



Cooperative Extension Program  
Prairie View A&M University



## Extension Education in Fort Bend County

Making a Difference  
2011

## Improving Lives. Improving Texas.

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.

The Texas AgriLife Extension Service has been dedicated to serving Texans for nearly a century.

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, TX**

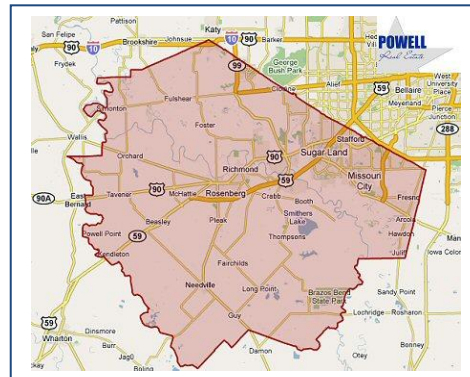
**Founded – 1837**

**County Seat – Richmond**

**Total Area – 875 sq. mi.**

**Population – 577,444 (2010)**

**Density 660 persons/sq. mi.**



## **Fort Bend County**

### **Summary of AgriLife Educational Contacts**

**Total Educational Program Conducted – 911**

**Total Participants – 348,649**

**Contact Hours via Educational Programs – 117,977**

**4-H Members – 580**

**4-H Adult Leaders – 195**

**Youth Curriculum Enrichment Participants – 2,372**

**4-H Special Interest/Short Term – 94,955**

**Total of Volunteers – 1,047**

**Master Volunteers – 246**

**Extension Education Club Members – 55**

**Office Contacts – 1,127**

**Site Visits – 2,112**

**Phone Calls – 5,786**

**Newsletter/Mail/E-Mail Contacts – 41,787**

**Web Contacts – 76,590**

**Radio/Television Segments – 15**

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## 2011 Fort Bend County Equine Education Program

Dr. Allen A. Malone – County Extension Agent –Agriculture & Natural Resources – Fort Bend County

### RELEVANCE

Many Fort Bend County residents enjoy horse ownership for work, recreational and competitive purposes. Equine Management, improved pastures, riding techniques, and horse nutrition are an important part of the needs of horse enthusiast in Fort Bend County. In 2011, Horse owners in the county were severely impacted by the statewide drought conditions. The Fort Bend County Horse Task Force is very instrumental in the development of programs and activities that provide the community with the latest information and training.

### RESPONSE

Texas AgriLife Extension Service in Fort Bend County seeks to increase the knowledge and skills of horse enthusiast through livestock and forage workshops, educational clinics, skill workshops and the dissemination of relevant information. Educational opportunities included a Horse De-Spooking and Desensitizing clinic, two basic Horsemanship Clinics, a Barrel Racing and poles clinic, and the annual Stock Horse of Texas Show and Clinic.

- Summer Basic Horsemanship – 7 participants
- De-Spooking and Desensitizing Clinic – 11 participants
- Barrel Racing and Poles Clinic – 15 participants
- Stock Horse Of Texas Clinic – 54 participants
- Stock Horse of Texas Show – 96 participants
- Winter Basic Horsemanship – 13 participants
- KPRC - NBC 2 news report on Drought Management – Estimated 300,000 viewers

### RESULTS

#### Summer Basic Horsemanship Evaluation Results

Likert- type scale 1 = Poor, 2 = Fair, 3 = Good, 4 = Excellent

QUESTION	Before the class MEAN SCORE	After the class MEAN SCORE	MEAN SCORE GAIN
My knowledge of being <b>safe</b> around horses was:	3.0	3.6	.6
My knowledge of selecting and adjusting the proper bits and equipment for my horse was:	2.5	3.5	1.0
My ability to effectively guide my horse through, around and over obstacles was:	2.6	3.1	.5
My ability to correctly sidepass my horse was:	1.5	2.7	1.3
My ability to correctly two-track my horse was:	1.4	2.6	1.2
My ability to correctly lope off the correct lead was:	2.4	3.2	.8
My ability to stop and back my horse was:	3.3	3.7	.4
My ability to control the speed of my horse was:	2.6	3.5	.9
My ability to execute a simple lead change was:	1.7	2.6	.9
My ability to warm up and cool down my horse was:	3.1	3.6	.5
My ability to ride with more confidence was:	3.0	3.7	.7
<b>TOTAL (Mean Score)</b>	<b>2.4</b>	<b>3.2</b>	<b>.8</b>



### **Barrel Racing and Poles Clinic Evaluation Results**

Likert- type scale 1 = Poor, 2 = Fair, 3 = Good, 4 = Excellent

QUESTION	Before the Class MEAN SCORE	After the Class MEAN SCORE	MEAN SCORE GAIN
My knowledge of being safe around horses was:	3.7	3.9	.2
My knowledge of selecting and adjusting the proper bits and equipment for my horse was:	2.2	3.2	1.0
My ability to control the speed of my horse was:	2.5	3.8	1.3
My ability to execute a simple lead change was:	3.0	3.4	.4
My ability to lope off the correct lead was:	2.7	3.3	.6
My ability to warm up and cool down my horse was:	3.4	3.7	.3
My ability to ride with more confidence was:	2.6	3.6	1.0
My ability to effectively guide my horse through the Barrel (Cloverleaf) Pattern was:	2.4	3.8	1.4
<b>TOTAL (Mean Score)</b>	<b>2.81</b>	<b>3.58</b>	<b>0.77</b>

### **RESULTS (cont'd)**

Program evaluations are a fundamental component to program development. The evaluations tell us what aspects of the program work well and what information and skills were obtained by the participants. Two key programs that are evaluated annually are the Basic Horsemanship clinics and the De-spooking and Desensitizing clinic.

According to the survey results, Horse owners in Fort Bend County have been able to increase their knowledge, safety and horse riding skills as a direct result of our programming efforts.

### **FUTURE PLANS**

The Texas AgriLife Extension Service in Fort Bend County plans to continue to develop educational programs to meet the needs of the citizens of the county. Potential Programs for 2012 are Basic Horsemanship, Equine De-Spooking and Desensitizing clinic, Horse Nutrition, Management and Care Seminar, a Barrel Racing and poles clinic, and the annual Stock Horse of Texas Show and Clinic.

**VALUE**

**Livestock Production**



Texas AgriLife Extension programs targeted to large- and small-scale livestock producers help generate safer food and fiber products with maximum efficiency. The result is quality, consistent, affordable products and industries that support the state's rural economies.



## 2011 Agricultural Literacy in Fort Bend County

Dr. Allen A. Malone – County Extension Agent – Agriculture & Natural Resources

### RELEVANCE

Fort Bend County Texas is unique in its demographic makeup with the eastern half of the county being urban while the western half remains mostly rural. This provides a educational opportunity to Texas AgriLife Extension Service to take an active role in educating youth about the importance of Agriculture in their daily lives. Agriculture contributes significantly to the economy of Fort Bend County with significant production in Corn, Cotton, Rice Beef Cattle and Nursery Production and Sales.

### RESPONSE

Texas AgriLife Extension Service in Fort Bend County developed and implemented educational programming for youth to address the relevant issue of Agriculture Literacy. The following programs were implemented in the past year:

- **AgriLife Expo (May 2011)**
- **AG'tivity Barn (September 2011)**

Texas AgriLife Extension Service collaborates with several local partners to provide these educational opportunities. In 2011 the following partners provided sponsorships and donations: Fort Bend County Master Gardeners, Coastal Prairie Master Naturalist, Whole Foods Market, Fort Bend County Farm Bureau, Fort Bend County Fair Association, Rosenberg Tractor, Texas Parks and Wildlife, Southwest Mobile Dairy, Fort Bend Bee Keepers, Southern Cotton Oil Company, Kunz Farms, East Fort Bend Jaycees, Foodtown, Kroger's, Target, HEB, Enchanted Gardens, Caldwell Nursery, Landscape Direct, Wal-Mart, and The Home Depot.

### RESULTS

**AgriLife Expo** – Five Hundred and Fifty Two youth participated in the AgriLife Expo event that was held at the George Ranch. Participants learned about Beef Cattle, Fruit and Vegetable Production (Horticulture) and Dairy. Students also had an opportunity to compete against other schools in a grocery store shopping experience to find by-products of several of the commodities presented.

**AG'tivity Barn** – Local youth were exposed to various agriculturally oriented educational activities during the annual Fort Bend County Fair. Approximately Five Hundred and Eighty-One students participated in hands on activities such as Crop Production (Corn, Cotton, Soybeans and Rice), live animal exhibits (Beef Cattle, Chickens, Sheep, Goats and Swine), Natural Resources (Prairies and Rainwater Harvesting), Horticultural Production (Pizza Gardens, and soil types), Bees and Fish and Much more.





### Future Program Actions-

Agriculture Literacy programs are an important component of the educational programs provided in Fort Bend County. With the increase in urbanization it is relevant to continue to offer educational activities such as AG'tivity Barn and AgriLife Expo to young people who are becoming further removed from the importance of Agriculture in our Daily Lives.

## VALUE

### Science of Agriculture



Texas AgriLife Extension "Science of Agriculture" programs teach youth about the role agriculture plays in the world and in their lives. Through their participation in these programs, youth become better educated voters and consumers.



## 2011 Fort Bend County Beef Cattle Production

Dr. Allen A. Malone – County Extension Agent –Agriculture & Natural Resources – Fort Bend County

### RELEVANCE

Beef cattle production in Fort Bend County is still an important agricultural commodity. Livestock production, improved pastures, soil fertility, and small grains for grazing are an important part of the agricultural production in Fort Bend County. The volatility of the recent cattle and hay markets present difficult decisions for producers. In 2011, Beef and Forage producers in the county were severely impacted by the statewide drought conditions. The Fort Bend County Beef and Forage Committee plays a vital role in the development of programs and activities that provide local producers of the latest information to remain profitable.

### RESPONSE

Texas AgriLife Extension Service in Fort Bend County seeks to increase the knowledge and skills of producers through livestock and forage workshops, educational clinics, and the dissemination of relevant information in the areas of livestock and forage production. Educational activities for local producers included the annual Commercial Heifer Clinic at the Fort Bend County Fair, the Commercial Heifer Sale at the Houston Livestock Show and Rodeo, KTRK – ABC 13 news report on Drought Management, Houston Chronicle article on Drought Impact on local producers, KPRC - NBC 2 news report on Drought Management and the Drought Management Seminar. Program participation:

- Commercial Heifer Sale at the Houston Livestock Show and Rodeo – 34 participants
- Commercial Heifer Clinic at the Fort Bend County Fair – 4 participants
- Drought Management Seminar – 40 participants
- KTRK – ABC 13 news report on Drought Management – Estimated 300,000 viewers
- Houston Chronicle article on Drought Impact on local producers – Estimated 500,00 readers
- KPRC - NBC 2 news report on Drought Management – Estimated 300,000 viewers

### RESULTS

#### Drought Management Seminar Evaluation Results

Please rate your understanding of...

**Q1** The importance of soil testing for nutrient management

<b>(Before)</b>	Frequency	%	Cumulative %	<b>(After)</b>	Frequency	%	Cumulative %
Poor	4	15.4	15.4	Missing	1		
Fair	8	30.8	46.2	Fair	1	4.0	4.0
Good	8	30.8	76.9	Good	4	16.0	20.0
Excellent	6	23.1	100.0	Excellent	20	80.0	100.0





**Q2** How to better manage forage and livestock in response to the drought and in preparation for future droughts.

<b>(Before)</b>	Frequency	%	Cumulative %	<b>(After)</b>	Frequency	%	Cumulative %
MISSING	1			MISSING	1		
Poor	7	28.0	28.0				
Fair	10	40.0	68.0	Fair	3	12.0	12.0
Good	5	20.0	88.0	Good	9	36.0	48.0
Excellent	3	12.0	100.0	Excellent	13	52.0	100.0

**Q3** Forage left remaining in the pasture this year can influence how much forage grows next year.

<b>(Before)</b>	Frequency	%	Cumulative %	<b>(After)</b>	Frequency	%	Cumulative %
MISSING	1			MISSING	1		
Poor	5	20.0	20.0				
Fair	7	28.0	48.0	Fair	1	4.0	4.0
Good	10	40.0	88.0	Good	6	24.0	28.0
Excellent	3	12.0	100.0	Excellent	18	72.0	100.0

**Q4** How to properly supplement beef cattle needing protein, energy or a combination of the two

<b>(Before)</b>	Frequency	%	Cumulative %	<b>(After)</b>	Frequency	%	Cumulative %
MISSING	1			MISSING	2		
Poor	3	12.0	12.0				
Fair	11	44.0	56.0				
Good	8	32.0	88.0	Good	7	29.2	29.2
Excellent	3	12.0	100.0	Excellent	17	70.8	100.0

**Q5** How to use rainfall records, stocking rate and ENSO to create a Drought Management Plan

<b>(Before)</b>	Frequency	%	Cumulative %	<b>(After)</b>	Frequency	%	Cumulative %
MISSING	1			MISSING	1		
Poor	12	48.0	48.0				
Fair	9	36.0	84.0	Fair	4	16.0	16.0
Good	2	8.0	92.0	Good	11	44.0	60.0
Excellent	2	8.0	100.0	Excellent	10	40.0	100.0

**Q6** How to properly supplement beef cattle needing protein, energy or a combination of both.

<b>(Before)</b>	Frequency	%	Cumulative %	<b>(After)</b>	Frequency	%	Cumulative %
MISSING	1			MISSING	1		
Poor	5	20.0	20.0				
Fair	10	40.0	60.0				
Good	8	32.0	92.0	Good	13	52.0	52.0
Excellent	2	8.0	100.0	Excellent	12	48.0	100.0



*The following Questions pertain to Intention to Adopt*

**Q7** I will utilize soil testing to determine the proper type and rate of fertilizer to apply

	<i>Frequency</i>	<i>%</i>	<i>Cumulative %</i>
MISSING	1		
Probably will not	1	4.0	4.0
Undecided	2	8.0	12.0
Probably will	5	20.0	32.0
Definitely will	10	40.0	72.0
Already adopted	7	28.0	100.0

**Q8** I will reduce my stocking rate to reduce risk associated with drought

	<i>Frequency</i>	<i>%</i>	<i>Cumulative %</i>
MISSING	1		
Probably will not	1	4.0	4.0
Undecided	3	12.0	16.0
Probably will	7	28.0	44.0
Definitely will	8	32.0	76.0
Already adopted	4	16.0	92.0
Not applicable	2	8.0	100.0

**Q9** I will evaluate the nutritional needs of my cattle and feed the appropriate foodstuffs

	<i>Frequency</i>	<i>%</i>	<i>Cumulative %</i>
MISSING	1		
Definitely will not	1	4.0	4.0
Probably will	8	32.0	36.0
Definitely will	10	40.0	76.0
Already adopted	4	16.0	92.0
Not applicable	2	8.0	100.0

**Q10** I will create and use a Drought Early Warning system for my ranch/farm

	<i>Frequency</i>	<i>%</i>	<i>Cumulative %</i>
MISSING	1		
Probably will not	2	8.0	8.0
Undecided	5	20.0	28.0
Probably will	11	44.0	72.0
Definitely will	7	28.0	100.0

**Q11** Number of acres you manage?

	<i>Frequency</i>	<i>%</i>	<i>Cumulative %</i>
MISSING	3		
6	1	4.3	4.3
7	1	4.3	8.7
10	1	4.3	13.0
41	1	4.3	17.4
49	1	4.3	21.7
66	1	4.3	26.1



100	3	13.0	39.1
120	1	4.3	43.5
125	1	4.3	47.8
145	1	4.3	52.2
180	2	8.7	60.9
210	1	4.3	65.2
250	1	4.3	69.6
450	1	4.3	73.9
500	3	13.0	87.0
550	1	4.3	91.3
1000	2	8.7	100.0

**Q12** Do you estimate economic benefit from this program?

	<i>Frequency</i>	<i>%</i>	<i>Cumulative %</i>
MISSING	3		
Yes	20	87.0	87.0
No	3	13.0	100.0

**Q12b** If yes, which best captures the estimated economic value?

	<i>Frequency</i>	<i>%</i>	<i>Cumulative %</i>
MISSING	10		
\$1-5 per head	5	31.3	31.3
\$6-10 per head	2	12.5	43.8
\$11-20 per head	5	31.3	75.0
\$1-3 per acre	1	6.3	81.3
\$4-6 per acre	2	12.5	93.8
More than \$10 per acre	1	6.3	100.0

**Q13** Number of beef cattle you manage?

	<i>Frequency</i>	<i>%</i>	<i>Cumulative %</i>
MISSING	4		
Less than 50 head	13	59.1	59.1
50 to 99 head	5	22.7	81.8
100 to 249 head	3	13.6	95.5
500 or more	1	4.5	100.0

**Q14** How satisfied were you with this type of internet-based event?

	<i>Frequency</i>	<i>%</i>	<i>Cumulative %</i>
MISSING	2		
Very satisfied	12	50.0	50.0
Somewhat satisfied	10	41.7	91.7
Not satisfied	2	8.3	100.0



**FUTURE PLANS:** The Texas AgriLife Extension Service in Fort Bend County plans to continue to develop educational programs to meet the needs of the citizens of the county. As the current drought is projected to continue into 2012 programming needs will be developed to address their needs. Potential Programs for 2012 are Agricultural Expo, Drought Management, Commercial Heifer Program at the Fort Bend County Fair, and the Beef Cattle Symposium and Hay Show.

## VALUE

### Livestock Production



Texas AgriLife Extension programs targeted to large- and small-scale livestock producers help generate safer food and fiber products with maximum efficiency. The result is quality, consistent, affordable products and industries that support the state's rural economies.



## **2011 Sustainable Agriculture for Fort Bend County Cooperative Extension Program**

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

### **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 develop a series of programs in an 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, New Home Cemetery and Historical Park, Beef Cattle Palpation Short Course, Beef Cattle Management during Texas Drought, and Managing Feral Hogs in Fort Bend County.

### ***Programs for 2011***

**Trail Ride Safety Awareness of the Silent Killer Carbon Monoxide** - January 7 and February 5 Attendees 250 total attendees adults 200 50 youth Houston, TX Diamond L Riding Club Horse Barn 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.

**New Home Cemetery and Historical Park** - May 25 June 25 attendees 8 for each of the dates and a total of 16 adults in attendance. A series of programs were held to address Brush Management and Fire Ant Control Methods for the staff and volunteers working with New Home Cemetery and Historical Park. The participants of the programs were taught methods of controlling brush and fire ants that had taken control of the Historical Park. They were educated through proper usage of herbicides and mechanical methods of brush control.

**Beef Cattle Palpation Short Course** - April 29 attendees - 15 adults 7 Prairie View A&M University students attended. This program is offered to the producers of Fort Bend, Waller, and Washington Counties to add value to their Cow/calf Operation. The topic of discussion included palpation of beef cattle for cow/calf producers. The producers were able to get classroom instruction from Dr. Baker DVM and hand on

experience dealing with the male and female reproductive tracts of the Bovine Species, and also the participants were able to palpate live demonstration cattle in all three trimesters of pregnancy.

**Beef Cattle Management during Texas Drought** - June 15 attendee's 13 adults. This program is offered to Ft. Bend County producer dealing with Texas Drought with ways of management of their forges for livestock. Topics discussed were soil fertility, fertilization and grazing management practices.

**Managing Feral Hogs in Fort Bend County** - Fort Bend County AG/NR Agents collaborated with USDA Wildlife Services to educate Texas residents about learning what is legal and what is not about feral hog trapping. Topics of discussion were to recognize signs of feral hogs, gate methods, snaring, building a snare and hands on demonstrations on feral hog trapping. On November 16, 2011 a feral hog program was conducted in Fort Bend County. There were 52 surveys submitted from the 60 in attendance. Results from the surveys were somewhat amazing. Surveys (52) indicated there were 35,943 acres impacted. Last year landowners indicated losing \$197,900 due to feral hog damage. As a result of the programs and indicated future adoption of learned management practices will save/earn them \$107,850. This is due to respondents indicating losses decreased to \$83,850 as a result of implementing what they learned during the program.

## **RESULTS**

Evaluations were handed out at 3 of the major programs and picked up at the end. 100% gained more from being able to ask questions in a comfortable environment and work hands on. Also from these evaluations they were able to take this information back to their farm or ranch to implement. They found new practices that will make their farms or ranches less laborious and more profitable. I am very pleased how the audience responded. They enjoyed the programs and interactions, and they are eager to learn more, according to the surveys. The results indicates requests for more in-depth subjects and to up-date them on new agriculture medical advancements, and technology.

## **FUTURE PLANS**

One hundred percent of the producers enjoyed the programs offered in 2011 and would like the same base programs with new educational subjects for 2012. 84% of the producers were able to take the information learned at these programs and use them on their farms to make it less laborious and more profitable. 100% felt these programs were hands-on and most all would like to see more programs of this nature.





## 2011 Fort Bend County – Master Gardener Training Program

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, with the intent of creating good environmental stewards. This program requires participants attend fifty 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 is an intense one month course, with classes held two days each week. Twenty-two individuals enrolled in the Fort Bend County Fall 2011 Master Gardener class. Class members receive a tremendous amount of education and in return are expected to give fifty hours of volunteer service to Texas AgriLife Extension Service to become a certified Master Gardener.

### RESULTS

A pre and post test were administered to determine changes in the participants' knowledge of horticultural practices. A total of 21 participants completed the test. Table 1 below shows that the participants as a whole increased their knowledge on the horticulture topics presented.

#### 1. Mean score differences reveal knowledge change concerning horticulture topics using a pre and post evaluation method.

Topic	Before	After	Change	% Change <sup>2</sup>
Average Pre Test and Post Test scores <sup>1</sup>	72.09	84.57	12.48	17.3%

<sup>1</sup> Average Score of the 21 participants on the Pre Test and Post Test.

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

Knowledge gained was also measured per topic. Table 2 shows these changes per topic. Participants as a whole improved their knowledge in all but one topic. The topic of Vegetables was the only topic that the participants did not show an improvement. While we cannot conclude the specific reason for this lack of improvement, we do know that the general public is more in tune with backyard food production. These participants may have already had a good knowledge of vegetables and the information given may have contradicted this, causing confusion.



However, there was improvement or consistency in all the other areas. We do notice that our participants are well informed on water issues. They showed no increase or decrease in knowledge on this issue. We do see that participants had great improvements in their knowledge of fruit production, entomology, and soils. While the other topics did show improvements in knowledge, they were not as great.

## 2. Mean score differences reveal knowledge change concerning horticulture topics increases using a pre and post evaluation method.

Topic <sup>1</sup>	Before	After	Change	%Change <sup>2</sup>
Plant Growth and Development	9.52	10.33	0.81	8.5
Soils	3.62	4.57	0.95	26.3
Earth Kind	5.76	6.24	0.48	8.3
Propagation	0.95	1.00	0.05	5.0
Landscape	1.81	2.00	0.19	10.5
Turf	2.67	2.90	0.24	8.9
Trees	2.38	2.81	0.43	18.00
Fruits	0.14	0.48	0.33	233.33
Vegetables	0.52	0.29	-0.24	-45.45
Pathology	1.62	1.67	0.05	2.94
Entomology	3.95	5.67	1.71	43.37
Water	2.00	2.00	0.00	0.00

<sup>1</sup> Average Score of the 21 participants on each topic of the Pre Test and Post Test.

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

## FUTURE PLANS

This data suggest that our Master Gardener Training class is increasing the participants knowledge on most topics presented. However, it is duly noted that we must be vigilant in improving our sessions, especially on certain topics to keep up with the knowledge of those participating in the class. Measures will be taken to ensure that our classes reach a greater depth and clarity of topic to ensure our participants receives a good understanding of the information.

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.



## 2011 Fort Bend County Crop Production

Dr. Allen A. Malone – Fort Bend County Extension Agent – Agriculture & Natural Resources.

### RELEVANCE

Due to the outstanding crop production in Urban Fort Bend County, it is imperative for Texas AgriLife Extension Service to take an active role in providing quality educational programs to producers that will increase their sustainability and increase their profitability.

Crop production is an essential component of the economic viability of the county. In 2011 the following acreage was planted in the county; Upland Cotton 44,397, Corn 10,044, Grain Sorghum 18,972, Soybeans 2,051 and Rice 4,869. These are significant number of acres grown in a county with a population of over 500,000 residents. We want to increase the knowledge of our producers with new data on new varieties in corn and cotton as well as new farm practices.

### RESPONSE

Texas AgriLife Extension Service in Fort Bend County developed and implemented the following programs with the help of the Row Crop and Rice Task Forces to address the relevant issues in crop production. Each year the Extension service works in conjunction with Stasney Farms in Beasley, Texas to establish a Result Demonstration plot to explore varietal improvements in Corn, Cotton and Grain Sorghum. This in conjunction with several educational events seeks to provide local producers with the most recent production information. Educational events for 2011 were:

- Rice Production Conference - 22 participants
- Fort Bend County Row Crop Field Tour - 39 participants
- Syngenta Row Crop Field Tour - 41 participants
- Mass Media Events related to Crop Production
  - KTRK ABC 13 – “Drought” (March 2011)– Estimated 300,000 Viewers
  - KPRC NBC 2 – Drought” (June 2011) – Estimated 300,000 Viewers
  - Fort Bend Herald Newspaper Article “Low Cotton” (July 2011)– Estimated 50,000 Readers
  - Houston Chronicle Newspaper Article (August 2011) – Estimated 100,000 Readers
  - The Daily.com Multimedia report on Feral Hog Damage “Aporkalypse Now” – Estimated 1,000,000

### RESULTS

A survey instrument was used 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. The results are as follows:

#### *Rice Production Conference (n\* = 22)*

**100%** of the survey participants indicated that they increased their knowledge of Rice insect issues  
**100%** of the survey participants indicated that they increased their knowledge related to Rice Variety improvements



**100%** of the survey participants indicated that they increased their knowledge related to Rice Markets and Prices for 2011

*Fort Bend County Crops Tour (n = 39)*

**100%** of respondents were mostly or completely satisfied with the activity.

**97%** 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.


**86%** of respondents anticipate benefiting economically as a direct result of what they learned from this Extension activity.

**90%** of respondents said that the information and programs provided by Extension were quite or extremely valuable to them.

\*n = number of participants

## FUTURE PROGRAM ACTIONS

Each year we need to strive to gain new knowledge through variety trials to help producers make informed farming decisions. With the increased urbanization in Fort Bend County it is imperative that farmers make choices that yield them more profit on less acreage. We plan to keep doing the corn and cotton varieties and are planning on adding grain sorghum for the 2010 crop season.

V A L U E	
Crop and Forage Production Education	
	Extension programs targeted to producers of crops and forages are increasing profitability and productivity of farmers, thereby helping to build and sustain rural economies and support jobs.



## 2011 Fort Bend County Pesticide Education

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 program. All evaluations were conducted post program. The results are as follows:

#### ***Agricultural Pesticide Re-Certification Program (2011) (n = 38)***

**65 %** of program participants indicated that they increased their knowledge of Transgenic Cotton (m = 1)

**87 %** of program participants indicated that they increased their knowledge of Texas Department of Agriculture's Pesticide Laws and Regulations (m = 0)

**79 %** of program participants indicated that they increased their knowledge and skills of identifying and controlling Aquatic Weed Vegetation (m = 0)

**71 %** of program participants indicated that they increased their knowledge of Brush Management (m = 0)

**87 %** of program participants indicated that they increased their knowledge of calibrating their spray equipment (m = 0)

**87 %** of program participants indicated that they increased their OVERALL pesticide management knowledge and skills as a result of this educational program (m = 0)

#### ***Right-of-Way Pesticide Re-Certification Program (2011) (n = 61)***

**95 %** of program participants indicated that they increased their knowledge of managing Feral Hogs (m = 1)

**95 %** of program participants indicated that they increased their knowledge of Texas Department of Agriculture's Pesticide Laws and Regulations (m = 0)

**93 %** of program participants indicated that they are now aware of what is legal and what is not when it comes to hunting and managing feral hogs (m = 0)

**98%** of program participants indicated that they are better able to minimize spray drift when applying chemical applications (m = 0)

**98 %** of program participants indicated that they increased their knowledge of controlling vegetation in Right-of-Ways (m = 0)

**98 %** of program participants indicated that they increased their OVERALL pesticide management knowledge and skills as a result of this educational program (m = 3)

#### ***Structural Pesticide Re-Certification Program (2011) (n=17)***

**100 %** of program participants indicated that they increased their knowledge of Exotic Pest Species (m = 0)

**88%** of program participants indicated that they increased their knowledge of Texas Department of Agriculture's Pesticide Laws and Regulations (m = 0)

**88%** of program participants indicated that they increased their knowledge of Pesticide Safety (m = 0)

**85%** of program participants indicated that they increased their knowledge of Wood Destroying Insect Inspections (m = 4)

**76%** of program participants indicated that they increased their knowledge of Herbicides and Industrial Vegetation Management (m = 9)

**100%** of program participants indicated that they increased their knowledge of Controlling Ant Populations in Turf Grass (m = 9)

**100%** of program participants indicated that they increased their OVERALL pesticide management knowledge and skills as a result of this educational program (m = 5)


#### ***Private Applicator Training and Testing Program (2011) (n = 23)***

**100%** of program participants passed their Private Applicator Exam in 2011

- m = Missing Data
- n = number of participants

#### **FUTURE PLANS**

Each year we need to strive to gain new knowledge through training programs to help producers make informed farming decisions and minimize 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.

V A L U E	
Crop and Forage Production Education	
	Extension programs in crop production promote best practices that lead to safe and sustainable pesticide use, improved profitability of agricultural enterprises, and reduced water usage for irrigation. This benefits Texas as a whole by contributing to the quality and quantity of water resources and enhancing both agricultural competitiveness and rural economies.





## 2011 Fort Bend County – Water Conservation

Developed by Dr. Shari Grahmann, PhD, Fort Bend County Extension Agent - Horticulture

### RELEVANCE:

In Fort Bend County the need to conserve water is a “must.” Why?

- Because for more than 15 years, Fort Bend has been ranked in the top 3% of the nation’s fastest growing counties – in economic excellence, in population, and in highest quality of life;
- Because Fort Bend is the number one fastest growing county of the ten largest counties in Texas;
- Because the current population of 585,375 is closing in on 600,000 and is projected to top 1,000,000 by 2020;
- Because Fort Bend had 183,789 single family housing units in 2010 and is projected to have 225,584 units by 2015
- And, because all have landscapes that require water – a lot of water!

Fort Bend County’s yearly rainfall is 48 inches, but we received only 20.4 inches in 2011. Needless to say as a result, water conservation is no longer an option, it is now a requirement. With water being a diminishing natural resource, it is important that we not only conserve water, but collect and use rainwater when and where possible. So, the challenge in Fort Bend County is to have a low input landscape that adds natural beauty to our local environment while conserving water - regardless of the amount of rainfall we may receive.

### RESPONSE

The Horticulture unit in Fort Bend took on “water conservation” as a theme this year. What was done?

- Most all of our educational programs contained topics involving water conservation in one form or another;
- We selected water conservation to be a stand-alone topic for our 2011 Master Gardener training class;
- We created a Sustainable Landscaping Seminar that focused on methods to conserve water in the landscape;
- We installed a rainwater harvesting system in one area of the demonstration gardens and utilized this to show others how they can harvest water as well;
- We hosted a Rainwater Harvesting Workshop to emphasize the importance of water collection on public buildings for county and school district officials with County Commissioner James Patterson, Prec. 4 leading the charge;
- We have a speakers bureau with speakers made up of Master Gardeners (3) that are trained as MG Rainwater Harvesting Specialist;
- We have created an elaborate portable rainwater-harvesting display for use at public events
- Teamed with N. Fort Bend Water Authority at the Fort Bend County Fairs as part of Ag Awareness

### RESULTS

- Water conservation, low water-use landscaping, rainwater harvesting and similar topics were added to 23 educational programs;

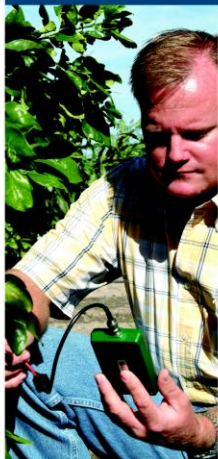
- A 3-hour class on “Water Conservation” was added to the 2011 Master Gardener Short Course;
- The Sustainable Landscaping Seminar held in October that focused on methods to conserve water in the landscape had 53 Fort Bend County Citizens in attendance;
- A 500 gallon rainwater harvesting system was added to the north side of the Educational Center. Collected rainwater is used in the adjacent demo garden Literature is on-sight for visitors to utilize;
- The Rainwater Harvesting Workshop to emphasize the importance of water collection on public buildings for county and school district officials with County Commissioner James Patterson, Prec. 4 leading the charge, 15 decision makers were in attendance;
- Three Fort Bend County Master Gardeners were certified as MG Rainwater Harvesting Specialist;
- The Rainwater Harvesting educational display was created for use the AG’tivity Barn during the Fort Bend County Fair for 580 school students & 120 teacher/parent volunteers to study, and the 180,000 fair attendees to view. Literature and storyboards were on sight to provide information and weblinks;
- North Fort Bend Water Authority provided an elaborate exhibit along with trained volunteers to help reach the 580 school students and 120 teacher/parents during school tours.



Clientele feedback indicated overall satisfaction was good, and that individuals in Fort Bend are concerned about water issues and continue to look for information on how to conserve water. Feedback indicated that most people who attended programs considered water issues to be one of the most important. Individuals were pleased with Extension’s educational efforts, but also would like for that education to extend to homeowners’ associations and other regulatory groups. It is quite evident in Fort Bend County that many homeowners’ associations are still requiring more turf, over-sized trees, and seasonal color that require more water and general maintenance than slow-growing, native plant materials.

### FUTURE PLANS

To strengthen current water conservation programs and the partnership with the North Fort Bend Water Authority.

VALUE	
Water Conservation Education	
	Texas AgriLife Extension programs that teach farmers, homeowners and business administrators to conserve water are helping reduce demand on the state’s limited water resources. Texans benefit from a safer, more reliable water supply at no additional cost.



## 2011 Fort Bend County Green Thumb Seminars

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

### RELEVANCE

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: Earth Kind Landscaping, Soil and Composting, Rainwater Harvesting, Landscape Planning and Renovation, Plants that Thrive in Fort Bend, Vegetable Gardening, Home Lawn Care, Fungicides, Pesticides, Insecticides – What's the Right Cide?, Pests – What are They?, Irrigation Systems 101, and Container Gardening. 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.

### RESPONSE

The seminar series was set up as a once a month seminar style event. Participants could pick and choose what seminars they wanted to attend. Each Green Thumb Seminar covered a different topic. This seminar series has been a staple for many years now. In the past few years we have seen a decrease in the number of people attending the seminars. Some topics were consistently popular, including vegetable production, lawn care and pests. However, the other seminar topics were not drawing much in the way of attendance. Therefore, we started an overhaul of the Green Thumb Series. We replaced some of the least attended seminars with new ones. We still did not see an increase in attendance as a whole. Eleven presentations netted just over 80 attendees. While each seminar attracted different individuals looking for information, there were only a few that were well attended. The seminars focusing on vegetables and irrigation 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 managing a home irrigation system and how to conserve water in your landscape. Overall satisfaction with the seminars was good. Those who attended were satisfied and indicated they would come to other programs.



Providers Conference

## ABC Child Care Provider Conference Outcome Report, 2011

Developed by Sandra K. Fry, CEA-FCS

### RELEVANCE

Over 60 percent of children from birth through age 6 (not yet in kindergarten) receive some form of child care on a regular basis from persons other than their parents. The Texas Workforce Commission estimates that there are over 100,000 child care providers caring for more than 760,000 children under the age of 13 in licensed or regulated child care facilities in the state of Texas. Additionally, child care is the 16<sup>th</sup> largest industry in the state, generating over 145,000 jobs and \$2.3 billion in wages for Texans.

Findings from longitudinal research have clearly established the fact that quality does matter when it comes to child care. Children who receive high-quality care (e.g., warm sensitive care-giving, well educated child care staff, low child-to-adult ratios, small group size) develop better language, math, and social skills; exhibit fewer behavior problems; and tend to be better prepared for entrance into school. Having a well-trained child care workforce is essential to providing the high quality child care that children need to develop physically, socially, emotionally, and cognitively.

### RESPONSE

#### Child Care Provider Conference

On June 11, 2011, the Texas AgriLife Extension Service conducted a child care provider training conference in Wharton, Texas for **172** child care providers and directors who provide care for **3,365** children enrolled in **50** child care centers or family day homes. One hundred and seventy-two participants completed a written evaluation of the conference (see Table 1 for participant characteristics). A total of **1,204** clock hours of training were provided to child care professionals seeking to meet state mandated training requirements established by the state of Texas.

Table 1. Participant Characteristics (N = 172)\*

Variable	Percentage*	Mean
Age (in years)		41.4
Number of Years in Child Care Profession		9.8
Gender		
Female	88.4	
Male	1.7	
Ethnicity		
African American	23.3	
Caucasian	40.1	
Hispanic/Latino	30.2	
Other	4.1	
Education		
Less than High School Diploma	3.5	
High School Diploma	59.3	



Associates Degree	18.0	
College Graduate	17.5	
<b>Program Type</b>		
Home Day Care	9.3	
Child Care Center (other than Head Start)	52.9	
Church-Affiliated Child Care Center	26.7	
Other (e.g., Montessori)	9.9	
<b>Program Licensed and/or Registered</b>		
Yes	93.6	
No	0.6	
<b>Attended Extension-Sponsored Training in Past</b>		
Yes	56.4	
No	30.8	
Not Sure	11.0	
* Percentages do not always equal 100% due to missing cases.		

## RESULTS

Participants were asked to indicate their agreement or disagreement with a series of items related to the training. One hundred and seventy-two participants completed written surveys (See Table 2 for participant responses).

Table 2. Child Care Provider Conference Outcomes (N = 172)\*

Item	Percent in Agreement*	Percent not in Agreement*
<b>Acquisition of New Information</b>		
Learned new information	95.3%	1.2%
Will utilize new information to strengthen program	91.9%	2.9%
<b>Intent to Use Information</b>		
Will use now	95.3%	0.6%
Will use in future	95.9%	0.6%
<b>Training's Influence on Provider/Program Quality</b>		
Will be more effective provider	94.2%	1.7%
Will lead to improvements in quality of care offered	93.0%	2.9%
<b>Relevancy of Training</b>		
Helped provider obtain required clock hours	93.6%	3.5%
Topics relevant to daily work	91.9%	1.2%
<b>Other</b>		
Training cost-effective	92.4%	2.9%
Plan to attend another Extension conference	87.8%	4.1%
* Percentages do not equal 100% due to missing cases		



In addition to the above items, participants were asked to rate the quality of the conference compared to other child care trainings they have attended in the past by non-Extension organizations/agencies. Table 3 below contains the results.

**Table 3. Perceptions of Quality Compared to Other Non-Extension Trainings (N = 172)\***

Item*	Much Worse	Worse	Same	Better	Much Better
Compared to other child care trainings you have attended (not provided by Extension), how would you rate the quality of today's training?	0.0%	4.1%	29.7%	31.4%	24.4%
* Percentages do not equal 100% due to missing cases					

As can be seen in the tables above, child care providers found the training to be very beneficial. Over 90 percent of participants acquired new information from the conference, considered the training to be very cost-effective, considered the training to be very relevant to the work they do, plan to utilize the information gained at the conference to improve their programs, and consider themselves better equipped to work with the children in their care.

#### ACKNOWLEDGEMENTS

Participating counties and agents included Sandra Fry, Maria Rangel, Fralonda Anderson – Fort Bend County, Dianne Gertson - Wharton County, Sharon Trower and Courtney Latour – Brazoria County and Barbara Sulak – Matagorda County. Report prepared by Stephen Green, Ph.D. on November 10, 2011. For more information, please call (979) 845-6468 or e-mail ([s-green@tamu.wdu](mailto:s-green@tamu.wdu))





## 2011 Fort Bend County Do Well, Be Well with Diabetes

Developed by Sandra K. Fry, County Extension Agent – FCS

### 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 with diabetes is projected to increase 43 percent, 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, or the insulin it makes 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.
- 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.



## RESPONSE

- 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 29 participants at *Do Well, Be Well with Diabetes* 6 participants completing 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
- Diabetes and Exercise
- 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

## RESULTS

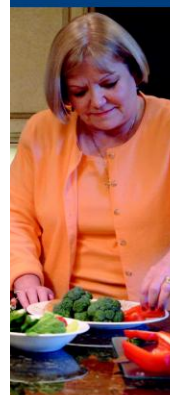
Outcome results are based on participants who have diabetes, attend the nine lessons and submit all forms for documentation. There were 29 participants who met the criteria for *Do Well, Be Well with Diabetes*. Twenty-one percent (6) were Hispanic; 0.03% (1) was African American; 76% (22) were white. Forty-five percent had diabetes more than four years. Sixty-nine percent (20) had never received any previous diabetes education. Only one person had no insurance. One hundred percent (29) were on some type of diabetes medication. Sixty-nine percent (14) considered their ability to control their diabetes to be poor. Six participants completed the *Cooking Well with Diabetes* and received their cookbooks. A second *Cooking Well with Diabetes* class will be held in December 2011 for those completing the November series.

## FUTURE PLANS

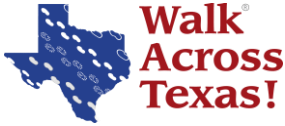
Educational programming for diabetes and cooking for people with diabetes will continue to be offered in Fort Bend County with classes offered in February and August. A diabetes conference is also planned for 2012 working with Brazoria County in the Missouri City area.

## VALUE

### *Do Well, Be Well with Diabetes*



This diabetes education program teaches participants about lifestyle changes and disease self-management, enabling them to improve their quality of life and lower their health-care costs close to the non-diabetes level. These reduced health-care costs are key to the program's public value.



## 2011 Fort Bend County Walk Across Texas! Developed by Sandra K. Fry, County Extension Agent – FCS

### 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:

- Over thirty percent of Texas adults are obese.
- Nineteen percent of Texas children are obese.
- Only twenty-five percent of adults and twenty-seven percent of high school students get regular, moderate exercise.
- Twenty-nine percent 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 and 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 8<sup>th</sup> in the nation as the most physically inactive state.
- Texas ranks 12<sup>th</sup> as the state with the highest obesity rates.
- Texas ranks 6<sup>th</sup> as the state with the highest childhood overweight rates.

### The Educational Program:

- Teams of eight people, school classes or individuals walk 830 miles across a map of Texas during the eight week period.
- Visit <http://walkacrosstexas.tamu.edu>
- 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 forty-nine 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 55598.97 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, Gurecky Manufacturing and Department of Aging and Disability Services.

## RESULTS

A total of 335 people in Fort Bend County registered to participate in the *Walk Across Texas!* activity. Potential Economic Impact for 2011 is based upon the activity of 317 participants. The average age for males and females was 44 and 43 respectively. It is estimated that 19 males and 49 females 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 \$2,843,893 and for males, \$1,045,993. The total savings for Net Present Values including calculating savings for lost wages is greater than \$4,000,000.

## 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.

**VALUE**

**Walk Across Texas**



Walk Across Texas is an eight-week fitness and health program that challenges participants to adopt a habit of regular exercise. Research indicates that a walking routine of this duration is more likely to lead to continued moderate exercise, which improves quality of life and reduces the risk of chronic disease (including type 2 diabetes). This program yields public value in the forms of reduced public health-care costs and a healthier, more productive workforce.



## 2011 Fort Bend County Food Protection Management 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 Hand washing
- 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 2011, testing is being provided by ServSafe through the National Restaurant Association. A participant passing the ServSafe test receives a certificate that 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.

A Food Handler's course is offered to teach food service employees the minimum standards for food safety in the food service industry. This course is two hours long and provides the participant with a certificate of completion and a Food Handler's card.





## RESULTS

Ten participants completed the food manager certification trainings in 2011. Six of the ten participants (60%) passed the test and received their food manager's certificate.

Twelve volunteers with Mamie George Senior Community Center took the Food Handler's course and received their Food Handler's card.

## FUTURE PLANS

*Food Safety – It's Our Business* is scheduled for three sessions in 2012. To increase the public's awareness of food safety, the Food Handler's course will be offered four times throughout 2012. While the main target audience for Food Handler's course is the retail food industry, it provides critical information for anyone handling food.

## VALUE

### Food Safety Education



Both those who work in food-service establishments and those who simply cook in their own kitchens benefit from Texas AgriLife Extension's food-safety education programs. The resulting improvement in safe food handling benefits consumers by reducing the risk of food-borne illnesses and the public health-care costs they cause.



## Parenting Connections

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

### RELEVANCE

Although children are influenced by many different elements in their environment, parents are the primary influence in the lives of their children. Parents' contributions to their children's development are unparalleled, especially during their early childhood years. Research indicates that children who grow up with actively involved and nurturing parents (as opposed to uninvolved parents) reap numerous benefits, including better school performance, increased self-esteem, healthier relationships with peers, healthier sex-role development, and greater access to financial resources. In addition, children who are raised in environments in which parents are fully involved are less likely to engage in behaviors that put them at risk for a variety of physical and mental health problems.

Research suggests that quality educational programs can assist parents in developing the skills they need to effectively raise their children. The qualities/skills that are common to effective parents (e.g., unwavering love, sensitivity to a child's needs and feelings, clear and consistent limits geared toward a child's stage of development, firm but not harsh discipline, encouragement of child's emerging independence, parental involvement in child's education, being a positive role model) can be taught through a series of parenting education classes that allow parents the opportunity to discuss and practice the desired skills. The Partners for Parenting Task Force provides input into the parenting education in Fort Bend County.

### RESPONSE

In 2011, the Texas AgriLife Extension Service conducted multiple parent education workshop series' in Fort Bend County utilizing the *Parenting Connections* curriculum. Topics covered included guidance/discipline, parent-child communication, promoting a healthy self-esteem in children, and child development. Approximately **122** single session parenting classes were attended by participants. Thirty-one (**31**) parents and/or other relatives completed the 4-week program (see Table 1 for outcomes).

### RESULTS

*Participant Characteristics* - The average age of participants was 34.3 years. Parents who attended the classes had an average of 3.0 children. Forty-two percent of attendees were female and 29% were male. Approximately 45% possessed a high school diploma, 7% some college, and 7% a college degree. Nearly 16% did not possess a high school diploma. Thirty-two percent of the participants identified themselves as Hispanic/Latino, 26% Caucasian, 10% Asian, and 6% African American. Thirty-two percent reported household incomes under \$20K, 13% between \$20-29K, and 29% over \$30K. Twenty-six percent of participants were married (1<sup>st</sup> time), 16% divorced/separated, 7% remarried, and 23% single. Sixty-one percent identified themselves as the child's custodial parent, 7% as the non-custodial parent, and 5% as an "other" caregiver.

*Parent/Child Behaviors* - Participants were evaluated after completing the parent education series using a retrospective evaluation tool. Results indicate that the program had a very positive effect on specific parenting practices. Significant behavioral changes from pre to post occurred in the following areas: parent-child communication, parental self-confidence, and use of positive disciplinary practices. In addition, parents





reported a significant improvement in their children's behavior after participating in the program. The following tables demonstrate the positive changes that occurred:

**Table 1. Percent reporting "frequently" or "almost always" from pre to post (N = 31)**

Parenting Behavior	Pre	Post
Compliment child	64.5%	77.4%
Encourage child	74.2%	87.1%
Listen carefully to child	77.8%	93.5%
Communicate clearly & directly	70.9%	87.1%
Confident in parenting skills	61.3%	87.1%
Set limits (rules) for child	31.8%	71.0%
Consistently enforce limits	64.5%	74.2%
Reason with child	51.6%	64.5%
Redirect child	51.6%	71.0%
Yell or scream at child	12.9%	6.5%
Use time-outs	35.5%	32.3%

**Table 2. Child's behavior pre vs. post (N = 31)**

Child's Behavior	Pre	Post
Excellent or Very Good	25.8%	54.9%
Adequate, Fair, or Poor	58.0%	32.3%

## FUTURE PLANS

Three Parenting Connections series are planned for 2012. These will be conducted to meet requirements of Child Protective Services, CASA, the Family Court System or any other entity requiring parenting education for their clientele. A Master Parent Volunteer Educator is being considered to assist with this program in an effort to increase numbers by offering the educational programming at various locations throughout Fort Bend County.



## Fathers/Families Reading Every Day (FRED)

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

### RELEVANCE

Fathers Reading Every Day is a parenting program designed to increase the involvement of fathers in their child's education. Fort Bend School districts use the program throughout the school year in an effort to support the child's education and improve the parenting skills of the parent.

- Reading aloud to children on a frequent basis is one of the most effective ways to promote early literacy development among young children.
- Strong relationships exist between children's literacy skills, academic performance, and future income potential.
- Children who are read to at least three times a week by a family member are almost twice as likely to score in the top 25% on tests of reading ability than children who are read to less frequently.
- Children who read well in the early grades are far more successful in later years; those who fall behind often stay behind when it comes to academic achievement.
- When parents are actively involved in their children's education, children are more likely to receive A's, enjoy school, and are less likely to repeat a grade.

### RESPONSE

- FRED is a literacy program designed to increase parental involvement in children's literacy development, with a specific focus on fathers.
- Parents of children enrolled in Head Start, Even Start, schools, and child care centers are presented with information to help them begin daily reading activities with their children.
- Since its inception in 2002, over 20,000 parents and children have participated in FRED.

### RESULTS

#### Impact of the Program – Fort Bend County

- One thousand and twelve (1,012) parents and children completed some aspect of the FRED program from Fort Bend County in 2011. Two hundred and ninety (290) parents and children completed the program in its entirety.
- Statistically significant differences from pre to post were noted in the following areas: the amount of time someone in the family spent reading to their children, the amount of time fathers spent reading to their children, the number of books read during a typical week, fathers' level of involvement in their children's education, the amount and quality of time fathers spend with their children, fathers' satisfaction with themselves as parents, and the quality of the father-child relationship.
- When given a chance to express their agreement or disagreement with a series of statements related to the program, adult participants (**N = 145**) reported the following:



Statement	Percent Agreement
Got me reading to my child everyday	32.4%
Increased the time I spent with my child	42.1%
Improved the quality of the time I spent with my child	59.3%
Helped me get to know my child better	37.9%
Helped me become more involved in my child's education	52.4%
Led to improvements in my child's vocabulary	40.7%
Led to improvements in my child's ability to count	23.4%
Helped my child learn to read	32.4%
Increased my satisfaction level as a parent	53.8%
Improved my relationship with my child	49.0%

### FUTURE PLANS

Lamar CISD and Fort Bend ISD have already been issued curriculum for the 2011-12 school. Fort Bend ISD in particular has been issued over 2000 curricula to enhance their Dad's Initiative.



**2011 Fort Bend County**  
**Texas Extension Education Association of Fort Bend**  
**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.

**Function**

Texas Extension Education Association of Fort Bend is comprised of 4 clubs with a total of 52 members. Educational programs hosted by TEEA included: "Cooking with Black Beans", "Slow Cooker Cooking", "Codes on Canned Goods" and "How to Balance/ How to Fall". At their annual meeting, they were trained to teach the lessons: "Connecting Generations", "Laughter as a Natural Resource", "Medicare Patrol", "Roger", "Creating a Vision/Goals" and "Seminole Patchwork". Besides these lessons, each club may offer other types of educational programming. Members took one educational tour to Houston Farmers Market. The Textile Study Group lessons included "Making Aprons and Hot Pads", "Fabric Basket" and an annual quilt shop hop in the Houston area. This year, the members enjoyed a 'Spring Fling' with a presentation of "Health and Beauty - Osteoporosis". Twenty-nine members and guests attended the 'Spring Fling'. Over 860 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 \$500 and donated dollars to Helping Hands, Fort Bend County Libraries and the Salvation Army totaling \$825.00. 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 1358.5 hours of volunteer service valued at \$20.85 per hour (\$28,324.72) to educational programming and community service. An additional \$2670.12 was contributed by members for educational programming and community service.

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 seven council meetings a year, a fall District Officer Training and a District Spring Conference that was hosted by Fort Bend County in 2011. Additionally, members attended the annual state meeting held in Temple in 2011. 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 as a member of District 9 will co-host the state meeting to be held in Beaumont in 2012.



## 2011 Fort Bend County Cooperative Extension Program Project D.E.A.P. (Diabetes Education Awareness Prevention)

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



### 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; including a fitness workshop, health fairs, and several one-shot diabetes awareness sessions.

6 Session Series Included:

- 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

### RESULTS

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 evaluate participant change in knowledge and behavior. Evaluation analysis captured participant's knowledge of diabetes, management of diabetes, relevance of portion control and benefit of physical activity for health and wellness.



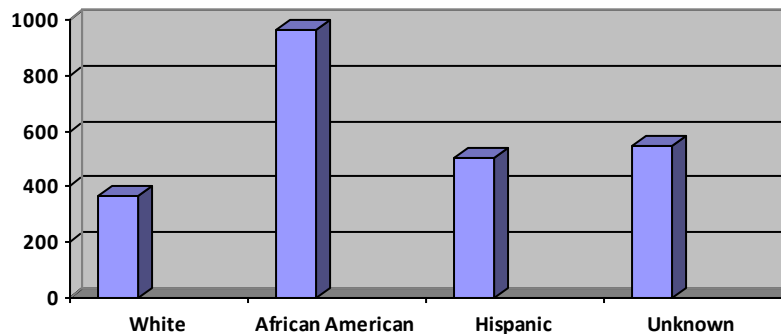
**CHANGE IN KNOWLEDGE** (*percentage evaluated from surveys*)

- 100%** Increase in understanding of diabetes risk factors
- 95%** Increase in understanding of damages to the body from uncontrolled diabetes
- 98%** Increase in understanding normal blood glucose levels
- 100%** Increase in understanding of the role of physical activity with diabetes
- 100%** Increase in understanding of the role one's personal choices plays in health

**CHANGE IN BEHAVIOR**

- 100%** will test blood glucose at proper times
- 100%** will check for changes in feet and skin often
- 98%** will test blood pressure at proper times, and
- 90%** will increase physical activity

**2011 Total Diabetes Education Contacts were 3,727**



**Collaborators included:**

- Prairie View A&M University
- Missouri City Baptist
- Church Catholic Charities
- Christ Clinic of Katy
- Texas Department of State Health Service
- Dignity Funeral Home Company
- M.D. Anderson Project Church
- Fluor Daniels, Inc. Sugarland, USA



## 2011 NEFE High School Financial Planning Program

Developed by Fralonda W. Anderson, Extension Agent- CEP-FCS



### RELEVANCE

Personal Financial Literacy – HB 492 was signed into law by Gov. Rick Perry in May 2005. HB 492 sponsored by Rep. Beverly Wooley (R-Houston), requires school districts and open-enrollment charter schools to incorporate instruction in personal financial literacy into any course meeting a requirement for an economics credit under Section 28.025, using materials approved by the State Board of Education (SBOE).

Extension's curriculum enrichment program, the NEFE High School Financial Planning Program, was approved by the State Board of Education for use by classroom educators. The bill required incorporation of instruction in personal finance beginning with the 2006-07 school year. It is expected that the State Board of Education will adopt new Texas Essential Knowledge and Skills personal financial literacy in 2010. Financial literacy education needs have been documented by various studies. The 2008 Financial Literacy Surveys of High School and College Students conducted for the Jump\$tart Coalition showed financial literacy scores of the 2008 high school senior class to be lower than seniors in 2006. The mean score was 48.3% compared to 52.4% in 2006. This means that students answered less than half of the financial questions correctly, suggesting an even stronger need for financial literacy education prior to high school graduation. Texas seniors overall scored slightly higher (49%) than students nationally (48.3%). Nationally, male students had slightly higher scores than female students, 49% for males and 48% for females. However, the gender gap was larger among Texas students; Texas males had an average score of 52% while Texas females had a score of 47%. Willowridge High School a part of the Fort Bend County Independent School District High School had an enrollment of 1,470. The student population is approximately 63% African American and 37% Hispanic. More than half (55.6 %) of students at Willowridge High School are identified as economically disadvantaged and 69.9% as at-risk.

### RESPONSE

Implemented NEFE High School Financial Planning Program at Willowridge High School to educate high school students about sound money management skills and financial planning processes and help teens begin developing positive behaviors that are necessary to attaining financial maturity and achieving a secure future.

### RESULTS

Twenty-two Willowridge High School 10<sup>th</sup> grade students were provided a presentation on financial planning. Students engaged in open discussion about goal setting and past experiences in financial planning. Students also engage in lecture to increase their understanding of analyzing information in terms of consumer decision making, understanding the importance of creating a plan and implementing the plan the everyday lifestyle.





## Other Significant FCS Programs

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

### 4-H Sew & So Camp

#### RESPONSE

The 4-H Sew & So Camp was developed to provide an opportunity for youth to learn how to sew. Besides the “sewing” opportunity, participants learn about equipment used in clothing construction, safety in using the equipment, fabric types and properties, and different techniques used in clothing/accessory construction. The camp was five days and was offered twice in Fort Bend County with 20 youth enrolled for each week. Participants used a sewing machine, a serger machine and learned how to use an iron. 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 nine volunteers assist with the teaching of the activities which involved a minimum of 300 hours of volunteer time valued at \$20.85/hour or \$6255.

A Winter Workshop with 20 participants was held during the Christmas holidays. The participants had an opportunity to bring a sweatshirt and decorate it (embellish) for themselves or for a Christmas gift for someone special.

#### RESULTS

More than 50% 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 aprons or their shorts. Each had an exhibit space that included their notebook, snappy bags, fashion storyboard and items made during camp. 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 apron, snappy bags and having an opportunity to take a field trip to Jo Ann Fabrics to purchase the fabric for two of their projects. Participants came from Katy, Richmond, Rosenberg, Needville, Sugar Land, Missouri City and some out of towners’ visiting grandparents.

### 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. 2011 was the fifth 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 over 115 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. Five judges assisted with the fashion show with each receiving a gift (total \$200 value). . More than 50 hours of volunteer time were contributed to the Fashions from the Cotton Patch Expo. Youth participation from the Sew & So Camp in the Expo was increased significantly with the inclusion of the fashion story board project which is also a 4-H project. The fashion show will not be held in 2012 because of other events coinciding with the timing of the event.

### **Information Fair/Senior Fraud Expo**

#### **RESPONSE**

The Information Fair/Senior Fraud Expo 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. 2011 was the fourth year for the Information Fair and the second year for the Senior Fraud Expo. The two were combined in 2011 to make better use of the Information Fair exhibitors.

#### **RESULTS**

Forty agencies participated in the 2011 Information Fair that was held at the Sugar Land First United Methodist Church. The event lasted for four hours with inclusion of speakers for the Senior Fraud Expo. Topics included "Emergency Response for Seniors", "Financial Fraud" and "Medicare Fraud". Planning for the event in 2012 is underway and includes a partnership with Mamie George Senior Center, Catholic Charities and Better Business Bureau Education Foundation. It will be held on February 17 at the Mamie George Senior Center in Richmond. More than 350 volunteers hours were expended to plan and implement the Information Fair/Senior Fraud Expo.

### **Grandparents and Relatives Raising Children**

#### **RESPONSE**

In 2011, the Partners for Parenting Task Force partnered with Fort Bend ISD Community Connect Conference for the second time and provided a track of three presentations targeting the grandparents and relatives raising children audience. The guest speaker was Marilyn Gambrel with No More Victims, Inc. Her topics centered on problems associated with children whose parents are incarcerated.

#### **RESULTS**

There was a total of 60 attendees at three presentations. Most of the attendees were social workers and school counselors from the school districts throughout the county. Many found the information helpful and are looking for ways to reach children who have severe problems at school and home as a result of having a parent or both incarcerated.

Each year a grandparent is awarded the Pamela Terry Award for their efforts in raising children. The recipient for 2011 was a 57 year old grandparent who has two of seven adult children living with her and is currently the caregiver for two fictive children and is trying to become the caregiver for a third child, all siblings. The children are three, five and eight. The recipient has a day care and school that she operates out of her home and struggles to provide necessities for the children. She resides in Stafford.



### **Preserving the Bounty**

#### **RESPONSE**

Two home food preservation workshops were held with a total of 12 participants. Water bath canning and pressure canner canning techniques were demonstrated. Each participant received a jar of jelly, bread & butter pickles, green beans and salsa.

### **From Pantry to Plate**

#### **RESPONSE**

Fifteen youth attended the Pantry to Plate day camp this past summer. They learned about home food preservation making apple butter and a water bath canner, made biscuits, yeast rolls, bread and pizza dough using a bread machine, how to make butter, how to make cakes from scratch, and how to make different sauces for pizza.



## **2011 General CEP-FCS Contacts for Fort Bend County**

**Developed By: Fralonda Anderson, CEP-FCS Extension Agent**

### **RELEVANCE**

An emerging issue; a large number of Texas Citizens, whether living in rural or urban areas, socially disadvantaged or middle income, are experiencing problems with diet-related illnesses. The prevalence of obesity is more than 60% of the adult population, and among children and adolescents, 15% are overweight and more than 70% have diseases that are associated with obesity such as hypertension and elevated cholesterol levels. In Texas, obesity related diseases including diabetes, hypertension, cancer and heart disease are found in higher rates among various members of racial-ethnic minorities (e.g. African-Americans and Hispanic-Americans). The prevalence of overweight among American children ages 6-11 more than double in the past 20 years, going from 7% in 1980 to 16% in 2002. The rate of overweight among adolescents ages 12-19 has more than tripled during the same time period, increasing from 5% to 16%. According to the 2010 Fitnessgram results, 24.9% of Fort Bend County students were classified obese. There is not one single cause for the change in children's weight. Many factors have contributed, including more sedentary lifestyles; more on-screen entertainment (TVs, DVDs, computer, etc.); increasing size of food/beverage portions; and marketing of foods/beverages directly to children, as well as greater access to snacks foods and soft drinks. The benefits of family mealtime go far beyond the actual food on the table. Family meals have a positive effect on nutrition. Eating more family meals is associated with higher intake of fruits, vegetables, grains, and calcium-rich foods, as well as lower soft drink intake. Additionally, family meal times help bring a sense of unity of family life and increase communication skills.

### **RESPONSE**

Several Nutrition, Health, & Wellness Sessions, Camps, and Workshops were conducted throughout Fort Bend County."

- "Reading Food Labels" Nutrition Session - Missouri City, Texas Library
- "Household Food Safety" Nutrition Session - William Smith, Sr. Tri-County Child Development Council
- "Eat Smart, Eat Fruit and Vegetables" Nutrition Session- Missouri City, Texas Girl Scouts
- "Understanding the 2010 Dietary Guidelines" - T.W. Davis YMCA, Richmond, TX
- "Eat Smart, Eat Calcium and Vitamin D" - Texas Extension Education Association, Fort Bend County
- "Eat Smart, Eat Fruits and Vegetables" & Physical Fitness- Majestic Girls Summer Camp, Missouri City
- "Recreation Roadshow" - 12 Parks, Missouri City Texas Parks and Recreation
- "Kids in the Kitchen" Garnishing Presentation-Harris County Extension Service
- Nutrition and Physical Fitness Workshop - Arc of Fort Bend/Missouri City, Texas Parks and Recreation
- Summer Enrichment Workshop - Juan Seguin Elementary School, Richmond, TX
- Outdoors & Healthy Living Camp - Gordon Ranch Park, Richmond, TX
- Family Friday Fest - Juan Seguin Elementary, Richmond, TX

### **RESULTS**

One-hundred forty-eight adults and 1, 250 youth were provided educational nutrition health and wellness information. These programs included:



**“Recreation Roadshow”** was developed to promote the usage of local of local parks during the summer by the Missouri City Parks and Recreation Department. Program participants were encouraged to utilize the local parks as a way to be engage in outdoor physical activity. During the months of June and July a different Missouri City neighborhood park was used to host educational sessions. Outdoor education activities included: scavenger hunts, archery, science games, and nutrition education. At each neighborhood park the nutrition component included a healthy snack demonstration utilizing fruits

and vegetables. A total of 137 youth participated in the roadshow. “This program helps children discover new experiences that are essential to motivate and inspire their outdoor creativity and increased nutrition education,” states a Missouri City, Texas parent.

**Outdoors & Healthy Living Summer Camp** - Twenty-six youth, ages 8-13 participated in this overnight camp. Campers engaged in activities to promote a better understanding of food safety practices, portion control, and healthy meal planning using MyPlate. Physical activity sessions included: daily kinetics, outdoor sports, canoeing, obstacle courses, and swimming. Seventy-five percent of participants reported spending over 4 hours a day watching television during the summer months on the pre-camp survey. The post-camp survey revealed that 80% planned to decrease screen time and desired to increase visits to local parks and utilize outdoor activities in the future.

**Family Friday Fest** - Collaborating with United Healthcare, 137 families participated in this fest to deliver healthy living educational sessions and health tips and information to families. Educational sessions included “Incorporating Vegetables into Mealtime,” “Preparing Healthy Meals on a Budget,” and Incorporating Physical Fitness into Family Time.” Vendors provided health information about resources available in the community.

### FUTURE PLANS

With an epidemic of unhealthy eating and sedentary lifestyles and diet related chronic diseases on the rise the need for nutrition, health, and wellness educational programs will continue to be a population subject area amongst, public health services, medical personnel, and various community organizations. New programs addressing childhood obesity prevention including both youth and adults will be implemented in 2012.



## 2011 Active Parenting “Not Cool to be Cruel” Bullying Awareness

Developed by: Fralonda Anderson, Extension Agent – Cooperative Extension Program - FCS

### RELEVANCE

If the future of our society is our children, then the key to that future rests primarily with parents and teachers. Parenting, though still one of the most underrated jobs in society, is beginning to attract some of the attention and consideration it deserves. Success at any job first requires a sound understanding of its purpose. The basic purpose of parenting has not changed throughout history. A decrease in communication, understanding, mutual respect, and proper discipline has increased case of emotional, social, and psychological disorders in growing youth in our society. Greater Fort Bend Economic Development Council reports 83% total households in Fort Bend County and 53% with children. In assisting parents with new positive techniques and enhancing parental awareness to realistic situations households will learn to improve communication skills, understand roles, boost family interactive activities, and promote healthy growth in the households and social environments.

The purpose of parenting is to protect and prepare our children to survive and thrive in the kind of society in which they live. With a rise of school bullying and its role in a recent spate of suicides by teenagers in other areas have prompted parents and schools in Fort Bend to evaluate and elevate their anti-bullying efforts. Behavior problems and emotional disorders such as aggressiveness and anger have been linked to household situations and parental influence. In October of 2010, every district in the county was prompted to conduct prevention activities as the conversation on safer schools started to catch up with the crisis, reports the Houston Chronicle Newspaper.

### RESPONSE

Teaming up with Fort Bend County Independent School District Parent Coordinators, 4 schools conducted “Not Cool to be Cruel” Bullying Awareness Sessions for parents. The “Not Cool to be Cruel” bullying awareness sessions allowed parents to engage in open discussion about their experience with bullying in their families and social environments. Educational lectures included information about common views of bullying and recognizing myths associated with bullying, talking with children about bullying, and steps to take when notifying administrators about cases of bullying. Parents also viewed a video presentation entitled, “An Ounce of Prevention” to gain understanding about the relationship between increased parental involvement and child behavior.

### RESULTS

A total of 42 parents from Ridgeway Elementary, Holley Elementary, Mission Glen Elementary, and Hunter’s Glen Elementary participated in the “Not Cool to be Cruel” Bullying Awareness Sessions. Parents were given session evaluation surveys to express their concerns and future expectations on bullying in their school. When asked the reason for attending the session most parents expressed a concern of current bullying experiences with their children at school and desired information to stop their child/children from being victimized. Of the 42 parents to participate only one admitted to knowing her child was the bully and expressed a will to learn to help the situation. When asked, “What is one new idea you have learned from this presentation?”



remarks stated: “increasing good communication with your children,” “how to handle the situation when your child is being bullied and what steps to take to handle the situation,” “to provide information in written document from to staff when filling a complaint about bullying.” Several surveys expressed parents’ desire for schools to provide awareness and prevention strategies to not only parents, but faculty, staff and students as well. *(figures are based on the number of attendees)*

### **FUTURE PLANS**

The Cooperative Extension Program and Fort Bend ISD School Parent Coordinators have plans to continue the “Not Cool to be Cruel” Bullying Awareness Sessions throughout the county. A county-wide Bullying Awareness Rally will be conducted in the upcoming year to increase bullying awareness and prevention amongst youth and adults.





## 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 580 4-H'ers in community clubs. Of the 580 members, 320 are involved in livestock projects. 276 of these members completed the Quality Counts program. That leaves us with 44 - 4-H'ers that need to complete this program. With the concerns of providing a wholesome product for the consumer and make sure that 4-H'ers do the right thing and make the right decisions when feeding and showing livestock, the 4-H Adult Leaders, along with the 4-H Livestock Task Force decided that this program has to continue in this county.

### RESPONSE

Texas AgriLife Extension Fort Bend County offered one training and two workshops to train leaders and 4-H'ers using Quality Counts power point and curriculum. 4-H'ers went online to take their test to be verified as Quality Counts Exhibitors.

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. 64 - 4-H'ers received three-hours of training on Quality Counts Lessons 1 through 4. All sixty-four 4-H'ers participating in this program had to fill out pre-test and post-test evaluations and go online to take the verification test to be verified as a Quality Counts exhibitor in Fort Bend County and the State of Texas. 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 are awarded a Quality Counts Tote Bag that was sponsored by Frost Bank. Total contacts for the program were sixty-four 4-H'ers verified, 380 reached through Individual Methods, 980 reached by volunteers for a total of 1,367 total contacts.

### 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 2012 to help educate new 4-H' members in the area of Quality Counts. The verification process will be presented to the Fort Bend County Fair and Needville Youth Fair to review for their livestock participants.

### FUTURE PLANS

Continue to market and promote Quality Counts to both 4-H and FFA members.

## VALUE

### Character and Leadership Development



Texas AgriLife Extension's 4-H Youth Development Program teaches participants leadership skills and character traits. Participating youth become mentors, role models, and leaders in their schools and communities.



### **2011 Fort Bend County, “Keys to the Courthouse” (CEP)**

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

#### **RELEVANCE**

Educating our youth about the role county government plays in the daily lives of Texans prepares them to become knowledgeable constituents. Whether voting, obtaining a marriage license or registering a motor vehicle, Texans interface with county government throughout their lives. In addition to this, yearly across Texas, students prepare for many Texas Assessment of Knowledge and Skills test. Of the many test, students are required to take the social studies test in the 8th, 10th and 11th grade. It has become more pertinent that students become aware of the roles of county government not only to be knowledgeable constituents but to be successful students.

#### **RESPONSE**

In an effort to assist Fort Bend County students become aware of the roles of county government and to assist in their social studies test preparation, the “Keys to the Courthouse” curriculum was introduced to local schools. The “Keys to the Courthouse: A Curriculum Enrichment Program for Youth,” is a 124 page leadership-oriented publication on county government produced through a partnership between the Texas Association of Counties, the County Judges and Commissioners Association of Texas and the VG Young Institute. The program features five lessons with associated age-appropriate (7th and 12th grade) classroom and research activities. Each lesson includes information compatible with the Texas Essential Knowledge and Skills. Included in the curriculum is a DVD which includes videos on the roles of primary offices in the courthouse as well as a poster of the Texas counties for displaying in the classroom. The goal of implementing “Keys to the Courthouse: A Curriculum Enrichment Program for Youth” was to give youth an opportunity to learn more about their county government and the services it provides to the citizens.

#### **RESULTS**

Two teachers of Good News Christian Academy [10102 Mula Road Stafford, TX] adopted and facilitated the Keys to the Courthouse curriculum. Mrs. Massington, who teaches 18 students in the third grad, felt the curriculum was very detailed and stood on many biblical principles that are currently being taught in her class. She also observed that her students had a very positive response to the instruction of the curriculum. Mrs. Nelson who teaches 14 students in the intermediate grade level from fourth to sixth grade felt the curriculum was very informative and gave a great deal of detail for the students. She also noted that the curriculum was a great resource in assisting her students with class projects, looking at different governments in reference to other countries. A total of 32 students were reached through program efforts.

#### **FUTURE PLANS**

In 2012, the “Keys to the Courthouse” curriculum will continued to be used to help students become aware of the roles of county government to become knowledgeable constituents as well as to assist in their social studies test preparation. Fort Bend Independents School District Title 1 schools in Missouri City Texas will be targeted for adoption.



## 2011 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.

### RESULTS

**Kendleton** – A partnership was developed with the Kendleton City Council, and the George Foundation's "Youth in Philanthropy (YIP)" project to offer teens in Kendleton civic engagement opportunities. Youth worked together to help renovate Kendleton City Hall as well as worked with the "Youth in Philanthropy" program to help clean and restore King Kennedy Park, a large Kendleton community park. Through program efforts, the Kendleton Community 4-H Club was chartered. The Kendleton Community 4-H Club as had 4-Hers participate in the Fort Bend County Fair and the County 4-H Food Show.

**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 has shown continued growth.

7 Fresno youth and 1 adult were evaluated and the results are as follow:

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

- Before (51%) After (100%) – I can organize a group activity.
- Before (63%) After (75%) – I can organize information.
- Before (43%) After (88%) – I can establish time use priorities.
- Before (26%) After (63%) – I can lead group discussions.
- Before (51%) After (76%) – I can evaluate programs.
- Before (88%) After (100%) – I can work as a team member.
- Before (51%) After (76%) – I can speak before a group.
- Before (76%) After (100%) – I can keep written records.
- Before (88%) After (100%) – I can see things objectively.
- Before (75%) After (100%) – I follow a process to make decisions.
- Before (38%) After (76%) – I can plan programs.
- Before (75%) After (88%) – I can identify resources.
- Before (75%) After (100%) – I can share new ideas with others.
- Before (63%) After (88%) – I can teach others.
- Before (75%) After (100%) – I can meet with others.
- Before (88%) After (100%) – I can relate to people from other cultures and backgrounds.

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

- (100%) – I taught others.
- (100%) – I acted as a mentor to others.
- (100%) – I planned learning activities.
- (100%) – I am more confident in helping others.
- (100%) – I am more confident in myself overall.

### Quotes:


"Through the participation in various events and activities the group has gained exposure which has caused them to take pride in their community."

"They (youth) are more willing to work together and everyone is respected and input valued."

"I think the youth are the main aspect involved in the decision making; we make the plans and act them out!"

### **FUTURE PLANS**

4-H programming such as civic engagement will continue to be offered in the Kendleton and Fresno communities to help aid in youth development and success.

VALUE	
Character and Leadership Development	
	<p>Texas AgriLife Extension's 4-H Youth Development Program teaches participants leadership skills and character traits. Participating youth become mentors, role models, and leaders in their schools and communities.</p>



## 2011 CEP Fort Bend County 4-H Curriculum and Projects

Developed By: Major W. Stevenson, Jr., Extension Agent- CEP Agriculture/Natural Resource

### RELEVANCE

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

### RESPONSE

Through a variety of projects and activities, youth will learn and practice developmentally appropriate life skills that will contribute in forming productive citizens.

### RESULTS

**4-H Youth Fishing Day Camp-** This fishing day camp was a collaborative between CEP-Fort Bend and Harris County Extension Offices, Bass Pro Shop and Texas Master Angler Roland Latin. The youth from both counties were tallied at 160 participations and they were taught basic angler safety, and after the lesson was taught by Master Angler Roland Latin the participants were all given free Rod and Reels to continue the fishing experience at Bass Pro Shop Stocked Bass and Catfish Lake. This was a catch and release fishing day camp.

### FUTURE PLANS

Continue to conduct educational programs throughout Fort Bend County, specifically in areas of the county populated by limited resource individuals, via presenting 4-H related activities to facilitate personal growth and development while striving to build strong community relationships in support of county youth.

### VALUE

#### Character and Leadership Development



Texas AgriLife Extension's 4-H Youth Development Program teaches participants leadership skills and character traits. Participating youth become mentors, role models, and leaders in their schools and communities.





## 2011 Fort Bend County CEP 4-H Administration Plan (output)

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

### RELEVANCE

A Prairie View A&M University- Cooperative Extension Program presence is not prevalent in many sectors of Fort Bend County, furthermore 4-H and its many related activities are almost unheard of. The Cooperative Extension Program (4-H and Youth Development) is committed to developing life skills and leadership skills while empowering youth as well as volunteers to facilitate effective partnerships to create capable and responsible volunteers to manage 4-H clubs and special interest groups.

### RESPONSE

Educational programming was facilitated to establish a Prairie View A&M University- Cooperative Extension Program presence in Fort Bend County, specifically in areas of the county populated by limited resource individuals, via presenting 4-H related activities to facilitate personal growth and development while striving to build strong community relationships in support of county youth. Partnerships were developed to maximize outreach efforts and to build relationships with other youth serving organizations.

### RESULTS

**Four 4-H Clubs Chartered:** All American Fresno, Balcony Youth With Vision, Seguin Bots and Kendleton Community.

**Archer Education** - Archery education continues to be a growing success in Fort Bend County. Throughout the year archery was facilitated at various locations throughout Fort Bend County including the Fort Bend YMCA including the Mustang Community Center and Four Corners Community Center and also the Fort Bend Boys and Girls Club.

**Recreation Road Show** - Missouri City Parks and Recreation teamed up with The Cooperative Extension Program, 4-H & Youth Development and Family & Consumer Science Agents in an effort to provide outdoor education and nutritional education sessions to Fort Bend County Residence of Missouri City. "Recreation Roadshow" was designed to promote the usage of local parks during the summer. Program participants were encouraged to utilize the local parks as a way to be engaged in outdoor activity. During the months of June and July a different Missouri City neighborhood park was used to host educational sessions. Outdoor Education activities included: scavenger hunts, archery, science games, and nutrition education. In each neighborhood park the nutrition education component included a healthy snack demonstration utilizing fruits and vegetables. A total of 137 youth participated in this exciting program. "This program helps children discover new experiences that are essential to motivate and inspire their outdoor creativity and increase nutrition education" stated a Missouri City parent.

**Outdoor Healthy Living Camp** - The Cooperative Extension Program hosted an overnight camp at Gordon Ranch in Richmond, TX. This camp was developed in efforts to expose youth to outdoor activities, identify entrepreneurship opportunities in outdoor education and increase the utilization of the outdoors to foster healthy living. A total of 26 participants age 8-13 participated in this overnight camp. Participants engaged in activities to promote a better understanding of food safety practices, portion control, and healthy meal planning using MyPlate. Physical activity sessions included: daily kinetics, outdoor sports, canoeing, obstacle courses, and swimming. An entrepreneurship





workshop was facilitated to challenge youth to explore opportunities in developing their own future businesses that strive to keep citizens engaged in outdoor education.

**Food Show/ Food Challenge workshop** - In an effort to increase participation in Fort Bend County food and nutrition projects and contest, a food show and food challenge workshop was held in Fresno Texas at the Mustang Community Center [4721 Fm 521 Rd Fresno, TX]. *During the workshop participants experienced a mock food show as well as food challenge*

**Seguin Elementary Summer Enrichment Day** - 80 students of Juan Seguin Elementary School participated in a Summer Enrichment Day hosted by The Cooperative Extension Program. This program was utilized to promote youth awareness about life skills that support positive attitudes towards health and well-being. Program participants interacted in four concurrent sessions focusing on archery, youth gardening, nutrition education and increasing physical fitness.

**Bullying Awareness** - conducted educational programs on bullying for parents of students attending various elementary schools in Fort Bend ISD. During each educational session bullying was defined and ways to prevent and report bullying were discussed. Parents took part in open dialog to help eradicate bullying on their specific campus.

**Missouri City Middle School International & Health Festival** - Took part in the Missouri City Middle School [202 Martin Lane Missouri City 77489] International /Health Festival. During the festival, educational sessions were taught on the importance of incorporating physical fitness in everyday actives. An Xbox Kinect was used to demonstrate the easy of adding physical fitness into ones existing routine. Over 800 youth were in attendance

**Family Friday Fest** - As part of the United Healthcare Youth Voice: Youth Choice grant, The Fort Bend County CEP staff hosted a "Family Friday Fest". The Fest was designed to promote family health and wellness and strengthen families. Participants enjoyed food demonstrations and interactive workshops. Over 130 recorded participants.

### FUTURE PLANS

Continue to conduct educational programs throughout Fort Bend County, specifically in areas of the county populated by limited resource individuals, via presenting 4-H related activities to facilitate personal growth and development while striving to build strong community relationships in support of county youth.

V A L U E	
Character and Leadership Development	
	<p>Texas AgriLife Extension's 4-H Youth Development Program teaches participants leadership skills and character traits. Participating youth become mentors, role models, and leaders in their schools and communities.</p>



## 2011 Fort Bend County CEP 4-H Gardening Plan

Developed By: Major W. Stevenson, Jr., Extension Agent- CEP Agriculture/Natural Resource

### RELEVANCE

The 4-H and Youth Development component of the Cooperative Extension Program cooperating with Texas AgriLife, USDA - Farm Service Agency sponsors and innovative youth gardening project for urban/rural 5th and 12th graders. Through guidance of Extension professionals and science classroom teachers in the schools, (rural/urban) students are afforded hand-on opportunities in learning about vegetable gardening and gaining a better understanding and insight into the production and marketing of agricultural products.

### RESPONSE

The project exposes students to a wide variety of developmental activities where they were able to gain a better understanding and insight into the science base of foods and agriculture. It also provided them with learning experiences through the Career Awareness and Youth Leadership Laboratory, a 4-H activities held on the campus of Prairie View A&M University. Youth participated in careers in the agricultural and human sciences workshops, lectures, field trips, seminars, vegetable demonstration plots, and laboratory research projects held on campus. The program increases youth skills and self-image in order for them to confidently face and accept the challenges associated with careers in the food, agriculture and natural resources industries.

### RESULTS

#### **Juan Seguin Elementary School Discovery Zone Gardens** - Discovery Zone

Gardens students were able to gain a wide vast of knowledge in gardening. The Seguin Youth participated in the Bonnie's MEGA Cabbage Contest for third grade youth, the cabbage that the youth entered into the contest were raised from seeds then the youth transplanted their vegetable plants into the raised beds within the garden. The students learned about the different planting seasons and types of vegetables for the season. They were able to plant a wide verity of vegetables Tomatoes, Yellow Squash, Carrots, Sweet Corn, Beets, Broccoli, Watermelon, Mustard Greens, Okra, Red Peppers and Radishes. Also the Seguin Youth were introduced into Butterfly Gardening were they learned about the Habitat and Life Cycle of the Butterfly. The youth at Seguin planted the host nectar plants for Butterflies in the garden and the food for the Caterpillars.

*"As a result of working in the gardens the Discovery Zone Gardens Students have gained a wide range of knowledge on the importance of Fresh Vegetable intake in their diets. Discovery Zone Gardens Adult Leader Tres Davis"*

### FUTURE PLANS

Continue to conduct educational programs throughout Fort Bend County, specifically in areas of the county populated by limited resource individuals, via presenting 4-H Gardening related activities to facilitate personal growth and development while striving to build strong community relationships in support of county youth.



## 2011 Fort Bend County Emergency Management Plan

Developed by Vincent J. Mannino, CED-FBC

### RELEVANCE

Texas is subject to numerous disasters, whether they are 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. In 2009 and 2010 we experienced relatively calm conditions. While in 2011 the effects of heat and drought took its toll on Texas resulting massive wildfires and property losses.

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 will support 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. While 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, AgriLife Extension excels in providing 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

In Fort Bend County, there are three major avenues of providing outreach information to our citizens.

**5<sup>th</sup> Annual Emergency Preparedness Workshop** held in May attracted 82 participants and 14 agencies that represented first-responders. The scope of this year's event was to share information and concerns relating to emergency preparedness. AgriLife's role was the utilization of the EDEN exhibit and to promote/distribute the *Preparing for the Unexpected* and *After a Disaster* publications.

**Fort Bend Library System** which included 8 individual libraries across the county allowed AgriLife to set the EDEN exhibit a full week per library a total of 56 full days starting in September. Over 800 publications of each, *Preparing for the Unexpected* and *After a Disaster*, were utilized - 67% English and 33% Spanish.

**Special Events** included Family Emergency Preparation Day in Richmond and the Fort Bend County Fair for a total of 11 days. Again, the EDEN exhibit highlighting both *Preparing for the Unexpected* and *After a Disaster* publications were utilized for an additional 708 contacts.

### RESULTS

Impact was determined by the use of a customer satisfaction report. Twenty-three evaluations were secured and tallied from the 84 people who attended.



- 87% 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.
- 87% 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.
- 100% 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.
- 91% 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.

### ACKNOWLEDGEMENTS

The Fort Bend County Office of Emergency Management provides leadership and direction for all emergency preparedness programming efforts. Local jurisdictions and the Texas AgriLife Extension Service in Fort Bend offer support in this unified effort.

### FUTURE PLANS

Plans are underway to host the 2012 Preparedness Workshop on May 11<sup>th</sup>, at the Rosenberg Civic Center in Rosenberg. In addition, the EDEN exhibit and its accompanying publications will again be utilized at each of the 8 Fort Bend public libraries and 2 new additions that opened in Nov. 2011.

# Texas AgriLife Extension Service FORT BEND County

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