and their communities. Youth are engaged and empowered in leadership roles and community awareness so that they will become familiar with current issues, community resources, opportunities and other factors influencing the direction of their community's future. The goal is to enhance the ability of young people from rural backgrounds to successfully transition from adolescence into responsible adulthood, economic self-sufficiency and engaged citizenship by building the capacity to create supportive environments.

Response: With specific focus on the rural communities of Fresno and Kendleton in Fort Bend County, the Engaging Youth Serving Community Project and 4-H was introduced to ignite civic engagement. The goals of Civic Engagement are to provide youth with the knowledge, skills, attitudes and behaviors necessary to live productive, contributing, and fulfilling lives through constructive and encouraging relationships among adults and peers. In addition, Civic Engagement provides an array of youth development opportunities to build competencies to foster youth as partners in their own development and the development of their communities. Community forums were held involving youth in partnership with adults to address community needs. In each community youth and adults agreed to work together in a partnership to improve their community based on addressed issues, attempting to utilize other organizations and stakeholders to increase impact as community capital was increased. Program efforts reached over 60 youth with approximately 15 evaluated.

Results: Fresno - Youth desired to continue to gain more community visibility while fostering a community that rallies around youth and the sport of rodeo as a means to stand guard against gangs, youth violence and other negative deterrents. Youth and adults have worked to gain more community visibility by implementing and participating in more community service activities. Working to increase community youth development activities, this year's rodeo series offered more events and advocated themes such as sportsmanship and respect.

Kendleton - A partnership was developed with the FBC Heritage Unlimited Museums to preserve the legacy of community leaders, families and churches of the surrounding area while helping the museum gain notoriety and visibility. Youth and adults worked together to develop a promotional video to help market and boast the efforts of the FBC Heritage Unlimited Museum. The museum has begun to host more programs as well as host many community meetings and events.



Increase in Abilities: (% of respondents reporting 'Good' or 'Excellent')

Before (40%) After (80%) – I can organize a group activity.
 Before (60%) After (70%) – I can organize information.
 Before (56%) After (77%) – I can establish time use priorities.
 Before (90%) After (100%) – I can work as a team member.
 Before (50%) After (70%) – I can speak before a group.
 Before (80%) After (90%) – I follow a process to make decisions.
 Before (60%) After (70%) – I can plan programs.
 Before (50%) After (50%) – I can identify resources..
 Before (90%) After (90%) – I can teach others.
 Before (90%) After (90%) – I can meet with others.
 Before (90%) After (90%) – I can relate to people from other cultures and backgrounds

Outcomes: (% of respondents who 'Agree' or 'Strongly Agree')

- (90%) – I taught others.
- (78%) – I acted as a mentor to others.
- (70%) – I planned learning activities.
- (80%) – I am more confident in helping others.
- (80%) – I am more confident

Increase in the following behaviors	As seen by <u>Students</u> themselves	As seen my <u>Parents</u> of students
Excited about working for the community	71%	100%
Exhibits initiative	54%	80%
Has confidence in making decisions	79%	80%
Makes better decisions	71%	80%
Comfortable working with adults	71%	100%
Works as a team member	71%	80%
Serves on committees or in leadership role	31%	40%
Manages a project or task well	43%	60%
Has confidence in verbal communication	64%	60%
Has confidence in helping others	60%	60%
Acts as a mentor to other	69%	60%
Worked toward diversity where possible	36%	80%

In addition, **100%** of parents and youth believe that they have made a real difference in their communities.

Future Plans: Continue the Engaging Youth Serving Community Project in both communities striving to enhance the lives of youth by an ongoing effort to strengthen youth and adult partnerships to empower participants as well as their communities.

2010 Fort Bend County Emergency Management Workshop (Output)

Developed by Vincent J. Mannino, CED-FBC

Relevance: Texas is subject to numerous disasters, whether they be natural, accidental or intentional. These hazards are somewhat unpredictable. During 2005, Texas experienced the effects of two hurricanes, drought, and numerous wildfires. During 2006 wildfires were the main threat, while in 2007 flooding was widespread and in the news, and in 2008 Hurricane Ike devastated the upper Gulf Coast. 2009 was a quite year with respect to hurricanes, but a turbulent one regarding wildfires. Emergency Management is an organized analysis, planning, decision making, and assignment of available resources to prepare for, mitigate, respond to and recover from the effects of all hazards.

The Fort Bend Emergency Management Output Plan supports the State of Texas Emergency Management Plan and local cities surrounding counties. Local emergency management plans provide guidance for the employment of emergency resources under a local incident commander. Local emergency management plans include specific provisions for requesting and employing state resources to aid in managing and resolving situations for which local resources are inadequate. Fort Bend County's Emergency Management Plan will provide outreach education to families, communities, businesses, and producers that will help them reduce their risk as they prepare for, mitigate for, and recover from disasters.

Response: Although emergency preparedness is considered an on-going educational effort by Texas AgriLife Extension Service with exhibits utilized during the month of September 2010 at all Fort Bend County public libraries and other special events, and the sharing of both *"Preparing for the Unexpected"* and *"After a Disaster"* publications with local municipalities, we consider the highlight of our efforts as the Fort Bend County Emergency Preparedness Workshop held in Stafford, TX on May 8, 2010. A total of 164 were in attendance including 60 outdoor and indoor exhibitors, 55 volunteers, 17 speakers and 32 general attendees.

Highlights and topics included:

- 'Welcome' by County Comm.- Prec.2 County Commissioner Grady Prestage,
- 'Galveston County & Damage Caused by Hurricane Ike' by Mayor Lyda Thomas,
- '2010 Hurricane Season' by Meteorologist Gene Norman from KHOU TV
- 'H1N1' by Kaye Reynolds, Fort Bend County Health Dept.
- 'TX DPS Updates' by Captain Patrick Mulligan, Tx. Dept. of Public Safety
- 'Coast Guard Actions During Emergencies' by Lisa Taylor, USCG
- 'CyberCrime' by Jeff Kapche, Fort Bend County Sheriff's Office
- 'Center Point Energy – What We Do' by Steven Greenley, Center Point Energy, Rosenberg
- 'What You Should Know about Insurance' by Jack Evins, Tx. Board of Insurance
- 'FBC Animal Issues' by Joe Mask, CEA-ANR & Dawna Michalke, Tx. Animal Health Comm.
- 'Food Safety During Emergencies' by Dr. Jenna Anding, Texas AgriLife
- HazMat – 'What You Need to Know' by Lt. Sean Gutierrez, Sugar Land FD

Results: Despite all the effort and an excellent lineup of programs, exhibits and educational materials only 32 of the total 164 were considered as the target audience or as our constituents. Customer satisfaction surveys completed by 11 of the 32 indicated that all were extremely satisfied, especially with over \$2100 in door prizes. Overall - 100% of respondents were mostly or completely satisfied with the activity. Regarding the content:

- 93% of respondents were mostly or completely satisfied with the information being what they expected.
- 100% of respondents were mostly or completely satisfied with the information being accurate.
- 91% of respondents were mostly or completely satisfied with the information being easy to understand.
- 91% of respondents were mostly or completely satisfied with the completeness of information given on each topic.
- 93% of respondents were mostly or completely satisfied with the timeliness of information given on each topic.
- 100% of respondents were mostly or completely satisfied with the helpfulness of the information in decisions about your own situation.
- 93% of respondents were mostly or completely satisfied with the quality of course materials.
- 100% of respondents were mostly or completely satisfied with the relevance of the examples used.

Anticipated Changes & Economic Impact:

- 93% of respondents plan to take actions or make changes based on the information from this activity.
- 54% of respondents anticipate benefiting economically as a direct result of what they learned from this Extension activity.

Value of Activity:

- 93% of respondents said that the information and programs provided by Extension were quite or extremely valuable to them.
- 100% of respondents would recommend this activity to others.
- 100% of respondents would attend another subject offered by Extension if it addressed a specific need or interest of theirs.

A total of 35 participants completed and returned the survey after the afternoon session. Overall -100% of respondents were mostly or completely satisfied with the activity. Regarding the content:

- 100% of respondents were mostly or completely satisfied with the information being what they expected.
- 100% of respondents were mostly or completely satisfied with the information being accurate.

- 100% of respondents were mostly or completely satisfied with the information being easy to understand.
- 100% of respondents were mostly or completely satisfied with the completeness of information given on each topic.
- 100% of respondents were mostly or completely satisfied with the timeliness of information given on each topic.
- 93% of respondents were mostly or completely satisfied with the helpfulness of the information in decisions about your own situation.
- 93% of respondents were mostly or completely satisfied with the quality of course materials.
- 100% of respondents were mostly or completely satisfied with the relevance of the examples used.
- 100% of respondents were mostly or completely satisfied with the instructor responses to student questions.

Anticipated Changes & Economic Impact:

- 70% of respondents plan to take actions or make changes based on the information from this activity.
- 54% of respondents anticipate benefiting economically as a direct result of what they learned from this Extension activity.

Value of Activity:

- 93% of respondents said that the information and programs provided by Extension were quite or extremely valuable to them.
- 100% of respondents would recommend this activity to others.
- 100% of respondents would attend another subject offered by Extension if it addressed a specific need or interest of theirs.

Level of Understanding: (% of respondents who increased their understanding of . . .)

- (83%) – ‘Galveston County & Damage Caused by Hurricane Ike’ by Mayor Lyda Thomas,
- (93%) - ‘2010 Hurricane Season’ by Meteorologist Gene Norman from KHOU
- (93%) - ‘H1N1’ by Kaye Reynolds, FBC Health Dept.
- (53%) - ‘TX DPS Updates’ by Captain Patrick Mulligan
- (70%) - ‘Coast Guard Actions During Emergencies’ by Lisa Taylor, USCG
- (83%) - ‘CyberCrime’ by Jeff Kapche, FBC Sheriff’s Office
- (70%) - ‘Center Point Energy – What We Do’ by Steven Greenley
- (93%) - ‘What You Should Know about Insurance’ by Jack Evins, Tx. Bd. of Ins.
- (70%) - ‘FBC Animal Issues’ by Joe Mask, CEA-ANR & Dawna Michalke, TAHC
- (93%) ‘Food Safety During Emergencies’ by Dr. Jenna Anding, Texas AgriLife
- (53%) HazMat – ‘What You Need to Know’ by Lt. Sean Gutierrez, Sugar Land FD.

Demographics of Participants:

- 62% female, 38% male
- 15% Black, 15% Hispanic, 55% White, 15% Other
- 8% under age 30, 38% ages 30 to 49, 38% ages 50 to 69, 16% age 70 or older

Future Plans

The Output Plan for 2011 will include several individual workshops composed of “teaching teams” made up of first responders, municipalities and AgriLife Extension personnel that will go to schools, HOAs, businesses, etc. in an effort to increase public attendance. We will utilize Texas AgriLife Extension Service’s “Preparing for the Unexpected” and “After a Disaster” as printed materials. Over 15,000 are in stock for this purpose.

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