TEXAS A&M AGRILIFE EXTENSION

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

Extension Education in
Fort Bend County

Making a difference in 2016

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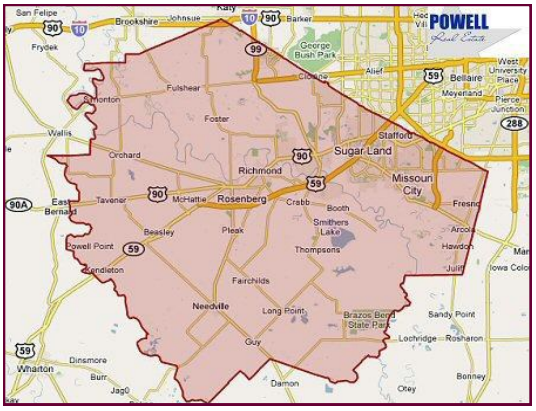
EXTENDING KNOWLEDGE
Providing Solutions

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

In Texas, all 254 counties are served by a well-organized network of professional Extension educators and some 100,000 trained volunteers. Extension expertise and educational outreach pertain to the food and fiber industry, natural resources, family and consumer sciences, nutrition and health, and community economic development. Among those served across the state are hundreds of thousands of young people who benefit annually from Extension's 4-H and youth development programs.

Texans turn to Extension education for solutions. Extension agents and specialists respond not only with answers, but also with resources and services that result in significant returns on the public's investment. Extension programs are custom designed for each region of the state, with residents providing input and help with program delivery. Here are just a few highlights of Extension impacts as they relate to outcome and output program plans designed for Fort Bend County and its very diverse population.

Fort Bend County, TX
Founded – 1837
County Seat – Richmond
Total Area – 875 sq. mi.
Population – 716,087 (2015)
High School Graduates: 88.5%
College Educated: 41.4%
Median Household Income:
$89,152



Fort Bend County 2015Summary of AgriLife Educational Contacts

Educational Sessions Conducted - 1,384 (466 for youth)
Educational Session Contacts - 88,125 (32,694 for youth)
Technology Assisted Programs - 42
Contact Hours via Educational Sessions - 147,935
4-H Clubs - 28; 4-H Club Members - 565; 4-H Adult Leaders – 96; Youth Leaders - 91
Youth Curriculum Enrichment Participants - 1,556
4-H Special Interest/Short Term - 22,202
Master Volunteers - 318
Texas Extension Education Club Members - 40
Total of Volunteers - 1,167
Total Volunteers Hours in Support of AgriLife in Fort Bend - 76,771
Value of Volunteer Hours to Fort Bend Citizens - $1,808,727.12
Direct Contacts (office/site visits & phone calls) - 7,071
Indirect Contacts (mass media—television, radio, newspaper) - 75,159
Newsletter/Mail/E-Mail Contacts - 139,311
Social Media Posts - 3,429
Social Media Followers - 150,824
eXtension ('*Ask the Experts*') - 575

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Making a difference in2016

2016 Fort Bend County Livestock and Forage In-Depth Summary

Developed by:
Derrick Banks, Extension Agent-CEP-Agriculture & Natural Resources
John Gordy – Fort Bend County Extension Agent - Agriculture & Natural Resources

RELEVANCE

Beef and forage production are vital to the agricultural industry in Fort Bend County. Beef and Forage producers make up a significant portion of the agriculture audience in Fort Bend County. Opportunities are needed for producers to come for education on current events and the latest in research and industry advancements. To meet the educational needs of Fort Bend County's beef and forage producers, the Ag-Hort Advisory Committee provides support and guidance for the development of livestock and forage related programs.

RESPONSE

To meet the needs of Fort Bend County Beef and Forage Producers, we hosted The South Texas Agricultural Symposium via technology. It covered topics including cattle genetics, factors affecting calf prices, rebuilding the herd, and bull selection. Other educational events included the Beef Cattle Seminar in conjunction with the commercial heifer sale at the Fort Bend County Fair, and the Fort Bend County forage testing campaign, Hay Show, and Fall Forage Seminar. To address local pasture weed management needs, we initiated two pasture weed management result demonstrations – one targeting sedge in a pasture and one targeting vaseygrass in a hay field.

RESULTS

- The Fall Forage Seminar and Hay Show was held at the Fort Bend County Fairgrounds on December 13. Fifteen(15) forage producers and other members of the public attended. Several weeks prior to the Hay Show, producers submitted a total of 26 hay samples to be subjected to a chemical analysis performed by the Soil, Water & Forage Testing Laboratory in College Station. At the Hay Show, entries were then evaluated by the audience, following a briefing on how to identify high quality forage. Awards were given to the top three samples in two categories – Bermudagrass and non-Bermudagrass, based on the chemical analysis. The educational portion of the program included a presentation by Extension Program Specialist Matt Matocha, covering weed management in pastures and hay fields.

- The pasture weed management result demonstrations were conducted to help producers select herbicides for two potentially troublesome weeds – vaseygrass and sedge. For the vaseygrass study, two herbicide-rate combinations, Pastora and RoundUp were applied in August. The plots were arranged in a randomized complete block design measuring 10 feet by 30 feet. The Vaseygrass plots were rated in September with both treatments working comparably. For the sedge study, eight herbicide-rate combinations were applied in July. The green flat sedge plot was evaluated in August and October. Weedmaster appeared to be most effective. Both of these projects were designed to measure control over a period of one year and will be continued in 2017.

- In addition to the above mentioned programs, forage and livestock specific articles covering timely topics for our area, written by specialists, are included in the county agriculture newsletter. The newsletter is distributed via Facebook, the county webpage, and hard copies and electronic copies are mailed to approximately 450 and 650 recipients, respectively.

FUTURE PLANS

We will continue to expand the livestock and forage program, and plan to form a working committee in the coming year. Additionally, additional applied research and result demonstration projects and programs will be implemented as need arises.

ACKNOWLEDGEMENTS

Special thanks to the following AgriLife Extension personnel for their time and expertise: Dr. Megan Clayton, Dr. Flavio Ribeiro, Dr. Mark Matocha, Dr. Joe Paschal, and Dr. Tony Provin. In addition, appreciation is expressed to Ag-Hort Advisory Committee of Fort Bend County for their guidance and support of Extension programming conducted within the county.

2016 Fort Bend County – Earth-Kind® Home Landscapes

Developed by James Boone Holladay, Fort Bend County Extension Agent - Horticulture

RELEVANCE

Fort Bend County, as a community, continually shifts from a once rural farm centered population to that of an urban/sub-urban one. As housing surplus in the Houston area becomes more scarce and valued higher, developers continue the trend of moving into Fort Bend County to help meet the housing demand. At a steady 5 percent growth rate, our 2016 population is estimated to be at 751,000 with 94 percent of that population being represented as urban and 6 percent as rural. The vast majority of this population centers around 4 major municipalities and represent mostly suburban development. These include Fort Bend Houston (42,000), Missouri City (68,000), Rosenberg (36,000), and Sugar Land (88,000). With development, comes challenges. These challenges include increased landscape water use and environmental issues such as landscape water runoff, green waste management, and energy conservation.

RESPONSE

The Texas A&M AgriLife Extension Service in Fort Bend County, along with the Fort Bend County Master Gardeners, have developed a home landscape program series based on Earth-Kind Landscape principles. Earth-Kind Landscaping uses research-proven techniques to provide maximum garden and landscape enjoyment while preserving and protecting the environment. The objective of Earth-Kind Landscaping is to combine the best of organic and traditional gardening and landscaping principles to create a horticultural system based on real world effectiveness and environmental responsibility. The Earth-Kind Landscaping encourages Landscape Water conservation, the Reduction of fertilizer and pesticide use, Landscaping for energy conservation, and the Reduction of landscape wastes entering landfills. Individuals using Earth-Kind landscaping principles and practices can create beautiful, easy-care landscapes, while conserving and protecting natural resources and the environment.

To market the program to new homeowners, we adopted a series title of Garden With Confidence. A group of easy to understand topics were created based of commonly shared areas of interest and need of this audience. These topics included: the kitchen garden, landscape plant selection, soil health, garden insects, irrigation efficiencies, and lawn care. The programs were delivered once a month on Saturday mornings, aiming to attract a similar group of participants through the complete series.

RESULTS

One hundred-eighty registered guests participated in the 2016 series of *Garden With Confidence*. Many guests attended multiple programs, and 6 guests attended all 6 topics. Results gained through formal customer satisfaction evaluations and verbal feedback confirm that this series was well received and that people are eager to see continued efforts and new offerings in the future. The below evaluation results from a first type program shows the need for and success of these courses.

- **Activity Title:** Garden With Confidence – The Kitchen Garden
- **Activity Date:** February 13, 2016
- **Number of Participants:** 32

1. Overall Satisfaction with Activity				
	Freq.	%	Valid %	Cumulative %
Validity – Completely	23	71.9	79.3	79.3
Mostly	6	18.8	20.7	100.0
Total	29	90.6	100	
Missing System	3	9.4		
Total	32	100.0		

3. Do you plan to take make changes based on information from this activity:				
	Freq.	%	Valid %	Cumulative %
Valid Yes	31	96.9	96.9	96.9
Not sure	1	3.1	3.1	100.0
Total	32	100.0	100.0	

4. Do you anticipate benefitting economically from what you learned?				
	Freq.	%	Valid %	Cumulative %
Validity – Completely	22	68.8	71.0	71.0
Mostly	9	28.1	29.0	100.0
Total	31	96.9	100.0	
Missing System	1	3.1		
Total	32	100.0		

11. Place of Residence.				
City/Town Population	Freq.	%	Valid %	Cumulative %
Valid > 250K	7	21.9	23.3	70.0
50-250K	7	21.9	23.3	23.3
10-50K	7	21.9	23.3	46.7
< 10K	2	6.3	6.7	100.0
Farm/Ranch	4	12.5	13.3	83.3
Rural Area(not F/R)	3	9.4	10.0	93.3
Total	30	93.8	100.0	
Missing Data	2	6.3		
Total	32	100.0		

Specific noteworthy data from above include:

- from table 1**. 79.3%** complete satisfaction of program,
- from table 3. **96.9%** plan to make positive changes,
- from table 4. **68.8%** plan to benefit economically, and
- from table 11. That a total of **66%** of guests represented themselves as an urban (target) audience.

FUTURE PROGRAM EFFORTS

Based off the success, ease and functionality of this program, we will continue a similar series into 2017. Utilizing a local planning committee, we will use evaluation data and direct feedback from guests to create a listing of topics relevant to the target urban residential audience. To increase value in our 2017 program series, we plan to conduct a retrospective follow-up evaluation to see how our participants are continually utilizing knowledge and learned practices gained by their participation in this program.

2016 Fort Bend, Brazoria, & Waller Counties Row Crop In-Depth Summary

John Gordy Fort Bend County Extension Agent - Agriculture & Natural Resources
Jessica Chase, Brazoria County Extension Agent - Agriculture & Natural Resources
Stacie Villarreal, Waller County Extension Agent - Agriculture & Natural Resources

RELEVANCE

Row Crop production is an approximately $124 million dollar industry in Fort Bend, Brazoria, and Waller counties. In Fort Bend County, row crop production accounted for about 80% of agriculture-related sales in 2012 (NASS Agriculture Census). The large majority of the field crop production is conducted as a dryland enterprise, thus, more susceptible to drought and climatic irregularities. Profitability is affected directly for all producers by market/price changes. Specific local needs include selection of varieties, use of best management practices for fertility and disease and insect management.

RESPONSE

The Fort Bend, Brazoria, and Waller County Offices of Texas A&M AgriLife Extension, working with the Fort Bend Row Crop Committee and other cooperators and partners, provides educational programming, result demonstrations, and applied research results to help producers make the best decisions regarding row crop management. In 2016, we conducted result demonstrations and applied research plots addressing hybrid selection in sorghum (Fort Bend and Brazoria Counties) and corn, variety selection in cotton, evaluation of sorghum hybrids for sugarcane aphid tolerance, seed treatment evaluations for sugarcane aphid in sorghum, aflatoxin in corn, and cotton defoliation. All of the result demonstrations (except cotton defoliation) were highlighted at the Fort Bend, Brazoria, and Waller Counties Row Crops tour, which was held in June.

Because of the challenging challenge conditions experienced in 2016, a replicated cotton defoliation research plot was established with help from Dr. Gaylon Morgan and Dale Mott, to provide producers with an idea of what to expect regarding leaf drop and opening of bolls. We also hosted a meeting to discuss expected results and address any questions producers might have regarding products and rates. I distributed a formal spring planting-time newsletter – using articles written by specialists. I also distributed periodic news bulletins throughout the growing season, including material from specialists and that I have written. It covered topics for our area including crop insect, disease, and weed issues and program announcements. The newsletters are distributed via Facebook, and the

county webpage, and hard copies and electronic copies are mailed to approximately 450 and 650 recipients, respectively.

RESULTS

There were sixty-nine producers in attendance for the January Row Crops Meeting. Participants were evaluated using a retrospective post evaluation and selected results of included below:

- 95% of eligible respondents indicated they planned to adopt year-round management to minimize herbicide resistant weed issues
- 83% of eligible respondents indicated that they would begin scouting sorghum fields to determine when treatment for SCA is necessary
- 45% increased knowledge regarding new laws and regulations regarding products used with 2,4-D and Dicamba tolerant cotton

There were forty-three producers in attendance at the Row Crops Tour. Participants were evaluated using a retrospective post evaluation.

- 83% of respondents plan to take actions or make changes based on the information they received
- 86% of respondents anticipate benefiting economically as a direct result of what they learned at the Row Crops Tour.

The hybrid and variety trials provide important information for producers when considering newly available choices. For Fort Bend County, the top four yielding sorghum and corn hybrids evaluated out-yielded the bottom four by an average of 900 lbs. (16 bushels) and 7 bushels per acre, respectively. This is a potential revenue benefit of approximately $60 and $22 per acre. Similarly, by selecting the top four cotton varieties, there is a revenue advantage of approximately $50 per acre over the lower yielding varieties. This equates to an economic benefit of $1.75 million in Fort Bend County, if those or similar hybrids and varieties are adopted on half of the row crop acres.

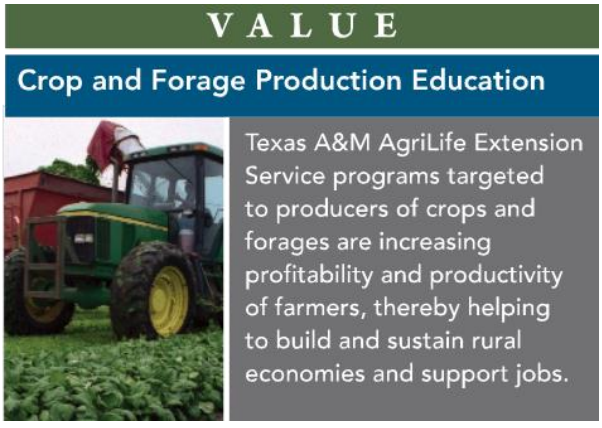
With the results from the applied research and result demonstrations, we will put together a booklet and provide it to producers at the winter crops meeting scheduled in January.

FUTURE PLANS

We will continue to expand the row crop program adding additional applied research and result demonstration projects and adding programs as the need arises.

ACKNOWLEDGEMENTS

Special thanks to the following AgriLife Extension and Research personnel for their time and expertise: Dr. Gaylon Morgan, Dale Mott, Dr. Tom Isakeit, Dr. Muthu Bagavathiannan, Dr. Mark Welch, Mac Young, Dr. Robert Bowling, Dr. Ronnie Schnell, Michael Hester, Texas Boll Weevil Eradication Foundation, and Jeff Nunley, South Texas Cotton and Grain. In addition, appreciation is expressed to the Fort Bend Row Crop Committee for their guidance and support of Extension programming conducted within the county, and to The Fort Bend County Farm Bureau for their partnership and support.



EXTENDING KNOWLEDGE
Providing Solutions

Making a Difference

Controlling Feral Swine in Fort Bend County

Developed by: Derrick Banks- Extension Agent; Agriculture and Natural Resources
Cooperative Extension Program- Prairie View A&M University.

RELEVANCE

Fort Bend County feral swine damage is an ongoing and increasing issue among our producers, and landowners. On average, the Fort Bend County Extension Office conducts at least 10 site visits per month in rural development communities to meet with farmers and ranchers about feral swine damage prevention. Fort Bend County has approximately 567,000 acres of land, and of this amount there is a considerable amount of undeveloped acreage which allows feral hogs to reproduce at an uncontrollable rate. Feral swine are causing $400 million in damage in Texas each year, according to The Daily Caller.

RESPONSE

This program targeted limited resource producers throughout Fort Bend County, and provided information on how to identify, trap, prevent, and eliminate feral swine issues. By partnering with various agencies such as Texas Parks and Wildlife, Animal Services, Texas Wildlife Services, Fort Bend County Feral Hog Coalition, Fort Bend County Master Naturalists Volunteer group, and the Feral Swine grant provided to the Cooperative Extension Program through APHIS; traps were set in various areas throughout the county to collect data. A result demonstration using applied research was conducted using different trapping methods. This demonstration included a corral trap, a step by step guide on how to select a trapping site, a guide on how to construct the trap, methods on how to trap the hogs, and contact information for feral hog removal.

RESULTS

Upon uploading the continuing research, producers have access to the data in implementing these practices on their property. There is a Texas Department of Agriculture certified location that the hogs are being transported to where they are weighed, vaccinated, and fed to make the meat edible for human consumption. After the hogs are weighed at the TDA certified holding area, the meat is then purchased for an average of .50 cents per pound. The carcasses are then processed at a USDA certified slaughter house, stamped, packaged, and shipped overseas where feral swine meat is in high demand. Due to the feral hog programs being provided by Cooperative Extension Program, producers in Fort Bend County are becoming more successful, aware, and efficient in managing feral swine issues on their property. With the funds provided by the Feral Swine Grant, more traps were built in other areas to show producers various trapping methods that can be used to prevent feral swine damage. The project still has ongoing research that will be used to continue providing the public with resources they

need to become aware of feral swine damage. Since the inception of this program, more than 370 feral hogs were trapped at multiple sites throughout Fort Bend and surrounding counties.

ACKNOWLEDGEMENTS

Texas Parks and Wildlife, USDA-NRCS, Coastal Prairie Master Naturalists Volunteer Group, Fort Bend County Feral Hog Coalition, Animal Services, and Texas Wildlife Services.

2016 Fort Bend County – Master Gardener Programming

Developed by James Boone Holladay, 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. Many also are unaware of Statewide issues concerning water availability and how traditional landscape practices lend to the waste of this precious resource. Therefore, it is important for Texas A&M AgriLife Extension Service to conduct educational programming to inform the community about acceptable horticultural practices and consequences of the use of improper practices.

RESPONSE

The Master Gardener program educates participants on sound horticultural practices, with the intent of creating good environmental stewards. This program requires participants t0attend 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. **Thirty-two** individuals enrolled in the Fort Bend County Fall 2016 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 A&M AgriLife Extension Service to become a certified Texas Master Gardener.

Beyond the annual training of new master volunteers, we build better value into keeping Master Gardeners as active volunteers within the program. With an ongoing attrition rate of **88%**, we continue to hold a complete active membership of **190** Fort Bend Master Gardeners. To continue this level, we have also developed 6 Advanced Training programs specifically for active members, to help expand their knowledge and confidence, and to encourage them to contribute in more meaningful ways.

Newly established in 2016, we developed a monthly Lunch & Learn program series of advanced training for our members. These programs, each averaging a length of thirty minutes, were designed to offer a range of educational topics to enhance educational opportunities for our members. Topics for these programs ranged from composting to plant research and data collection.

RESULTS

The **Thirty-Two** individuals enrolled in the Fort Bend County Fall 2016 Master Gardener class will contribute in minimum of **950** cumulative hours of volunteer service in the coming year. For each consecutive year they remain certified, they also contribute a minimum of **36** hours of additional education and support. The associate class of 2015, if all remain active, would contribute an additional minimum of **938** hours of volunteer service, though in reality they contribute exponentially more. The knowledge they each gain will help them serve as localized stewards in their neighborhoods and other ranges of influence. This greatly helps Texas A&M AgriLife Extension in fulfilling its goal of reaching and educating the diverse population of Fort Bend County.

The most notable result for 2016 was the establishment of the Garden With Confidence program series. Each of these 6 courses within the series was taught by Master Gardener volunteers that had attended training and attained an area specialist designation. This exhibits the benefits gained by master volunteers attending specialist area trainings, most notable is the expanded reach of Extension programming efforts.

In 2016, working with the Texas Master Gardener program coordinator and Earth-Kind Landscape specialist, Fort Bend County offered a statewide specialist training in Earth-Kind, specifically on landscape design. 26 Master Gardeners from associations across the state were represented at the three day specialized training. Four of our members from Fort Bend County who attended this training will in return offer localized training opportunities to deliver to our complete membership in 2017 and beyond.

FUTURE PLANS

Previously reported data shows that our Master Gardener Training class is increasing the participants knowledge on most topics presented. However, it is duly noted that we must be continually 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. This includes development of a structured complete program evaluation instrument.

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. Continued emphasis will be made to offer more specialized training to those volunteers who wish to attain higher specialist certifications. Fort Bend County Texas A&M AgriLife Extension will utilize these specialist volunteers to assist in the planning and implementation of additional educational programs within our community.

2016 Fort Bend County – Sustainable Agriculture

Developed by James Boone Holladay, Fort Bend County Extension Agent - Horticulture

RELEVANCE

In general, revenues from traditional agricultural enterprises have declined steadily over the past 5 years. This has forced many producers to diversify their operations to maintain profitability. During this time several horticultural crops have played a significant role in the diversification process. As crop land in Fort Bend County becomes transferred to residential use and increases in large acreage land prices continue, small acreage operators may find their niche in the region.

The expanding sector of small acreage landownership creates the need and opportunity for training and support for these individuals. These individuals, mostly new to rural land ownership and management, need many resources ranging from crop or enterprise selection, management, equipment and pesticide safety, and working with local and State agencies.

RESPONSE

Texas A&M AgriLife Extension Service, working in coordination with the Texas division of Southern SARE (Sustainable Agriculture Research & Extension), has brought forth efforts to assist in identifying and evaluating diversification strategies for risk mitigation and improved economic sustainability using a variety of small acreage crops.

We are utilizing a range of programming to reach our target audience and deliver useful and timely information. Established programs in this area include the Fort Bend Regional Vegetable Conference, the Orchard Grafting Clinic, and the County and Regional Pecan Show.

In coordination with this plan of work, we have been actively working with Extension specialists. More notable is work with Fran Pontasch on potential grape growers efforts and Monte Nesbitt on fruit and nut programs. This includes the development of a replicated variety trial on olive trees which was established with a local producer in Fulshear.

New for 2016, working in coordination with Fort Bend County agents John Gordy and Derrick Banks, we created a program series focusing on the needs of small acreage landowners. This 6 course series noted topics ranging from farm equipment safety to farm fence building.

RESULTS

Outcomes from the annual Fort Bend Regional Vegetable Conference continue to look strong with a total guest and vendor count of 250 people. We continue the successful practice of separating the afternoon sessions allowing pesticide applicator license holders to gain needed CEU's, while offering producers and gardeners without a TDA license a range of topics that are much more suited to their needs.

- **117** people participated in the Small Acreage Landowner program series in 2016. Below is notable evaluation results from the courses entitled Introduction to Livestock and Pasture Management for Small Acreages.
    - **67%** increase in understanding of Basic needs for raising goats/sheep on small acreage
    - **74%** increase in understanding of implications of the Veterinary Feed Directive in raising livestock
    - **80%** of respondents anticipate benefiting economically as a direct result of what they learned from the programs
    - **90%** of respondents plan to take any action or make changes as a result of the program
    - An additional noteable program to highlight results from is Pond Management.

Activity Title: Pond Management

Activity Date: June 10, 2016

Overall:

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

Anticipated Changes & Economic Impact:

- 85% of respondents plan to take actions or make changes based on the information from this activity.
- 68% of respondents anticipate benefiting economically as a direct result of what they learned from this Extension activity.

FUTURE PROGRAM EFFORTS

Interest in new and expanding opportunities in sustainable agriculture continues to rise in Fort Bend County. With this rise, we should see an even greater interest in expanded programs concerning sustainable agriculture. Regionally, we will continue regional efforts in 2017 to work with a program area committee for sustainable agriculture to maintain partnerships, assist with program marketing, and develop a more robust offering of activities for these new and expanding audiences.

Making a Difference

2016 Brazoria, Chambers, Fort Bend, Galveston, and Harris Counties Pesticide Safety Education

Developed by:
John Gordy – Fort Bend County Extension Agent - Agriculture & Natural Resources
Phoenix Rogers – Galveston County Extension Agent - Agriculture & Natural Resources
Jessica Chase – Brazoria County Extension Agent - Agriculture & Natural Resources
Tyler Fitzgerald – Chambers County Extension Agent - Agriculture & Natural Resources
Christian Malsatzki – Harris County Extension Agent - Agriculture & Natural Resources

RELEVANCE

Fort Bend, Brazoria, Chambers, Galveston, and Harris Counties have a combined total of 2,769 pesticide applicators licensed with the Texas Department of Agriculture. Private Pesticide Applicators are required to acquire fifteen (15) CEUs (continuing education units) every five years. Commercial and Non-Commercial Applicators are required to acquire 5 CEUs every year in order to renew their licenses. There is a substantial audience and need for Extension to provide the educational opportunities for these applicators to obtain their CEU credits. In addition, new applicators seek opportunities to take the certification course and test to obtain their license. Another important consideration is educating pesticide users to increase user safety and reduce environmental impacts.

RESPONSE

The Fort Bend, Brazoria, Chambers, Galveston, and Harris County Offices of Texas A&M AgriLife Extension Service offers several recertification courses that provide five (5) CEUs each with two 5-CEU programs designed for Mosquito Control Professionals, one 7-hour Agriculture and 5-hour Structural program implemented district-wide via use of technology. Additionally, we offer several other CEU opportunities at relevant programs, field days and turn-row meetings. One of the 5-CEU events is in conjunction with the Fort Bend Regional Vegetable Conference. CEUs are also offered throughout the year at various seminars. Topics covered at events included sprayer calibration, drift management, pesticides and the environment, Integrated Pest Management of various weeds and insects, managing to reduce resistance development, and tactics for controlling feral hogs.

Additionally, four (4) quarterly private applicator trainings were provided in Fort Bend County. Information regarding pesticide labels and use – products, rates, pests, etc. – were included in

newsletters that were distributed to more than 460 clients via mail and more than 340 clients via e-mail for a total of more than 800 recipients.

RESULTS

Twenty-four (24) individuals utilized the Fort Bend County Extension Office to attend the four (4) Private Pesticide Applicator training sessions with the goal of obtaining a Private Applicator License through the Texas Department of Agriculture. More than 150 Texas Department of Agriculture Pesticide License holders attended the three 5-CEU programs hosted in Fort Bend County. Additionally, CEUs were offered at the January Row Crops Meeting, the Row Crops Tour, and several Industry-sponsored field days. A total of 35 hours were offered at 12 different programs in Fort Bend County.

Retrospective post evaluations were used at the January Row Crops meeting, the Crops Tour and other programs. Considering the training and continuing education required for licensed applicators, the increases in understanding for selected programs below are very good:

- 93% of January Row Crop meeting respondents anticipate benefiting economically as a direct result of what they learned from the activity
- 85% increased their knowledge regarding new laws and regulations of products used with 2,4-D and Dicamba tolerant cotton
- 83% of participants increased their understanding of possible implications of Waters of the U.S. legislation
- 78% of participants increased their understanding in the availability of screening for herbicide resistance weed at Texas A&M University

FUTURE PLANS

We will continue to offer relevant, up-to-date educational opportunities for pesticide license holders in 2017. I will continue considering to offer CEU opportunities, either early in the morning or at lunch, periodically throughout the year to increase the availability of CEUs to clients in Fort Bend County.

ACKNOWLEDGEMENTS

Special thanks to the following AgriLife Extension personnel for their presentations and expertise: Dr. Don Renchie, Dr. Robert Bowling, Dr. Tom Isakeit, Dr. Ronnie Schnell, Dr. Robert Pucket, Dr. Twain Butler, Dr. Gaylon Morgan, Phoenix Rogers, Tyler Fitzgerald, and Christian Malstzki. In addition, appreciation is expressed to the Row Crops and Ag-Hort Advisory Committees of Fort Bend County for their guidance and support of Pesticide-related Extension programming conducted within the county.

Making a Difference

2016 Fort Bend County – Urban X7 Texas Water Star

Developed by James Boone Holladay, 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 **751,000** and is projected to top **1,000,000** by 2020, representing an annual **5%** growth rate;
- Because Fort Bend had **208,444** single family housing units in 2012 and is estimated to currently have **240,000** units;
- 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 continued to put forth emphasis on water education this year. Local homeowners learned how to adopt new technology and recommended management practices to improve water conservation in landscapes. Homeowners will also improve water quality by using recommended fertilizer and pesticide application practices. What was done?

- Advanced training of Master Gardener volunteers in Irrigation Efficiencies. These have in turn given several presentations on water conservation to the public;
- We further developed our water conservation topic given during our 2016 Master Gardener training;
- We continued the Rainwater Harvesting workshop in Sugar Land that focused on methods to capture and use rainwater in the landscape;

- We worked in collaboration with the City of Richmond and Keep Richmond Beautiful on several new demonstration garden sites.
- We teamed with the City of Sugar Land, the North Fort Bend Water Authority, the Houston Gulf Coast Irrigators Association, and the Texas Nursery & Landscape Association to organize a committee to help develop programming aimed at teaching local landscape professionals, water districts, and licensed irrigators about issues around water.

RESULTS

- Water conservation, low water-use landscaping, rainwater harvesting and similar topics were added to a range of educational programs, agent or volunteer driven;
- Continuation of 3-hour class on "Water Conservation" within the 2016 Master Gardener Short Course;
- The Home Water Conservation Workshop held in Sugar Land in October that focused on methods to conserve water in the landscape had **36** Fort Bend County Citizens in attendance;
- We continue efforts of our local Texas Water Star committee to implement a green industry conference utilizing support of the Dallas Research Center in conducting a Water University training.

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.

Activity Title: Residential Rainwater Harvest
Activity Date: October 15, 2016
Number of Participants: 36
Anticipated Changes & Economic Impact:

- 96% of respondents plan to take actions or make changes based on the information from this activity.
- 85% of respondents anticipate benefiting economically as a direct result of what they learned from this Extension activity.

FUTURE PLANS

With the ongoing implementation of the Texas A&M Agrilife Extension's Urban X7 Initiative, we will continue our efforts in water focused programming. This program includes a range of educational events that aim to drastically change the attitudes and behaviors of local citizens on the impact of water use in our community and water quality on our environment. Educational methods within Texas Water Star include irrigation system evaluations, a number of site demonstrations throughout the community, several homeowner water conservation workshops, and conference programs targeting licensed landscape irrigators and landscape grounds managers examining a multitude of issues pertaining to water quantity and quality. Plans are underway to team up with several local municipalities (Cities of Sugar Land, Katy, Meadows Place, Missouri City) to partner in hosting these events.

Making a Difference

2016 Coastal Prairie Master Naturalist Outreach Summary

Developed by:
John Gordy, County Extension Agent - Agriculture & Natural Resources, Fort Bend
Stacie Villarreal, County Extension Agent - Agriculture & Natural Resources, Waller

RELEVANCE

Fort Bend County has a population of more than 650,000 with an increasing percentage of those residents living in residential areas and many moving into semirural areas for the first time. Many of these individuals have interests in wildlife and nature. Texas Master Naturalists are a group of volunteers that are interested in natural aspect s of the local geography including prairies, wildlife, fish, and other things. Our local chapter, the Coastal Prairie Master Naturalists, is a group of volunteers that work to educate themselves and the general public about such topics.

SUMMARY

Master Naturalists are local volunteers in the community who work with the Texas A&M AgriLife Extension Service and Texas Parks and Wildlife to increase the availability of nature- and wildlife-related information and improve quality of life through various volunteer service projects. Each year, new volunteers complete 40+ hours of classroom instruction over several months in order to become certified as a Texas Master Naturalist. Existing volunteers complete advanced training and volunteer service every year to maintain their status as Master Naturalist Volunteers.

Coastal Prairie Master Naturalists are involved in regular public outreach programs at Seabourne Creek Park in Rosenberg, where they host bird hikes and other events such as their Annual Prairie Heritage Festival. At the Prairie Heritage Festival, they have educational experiences and programs addressing wildlife including birds, mammals, fish, and reptiles, as well as native plants and prairie restoration. This year the festival was hosted on November 5th and there were 442 members of the general public that attended.

Including the Prairie Heritage Festival, Coastal Prairie Master Naturalists participated in more than 30 public events with more than 1,200 people attending. Additionally, Master Naturalists set up a booth and participate in AG'tivity Barn, our county agriculture awareness event in conjunction with the Fort Bend County Fair. This year, more than 1,100 elementary age students from school districts across the county attended the week long AG'tivity Barn.

In 2016, The Coastal Prairie Master Naturalist chapter had more than 100 volunteers that contributed over 8,250 volunteer hours which have economic benefit of more than $195,000 to Fort Bend and Waller Counties.

FUTURE PLANS

In 2017, the Coastal Prairie Master Naturalist Chapter plans to host a training class for new members. Additionally, they plan to expand education efforts to include selected programs at Long Acres Ranch, a joint project between Texas A&M AgriLife Extension and the Henderson/Wessendorff Foundation.

ACKNOWLEDGEMENTS

Special thanks to David Lobprise, Texas Parks and Wildlife Department Biologist and Co-Advisor, City of Rosenberg Parks Department, and to the Board of the Coastal Prairie Master Naturalist Chapter for their efforts in wildlife and natural sciences education to the residents of Fort Bend and Waller Counties.

VALUE

Wildlife Management

Texas A&M AgriLife Extension Service programs about fish and wildlife teach participants how to effectively manage these valuable resources. Hunting, fishing, and wildlife watching contribute approximately $8 billion to the state's economy annually, supporting 139,000 jobs in Texas and enhancing the quality of life of all residents.

Making a Difference

2016 Fort Bend County – General Horticulture Programming

Developed by James Boone Holladay, Fort Bend County Extension Agent - Horticulture

***Fort Bend Gardener* Quarterly Horticulture Newsletter.**

Writer and editor of seasonal horticulture newsletter. Distribution estimated at **2500** users.

Fort Bend Beekeepers Association.

Serve as association advisor, host monthly meetings, and distribute monthly newsletter.

Fort Bend Orchard Production Committee.

Serve as committee advisor and assist to implement annual programming efforts.

Fort Bend Demonstration Projects.

Serve as advisor and guidance for ongoing and new applied and result demonstrations.

Fort Bend Ag/Hort Advisory Committee.

Host and facilitate meetings, agenda content, and engage in regular activities.

Fort Bend Ag'Tivity Barn Planning Committee.

Lead for horticulture related youth activities, garden demonstrations, and water education.

Texas SARE Advisory Committee.

Serve as active member and provide input for future State-wide programming efforts.

Houston Food Policy Workgroup.

Serve as active co-chair of workgroup and plan calendar of ongoing programming efforts.

Partnerships with Local Municipalities.

Develop and maintain ongoing partnerships with the Cities of Sugar Land, Missouri City, Katy, Meadows Place, Richmond, and Fulshear.

Horticulture Industry Partnerships.

Develop and maintain ongoing partnerships with the Texas Nursery & Landscape Association, Houston Gulf Coast Irrigators Association, Organic Horticulture Business Alliance, Texas Organic Farmers and Gardeners Association, and local nurseries including Caldwell's Nursery, Enchanted Nurseries, The Color Spot Nursery, and Greenleaf Nursery.

Assist and Support Neighboring County Offices.

Provided horticultural support to Brazoria, Harris, Waller, Austin, Grimes, Galveston, Colorado, Jackson, Fayette, Washington, and Wharton Counties.

Regular Site Visits.

Conduct an average of **15** site visits (homeowner & commercial) per month throughout the year.

Regular Office Visits.

Respond to an average of **15** office visits per month throughout the year.

Coordination with Program Area Specialists.

Regular cooperation with Monte Nesbitt (Fruit and Nut), Bill Ree (Pecan IPM), Fran Pontasch (Grape), Tim Hartmann & Mengmeng Gu (Earth-Kind), Jayla Fry (TMG), Lisa Whittlesey (JMG), and others.

Social Media Education and Marketing.

Post to Facebook accounts (Fort Bend Extension and Fort Bend Master Gardener) an average of twice weekly throughout the year.

***eXtension Ask the Expert* online questions.**

Respond to an average of **20** Ask the Expert questions per month throughout the year.

Making a Difference

2016 Horse Task Force Outreach Summary

Developed by John Gordy, County Extension Agent - Agriculture & Natural Resources, Fort Bend
Supported by: Derrick Banks, Extension Agent-CEP-Agriculture & Natural Resources

RELEVANCE

Fort Bend County is among the top counties considering horse ownership. With the increase in horse ownership, the need for equine education has grown. New horse owners need guidance on health and nutrition, basic horsemanship and general care, while more experienced horse owners are interested in working horses, pleasure riding, barrel racing, jumping, and other disciplines. The Fort Bend Horse Task Force is an all-volunteer organization that works in cooperation with Texas A&M AgriLife Extension to bring equine educational opportunities to both youth and adults of Fort Bend and surrounding counties. Our knowledge base consists of local clinicians and equine specialists, as well as clinicians from all over Texas and other states.

SUMMARY

The Horse Task Force in Fort Bend County provides assistance and expertise in planning and implementing educational efforts to meet the needs of county horse owners. In 2016, the Horse Task Force held three horse-related programs including Hunter/Jumper, Barrel Racing, and the Texas A&M Fundamentals clinic. Our goal in the county is to provide professional knowledge and assistance to help enhance the knowledge of inexperienced and experienced horse owners across the area. The Texas A&M Horsemanship Clinic was held over two days and was offered free to 16 Fort Bend County Youth.

FUTURE PLANS

The Fort Bend Horse Task Force is currently evaluating future prospects. In 2017, we plan to re-evaluate existing programs and plan to scale back complexity and level of programs to attract a wider audience, particularly less experienced individuals.

ACKNOWLEDGEMENTS

Special thanks to members of the Fort Bend Horse Task Force for their guidance and support of Extension programming conducted within the county.

Texas A&M AgriLife Extension

Prairie View A&M University
College of Agriculture and Human Sciences
Cooperative Extension Program

Making a Difference

2016 Fort Bend Co. Art of Living Etiquette & Leadership Camp Program

Developed by Courtney Bryant, Fort Bend Co. Extension Agent - Cooperative Extension Program

RELEVANCE & RESPONSE

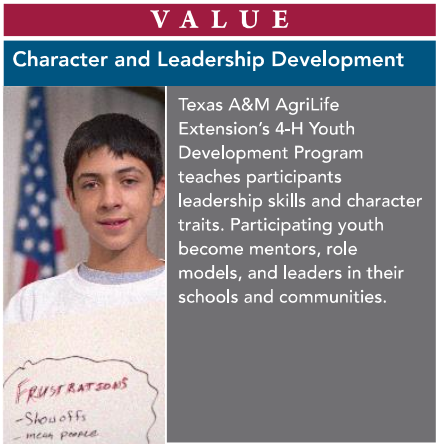
The Art of Living Camp was a two-day camp held with the Fort Bend Church in Sugarland, TX. It was developed as a component of the joint efforts of 4-H and Family & Consumer Sciences. Projects in this area are designed to allow 4-H members and youth to explore academic disciplines of family and consumer sciences and help them gain valuable skills and knowledge that can be applied to daily life. In order to become informed adults in relation to consumer and family skills, activities in the areas of health and nutrition, clothing and textiles, consumer decision making, housing/environment, and child development, projects are essential to help youth make informed and wise decisions through 4-H FCS related projects activities, and contests. During the course of the camp campers were able to gain knowledge of the basics of bringing their best foot forward. Youth were exposed to the idea of branding themselves, making first impressions, grooming, and formal dining etiquette through a real live environment. Students were able to learn about many aspects of leadership, etiquette, entrepreneurship, professionalism, and delve into areas of arts, film, and agriculture.

RESULTS

As a result of the two-day camp, campers expressed that they "…learned accurate information" and "…enjoyed learning new things." Youth also expressed that as a result of the program they were motivated and encouraged to take their own steps forward in the realm of entrepreneurship. This program targeted youth and limited resource families. Over thirty students participated in the camp. Ninety percent (90%) of participants were African American and the remaining reported Hispanic (1%) and White (1%).

FUTURE PLANS

As a result of the positive feedback and outcomes from this class, the camp will be held again in year 2017. Special recognition is needed for the many people and businesses that supported our quest to better the lives of young Texans through in-kind donations of their time, talent, food services, facilities, and supplies. Last, without the hard work of many volunteers this program would not have been successful.



Making a Difference

Better Living for Texans – A Fresh Start to a Healthier You!

RELEVANCE

More than 3.7 million individuals receive benefits from the Supplemental Nutrition Assistance Program (SNAP), historically known as food stamps. Studies have shown individuals who live in poverty (including SNAP recipients) have dietary intakes that are not in agreement with current recommendations (i.e. Dietary Guidelines or MyPlate). This audience, like many, may not recognize their risk for foodborne illness. Having enough food to eat is also a challenge; an estimated 1 in 6 households in Texas experience food insecurity.

RESPONSE

The BLT Program is a cooperative endeavor among Texas A&M AgriLife Extension Service, Texas Health and Human Services Commission (HHSC), and the Food and Nutrition Services (FNS) of USDA. A component of the Supplemental Nutrition Assistance Program (SNAP), BLT offers food and nutrition education to SNAP recipients, applicants, and other low-income audiences to help improve their ability to plan and prepare nutritious meals, stretch food dollars, and prepare and store food safely. BLT also incorporates gardening and the *Walk Across Texas* program to promote physical activity and improve access to vegetables and fruits. During 2016, 121 Fort Bend County adults completed the BLT *A Fresh Start to a Healthier You!* series. This program focuses on improving vegetable and fruit intake, meal planning, increasing physical activity, and adopting selected behaviors that can reduce the risk of foodborne illness. Of those participants, 114 completed the 30-day follow-up survey which allows us to assess the extent that targeted behaviors were adopted.

RESULTS

- ***Participant characteristics:*** Average household size was 2; the average age of the participants was 71 years. Participation in the selected assistance programs was as follows: SNAP38%, food pantries or other emergency food assistance 66%, free/reduced school meals 2%, Head Start 2%, TANF 2%, & WIC 2%.
- ***Evaluation results:*** Changes in targeted behaviors were examined by evaluating the pre, post and (where available) follow-up surveys of those individuals who completed the program series.
- **Other findings:**
  - 80.2% of the participants identified BLT as their first exposure to Extension. This suggests that the program is reaching new audiences who otherwise might not have the opportunity to benefit.

Vegetable and Fruit Consumption

Behavior	Pre		Post		Follow-Up	
	N	%	N	%	N	%
Fruit Consumption						
None or rarely	1	0.9	2	1.8	1	0.9
1-2 times a week	28	24.8	20	17.5	19	17
3-4 times a week	44	38.9	42	36.8	49	43.8
1 time a day	19	16.8	17	14.9	23	20.5
2 times a day	9	8.0	22	19.3	10	8.9
3 or more times/day	12	10.6	11	9.6	10	8.9
Vegetable Consumption						
None or rarely	1	0.9	1	0.9	0	0
1-2 times a week	19	17.0	16	14.2	14	12.7
3-4 times a week	46	41.1	47	41.6	50	45.5
1 time a day	16	14.3	22	19.5	19	1703
2 times a day	21	18.8	20	17.7	20	18.2
3 or more times/day	9	8	7	6.2	7	6.4
% of Plate Filled with Fruits and Vegetables						
0	1	1.0	0	0	0	0
1/4	29	27.9	22	21.6	10	9.6
1/3	34	32.7	31	30.4	39	37.5
½	26	25.0	36	35.3	44	42.3

3/4	14	13.5	13	12.7	11	10.6

- 51% of the participants rated the BLT program as "excellent" while 40 % rated the program as "very good."
- In addition, 75% of the participants reported they were "very likely" to recommend BLT to another person; 23% said they were "likely" to recommend the program. In addition, the 92% of participants reported they were "very likely" or "likely" to attend another BLT program.

Meal Planning and Food Management Practices

	Pre		Post		Follow-Up	
	N	%	N	%	N	%
Plan meals in advance						
Always	15	13.6	16	14.2	13	11.5
Sometimes	79	71.9	89	78.8	95	84.1
Never	13	16.4	8	7.1	3	2.7
Not Sure	3	2.7	0	0	2	1.8
No response	0	0	0	0	0	0
Shop for food with a list						
Always	29	25.7	29	26.1	29	25.4
Sometimes	71	62.8	74	66.6	77	67.6
Never	10	8.8	17	15.3	13	11.4
Not Sure	3	2.7	8	7.2	8	7
No response	0	0	0	0	0	0
Compare prices when shopping						
Always	35	31.0	31	27.4	33	28.9
Sometimes	70	61.9	73	64.6	76	66.7
Never	26	5.3	6	5.3	4	3.5
Not Sure	2	1.8	3	2.7	1	0.9
No response	0	0	0	0	0	0

Food Safety

	Pre		Post		Follow-Up	
	N	%	N	%	N	%
Wash hands before preparing meals						
All of the time	74	65.5	83	74.8	92	80.7
Most of the time	23	20.4	19	17.1	17	14.9
Some of the time	11	9.7	8	7.2	3	2.6
Hardly ever	4	3.5	0	0	2	1.8
Not sure	1	0.9	0	0	0	0
Wash fruits or vegetables before eating or preparing						
All of the time	86	75.4	84	76.4	95	83.3
Most of the time	19	16.7	16	14.5	16	14.0
Some of the time	9	7.9	8	7.3	2	1.8
Hardly ever	0	0	2	1.8	1	0.9
Not sure	0	0	0	0	0	0

Change in Physical Activity Behaviors

	Pre		Post		Follow-Up	
	N	%	N	%	N	%
How often are you physically active for at least 30 minutes, five days a week?						
All of the time	25	23.1	35	31.3	32	28.6
Most of the time	32	29.6	35	31.3	29	25.9
Some of the time	40	37.0	33	29.5	44	39.3
Hardly ever	9	8.3	7	6.3	6	5.4
Not sure	2	1.8	2	1.8	1	0.9

Making a Difference

2016 Fort Bend County CEP Childhood Obesity

Developed by Courtney Bryant, FBC Extension Agent –Cooperative Extension Program - PVAMU

RELEVANCE

Childhood obesity is a major risk factor for many individuals in Fort Bend County. According to research, childhood obesity has been known to increase a child's risk for many other chronic diseases such as diabetes, heart disease, high blood pressure and even cholesterol. Not to mention obesity is highly associated with stigma and poor grades within school. Research has also shown that by involving students in activities such as community gardens, encouraging other forms of physical activity, and educating families on affordable and healthy living, problems such as childhood obesity can ultimately be alleviated.

The BMI or (Body Mass Index) is one of the most popular ways to distinguish overweight individuals from underweight individuals. Rates for the BMI on adults differ from the BMI of a child since adults and children do not grow the same. Children or adolescents are considered obese when they fall into the 95th percentile of BMI for children. According to the CDC, there are two main causes for the increase in childhood obesity rates: 1) an increase in intake of energy-dense foods which are high in fat, salt, and lack the appropriate vitamins and nutrients; and 2) a decrease in physical activity which can also be attributed to evolving forms of transportation and technology.

According to a survey by UT School of Public Health, 23% of students reported drinking more than 2 sodas per day, and 22% reported that they ate fast food at least three times a week. Even more alarming is that 77% of students reported physical inactivity and more than 70% spent 2 or more hours watching TV every day. Many of these results can be also be attributed to hunger. Research actually shows that hunger and obesity are indeed correlated and linked through the food desert phenomenon.

Many limited resource families and neighborhoods lack grocery stores or access to healthy foods. Children living in dense urban areas also lack access to safe, green spaces and parks that would encourage physical activity. Childhood obesity continues to affect families in many ways including the financial liability it imposes. It is also a concern for Fort Bend County with its increasing rate of 28% of residents reporting a child who is obese or at risk for obesity.

RESPONSE

Research has shown that the implementation of physical activities and programs that promote healthy living produce positive outcomes for those children at risk for obesity. Several activities were implemented to target the described issues.

- A pilot program, The Pregnancy Health Cooking School was implemented with the expectant mothers at the Pregnancy Resource Center. The objective of this program was to promote healthy eating and gain proper nutritious habits for the mother to maintain during pregnancy. This program duration lasted for six weeks. Each week the mother was presented with a lesson on factors that affect mom's pregnancy, food safety issues, and food demonstrations on preparing nutritious recipes.
- In addition, a community garden was also initiated to promote an alternate form of physical activity for children within the community. This program incorporates many of the Learn Grow Eat Go curriculum and activities. The objectives of the Learn Grow Eat Go program are to improve physical activity and healthy eating behaviors among children. Some of the activities include learning about the garden, variety of vegetables, seasons to grow, sensory skills, preparing recipes, and application in live settings. The educational activities, events, and/or experiences were delivered to address many of the issues described above.

RESULTS

- As a result of the Healthy Cooking School and Today's Mom program. Sixty percent (60%) of moms reported that their knowledge of factors that affect their pregnancy was increased. Sixty percent of them also reported an increased knowledge of factors that would affect the baby's development. At least forty percent (40%) reported increased knowledge of preparing nutritious recipes. And at least 80% of the moms reported increased knowledge of safe behaviors for pregnancy.
- As a result of the Learn Grow Eat Go (LGEG) curriculum 77% of the students reported engaging in at least 30 minutes of physical activity the day before. Forty-four percent of them reported that they spent less than 203 hours watching TV the day before. At least 90 percent had tried a vegetable and at least 60 percent considered gardening as an enjoyable activity. These programs have definitely proved to be a success. The gardening program is an on-going program and it also proved to have additional benefits such as engaging the student with activities and incorporating other life skills such as responsibility and communication amongst their peers. It also incorporates the aspect of teamwork as the children have to work together to keep the community garden afloat.

FUTURE PLANS

Plans are to continue these programs for the year 2017. However, many participants in the pregnancy resource school reported that they would like to have more food demonstrations and make them the primary focus of the class. I also plan to continue the *Learn Grow Eat Go* curriculum. However, the children reported that they would like to "learn about more vegetables" and be allowed to "plant more vegetables in their garden".

ACKNOWLEDGEMENTS

I would like to give a special thank you to the Rotary Club of Rosenberg for funding the Friends of North Rosenberg-Attack Poverty. Without the support of Rotary the Friends of North Rosenberg-Attack Poverty would not have been able to better the lives of the members within their community.

Child Care Provider Conference Outcome Report, 2016

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 16th 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 caregiving, 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.

Child Care Provider Conference

On February 27, 2016, the Texas A&M AgriLife Extension Service conducted a child care provider training conference in Pearland for **104** child care providers and directors. Thirty-one participants completed a written evaluation of the conference (see Table 1 for participant characteristics). A total of **624** 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 = 31)*

Variable	Percentage*	Mean
Age (in years)		35.5
Number of Years in Child Care Profession		11.8
Gender		
Female	61.3	
Male	0.0	
Ethnicity		
African American	6.5	
Caucasian	35.5	
Hispanic/Latino	41.9	
Other	9.6	
Education		
Less than High School Diploma	3.2	
High School Diploma	67.7	

Associates Degree	12.9	
College Graduate	12.9	
Program Type		
Home Day Care	3.2	
Child Care Center (other than Head Start)	93.5	
Other (e.g., Montessori)	0.0	
Program Licensed and/or Registered		
Yes	93.5	
No	0.0	
Attended Extension-Sponsored Training in Past		
Yes	74.2	
No	16.1	
Not Sure	6.5	
*Percentages do not always equal 100% due to missing cases.		

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

Table 2. Child Care Provider Conference Outcomes (N = 31)*

Item	Percent in Agreement*	Percent not in Agreement*
Acquisition of New Information		
Learned new information	93.5%	0.0%
Will utilize new information to strengthen program	93.5%	0.0%
Intent to Use Information		
Will use now	93.5%	0.0%
Will use in future	93.5%	0.0%
Training's Influence on Provider/Program Quality		
Will be more effective provider	93.5%	0.0%
Will lead to improvements in quality of care offered	93.5%	0.0%
Relevancy of Training		
Helped provider obtain required clock hours	93.5%	0.0%
Topics relevant to daily work	93.5%	0.0%
Other		
Training cost-effective	87.1%	3.2%
Plan to attend another Extension conference	87.1%	6.5%
*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 = 31)[*]

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%	3.2%	38.7%	22.6%	29.0%
[*]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 93 percent of participants acquired new information from the conference, 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. Moreover, **52%** of providers rated the training "Better" or "Much Better" compared to other trainings they have attended that were not conducted by Extension.

Report prepared by Dr. Stephen Green on December 9, 2016. For more information, please call (979) 845-6468.

Child Care Provider Conference Outcome Report #1, 2016

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 16th 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 caregiving, 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.

Child Care Provider Conference

On January 23, 2016, the Texas A&M AgriLife Extension Service conducted a child care provider training conference in Rosenberg for **38** child care providers and directors who provide care for **589** children enrolled in **11** child care centers or family day homes. Thirty-eight participants completed a written evaluation of the conference (see Table 1 for participant characteristics). A total of **152** 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 = 38)*

Variable	Percentage*	Mean
Age (in years)		43.8
Number of Years in Child Care Profession		11.1
Gender		
Female	97.4	
Male	0.0	
Ethnicity		
African American	7.9	
Caucasian	44.7	
Hispanic/Latino	34.2	

Asian	7.9	
Other	5.2	
Education		
Less than High School Diploma	5.3	
High School Diploma	50.0	
Associates Degree	15.8	
College Graduate	26.3	
Program Type		
Home Day Care	5.3	
Child Care Center (other than Head Start)	60.6	
Other (e.g., Montessori)	18.4	
Program Licensed and/or Registered		
Yes	92.1	
No	0.0	
Attended Extension-Sponsored Training in Past		
Yes	57.9	
No	36.8	
Not Sure	5.3	
*Percentages do not always equal 100% due to missing cases.		

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

Table 2. Child Care Provider Conference Outcomes (N = 38)*

Item	Percent in Agreement*	Percent not in Agreement*
Acquisition of New Information		
Learned new information	100.0%	0.0%
Will utilize new information to strengthen program	100.0%	0.0%
Intent to Use Information		
Will use now	100.0%	0.0%
Will use in future	100.0%	0.0%
Training's Influence on Provider/Program Quality		
Will be more effective provider	100.0%	0.0%
Will lead to improvements in quality of care offered	100.0%	0.0%
Relevancy of Training		
Helped provider obtain required clock hours	97.4%	2.6%
Topics relevant to daily work	97.4%	2.6%
Other		

Training cost-effective	97.4%	2.6%
Plan to attend another Extension conference	100.0%	0.0%
*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 = 38)*

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?	2.6%	0.0%	10.5%	42.1%	34.2%
*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 97 percent of participants acquired new information from the conference, 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. Moreover, **76%** of providers rated the training "Better" or "Much Better" compared to other trainings they have attended that were not conducted by Extension.

Report prepared by Dr. Stephen Green on November 22, 2016. For more information, please call (979) 845-6468.

Child Care Provider Conference Outcome Report #2, 2016

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 16th 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 caregiving, 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.

Child Care Provider Conference

On April 2, 2016, the Texas A&M AgriLife Extension Service conducted a child care provider training conference in Rosenberg for **31** child care providers and directors who provide care for **697** children enrolled in **8** child care centers or family day homes. Thirty-one participants completed a written evaluation of the conference (see Table 1 for participant characteristics). A total of **124** 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 = 31)*

Variable	Percentage*	Mean
Age (in years)		37.7
Number of Years in Child Care Profession		7.3
Gender		
Female	74.2	
Male	0.0	
Ethnicity		
African American	12.9	
Caucasian	48.4	
Hispanic/Latino	32.3	

Asian	6.5	
Other	3.2	
Education		
Less than High School Diploma	0.0	
High School Diploma	71.0	
Associates Degree	9.7	
College Graduate	12.9	
Program Type		
Home Day Care	3.2	
Child Care Center (other than Head Start)	77.5	
Other (e.g., Montessori)	19.4	
Program Licensed and/or Registered		
Yes	100.0	
No	0.0	
Attended Extension-Sponsored Training in Past		
Yes	48.4	
No	51.6	
Not Sure	0.0	
*Percentages do not always equal 100% due to missing cases.		

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

Table 2. Child Care Provider Conference Outcomes (N = 31)*

Item	Percent in Agreement*	Percent not in Agreement*
Acquisition of New Information		
Learned new information	90.3%	6.5%
Will utilize new information to strengthen program	96.8%	0.0%
Intent to Use Information		
Will use now	96.8%	0.0%
Will use in future	93.5%	0.0%
Training's Influence on Provider/Program Quality		
Will be more effective provider	96.8%	0.0%
Will lead to improvements in quality of care offered	93.5%	3.2%
Relevancy of Training		
Helped provider obtain required clock hours	100.0%	0.0%
Topics relevant to daily work	96.8%	3.2%
Other		

Training cost-effective	96.8%	0.0%
Plan to attend another Extension conference	96.8%	3.2%
*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 = 31)*

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%	6.5%	41.9%	25.8%	16.1%
*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 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. Moreover, **42%** of providers rated the training "Better" or "Much Better" compared to other trainings they have attended that were not conducted by Extension.

Report prepared by Dr. Stephen Green on November 22, 2016. For more information, please call (979) 845-6468.

Child Care Provider Conference Outcome Report #3, 2016

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 16th 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 caregiving, 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.

Child Care Provider Conference

On October 22, 2016, the Texas A&M AgriLife Extension Service conducted a child care provider training conference in Rosenberg for **41** child care providers and directors who provide care for **465** children enrolled in **8** child care centers or family day homes. Forty-one participants completed a written evaluation of the conference (see Table 1 for participant characteristics). A total of **164** 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 = 41)*

Variable	Percentage*	Mean
Age (in years)		42.8
Number of Years in Child Care Profession		10.4
Gender		
Female	92.7	
Male	0.0	
Ethnicity		
African American	34.1	
Caucasian	31.7	
Hispanic/Latino	24.4	

Asian	2.4	
Other	0.0	
Education		
Less than High School Diploma	2.4	
High School Diploma	46.3	
Associates Degree	26.8	
College Graduate	24.4	
Program Type		
Home Day Care	2.4	
Child Care Center (other than Head Start)	87.8	
Other (e.g., Montessori)	9.8	
Program Licensed and/or Registered		
Yes	100.0	
No	0.0	
Attended Extension-Sponsored Training in Past		
Yes	70.7	
No	22.0	
Not Sure	4.9	
*Percentages do not always equal 100% due to missing cases.		

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

Table 2. Child Care Provider Conference Outcomes (N = 41)*

Item	Percent in Agreement*	Percent not in Agreement*
Acquisition of New Information		
Learned new information	100.0%	0.0%
Will utilize new information to strengthen program	100.0%	0.0%
Intent to Use Information		
Will use now	100.0%	0.0%
Will use in future	100.0%	0.0%
Training's Influence on Provider/Program Quality		
Will be more effective provider	100.0%	0.0%
Will lead to improvements in quality of care offered	100.0%	0.0%
Relevancy of Training		
Helped provider obtain required clock hours	100.0%	0.0%
Topics relevant to daily work	97.6%	2.4%
Other		

Training cost-effective	95.1%	2.4%
Plan to attend another Extension conference	90.2%	7.3%
*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 = 41)*

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%	0.0%	36.6%	26.8%	31.7%
*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 97 percent of participants acquired new information from the conference, 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. Moreover, **59%** of providers rated the training "Better" or "Much Better" compared to other trainings they have attended that were not conducted by Extension.

Report prepared by Dr. Stephen Green on November 22, 2016. For more information, please call (979) 845-6468.

Making a Difference

2016 Fort Bend County Child Passenger Safety/Booster Seat Campaign

Develop by: Leticia Rolland-Hardy, Fort Bend County Extension Agent- FCS

RELEVANCE

Motor vehicle crashes are the number one cause of death among children ages 1 to 19. Children ages 2 to 5 who use safety belts prematurely are four times more likely to suffer a serious head injury in a crash than those in child safety seats or booster seats. Statistics show that less than half of Texas children are using booster seats.

RESPONSE

One of the greatest achievements in child injury prevention has been in child passenger safety. The Texas A&M AgriLife Extension Service in Fort Bend County, in conjunction with the Texas A&M AgriLife Extension Passenger Safety in cooperation with Safe Riders, operated a child restraint fitting/inspection station at the Fort Bend County Extension Office. During this event, child passenger safety technicians and volunteers taught families how to transport children safely and correctly. They also helped to make sure everyone in the vehicles were buckled-up properly. The Booster Seat Campaign was also conducted as a culminating activity.

RESULTS

Listed below are the results of the 2016 FBC Child Passenger Safety Program/ Booster Seat Campaign:

- 51 contacts were reached
- 16 new child safety seats were installed
- 5 older children arrived correctly restrained in a seat belt
- 16 old/unsafe seats where collected and destroyed
- 26 inspections where conducted
- 4 children arrived unrestrained or incorrectly riding in a seat belt

ECONOMIC VALUE

Medical costs, avoidance of lost future earnings, and improved quality of life. These economic benefits are an estimated $1,988 per child age 0 to 4 and $2,347 per child age 4 to 7 for new seats distributed, and $558 per child for seat misuse corrected with an assumed 75% continued use. Based on this formula, the total economic impact for the 49 inspections conducted during the 2015 program year is $38,348.

2016 Fort Bend County Dinner Tonight!

Summary developed by Dianne Gertson, CEA-FCS, Fort Bend County

RELEVANCE

The percentage of the food budget spent on away-from-home food has increased steadily since the 1970s. Consequently, the proportion of calories provided by away-from-home food has also increased. When dining out, there is a tendency to choose foods higher in calories, and large portions are increasingly common. Research shows daily calorie intake from foods eaten away from home increased 18% to 32% in the last 25 years. Many people become overwhelmed when they think of menu planning and trying to prepare healthy, cost-effective meals for their families. Providing families with healthy recipes and menu planning tips through the multi faceted Dinner Tonight! program is intended to encourage families to eat at home more often and hopefully make healthier food choices.

RESPONSE

The goal for cooking healthy programs is to help families learn to how to cook quick, nutritious meals for their families in an attempt to achieve good health and cut down on diet related illnesses. The Dinner Tonight! Program encourages family mealtime by providing quick, nutritious, cost-effective recipes to consumers through weekly video webcasts. Every Monday, a new video demonstration link is emailed to distribution list. The Dinner Tonight Healthy Cooking School provides an opportunity to further the mission of teaching families about healthy meal planning and food preparation.

RESULTS

Weekly recipes and health tips are sent via e-mail to approximately 3500 people in Fort Bend County via distribution list. The list includes persons who have attended AgriLife Extension programs and expressed an interest in receiving the weekly emails and all Fort Bend County employees. Some who receive the weekly email forward to their own distribution lists.

Two Dinner Tonight Healthy Cooking Schools were conducted reaching 159 individuals. One cooking school was held at the Fort Bend Vegetable Conference and one at Mamie George Community Center. One hundred fifty nine returned the completed retrospective post evaluation.
Evaluations indicate the events were highly successful in impacting family nutrition. Some of the event outcomes are noted below:

Things learned from the series that made attendance worthwhile:

- 90% have an understanding of the key components of the Mediterranean Meal Plan
- 83% have an understanding of incorporating a variety of fruits and vegetables into meal plan
- 85% have an understanding of how foods eaten impact health

- 81% have an understanding of how to meal planning saves time and reduces stress
- 74% have an understanding of how to modify recipes to reduce sodium content
- 77% have an understanding of how to modify recipes to change or reduce the fat content

Participant Comments

- "A home cooked meal is easy and healthy. Eating healthy cost only 1.22 cents more per day and eating out is expensive and unhealthy."
- "How important healthy food is for the human body."
- "After bypass surgery, you are sending the right message."
- "Mediterranean aspect of cooking."
- "It doesn't cost much more to eat healthy."

FUTURE PLANS

Dinner Tonight! will continue to evolve through development of partnerships. In 2017, Fort Bend County will continue to send the weekly recipes and offer a Dinner Tonight Healthy Cooking School at the Fort Bend County Vegetable Conference and quarterly cooking schools at Mamie George Community Center.

2016 Fort Bend County Do Well, Be Well with Diabetes

Developed by Dianne Gertson, Fort Bend 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.

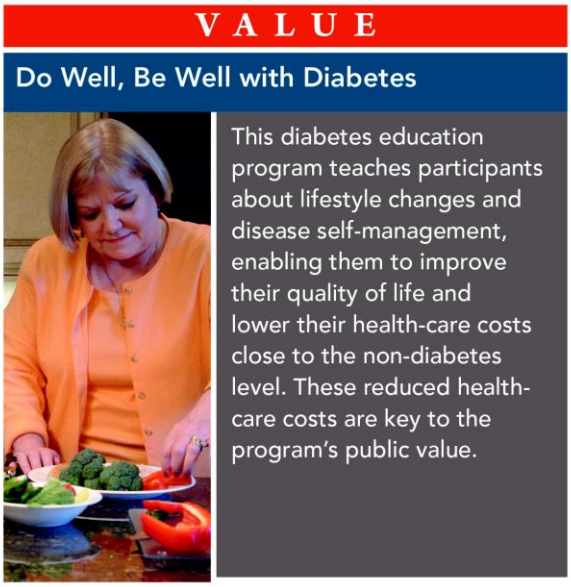
The Educational Program:

- Extension health professionals developed *Do Well, Be Well with Diabetes*, a low-cost class series covering nine self-care and nutrition topics delivered in five sessions.
- Class materials include a curriculum consistent with the American Diabetes Association Standards of Care along with overheads, videos, a complete marketing package, and an evaluation program.
- Volunteer local health professionals, with leadership by county Extension agents, use *Do Well, Be Well with Diabetes* to teach the classes.
- The primary goal of the program is to improve blood glucose management.
- A *Do Well, Be Well with Diabetes* series was taught twice at the Oak Bend Medical Center in Richmond, twice at Mamie George Community Center in Richmond and once at Hometowne on Bellfort. Each of the series consisted of five lessons.

Results:

Outcome results are based on participants who have diabetes, attend the five lessons and submit all forms for documentation. A total of 41 participants attended the classes; some attended to support family members with type 2 diabetes and some attended for the information for personal reasons. There were 17 participants (13 female, 4 male) who met the criteria for *Do Well, Be Well with Diabetes*. Nineteen percent were Hispanic; 42% were African American; 27% were white. Fifty four percent had never received any previous diabetes education. Ninety percent were on some type of diabetes medication.

After the classes, eighty two percent considered their ability to control their diabetes to be good to excellent. The Total Net Present Value for health care cost savings for females is $ 1,111,121 and for males the savings is $ 86,773. Including Total Net Present Value for Lost Wages for males and females, the total economic impact is $1,197,854.



FUTURE PLANS:

Educational programming for diabetes and cooking for people with diabetes will continue to be offered in Fort Bend County throughout 2017

Making a Difference

2016 Fort Bend County Financial Literacy Series

Developed by Courtney Bryant, Fort Bend County Extension Agent – Cooperative Extension Program

RELEVANCE

The current fluctuating economic condition increases the need and heightens consumer awareness for continued financial literacy education. Low-income is defined as a family income below 200% of poverty. Based on 2012 statistics, 38.1% of the Texas families were low income working families, 48.9% were low-income minority working families and 42.2% were low-income working families with no high school degree/GED. Steady rates of unemployment, foreclosures, and credit delinquencies have contributed to increased interest among consumers in budgeting, saving and cutting back spending. Research studies indicate that people of all ages, incomes, and education levels lack the basic financial knowledge and skills to ensure long-term stability for themselves and their families. Taking control of one's finances is a crucial step in helping people move towards a more stable future. All individuals, whether living in rural or urban communities, are confronted with multifaceted issues that can and will affect their financial stability. Handling money is tough, especially when there are few assets to go around. Empowering these individuals with limited means by giving them the formation they need to build financial capability is critical.

RESPONSE

To address the issues of financial literacy several activities were implemented throughout the county that focused on bettering the lives of Fort Bend County residents. The Home Buyer's Workshop series was implemented throughout the county. This workshop was designed to increase the amount of home buyers in the county area, provide adequate information for residents looking to purchase homes, and decrease the fear associated with first time home buyers. The workshop addressed topics such as down payment assistance, the loan and application process, and credit issues. Financial Literacy was also presented within the Tackling Tough Skills Curriculum which was presented to the Fort Bend County Jail. These topics addressed the importance of managing family resources, developing shopping budgets, and formulating a resume. Financial literacy was also a component of the Etiquette and Leadership Camp which helped students identify the importance of money management, develop new skills such as writing and balancing of checks, the sale and exchange of real estate, and the benefits of investing.

RESULTS

At the conclusion of the workshop, participants were able to ask questions to deepen their understanding of the material presented. Data from the surveys indicate that the knowledge of the

home buying process was provided in a clear manner and the participants felt as though their knowledge of the process had increased. The Financial Literacy component included from the Tackling Tough Skills curriculum also proved to be a success and a great motivator for many participants. Individuals expressed that they were even interested in pursuing higher education as a result of this portion of the life skills series.

FUTURE PLANS

As a result of the feedback obtained from participants the Financial Literacy series will return in the year 2017. Future plans would also incorporate more social service agencies and local businesses to participate in the presentation of the information.

- I would like to give a special thank you to Georgetown Mortgage, Christopher Cotton at Prairie View A&M University and ReMax Fine Properties-Newton Real Estate Group. Through their work with the community, many first time homebuyers' were able to fulfill their dream of purchasing a home.

VALUE

Financial Literacy

Texas A&M AgriLife Extension Service financial literacy programs provide adults and youth with basic financial education and resources to help them set and reach financial goals and plan for the future. When Texans make better financial decisions and and implement recommended financial management practices, they increase their ability to achieve financial security.

2016 Food Protection Management – Food Handler Program

Developed by Dianne Gertson, Fort Bend County Extension Agent-Family and Consumer Sciences

RELEVANCE

Each year, an estimated 1 in 6 people become ill from the food they eat. Common symptoms of foodborne disease include nausea, vomiting, diarrhea, abdominal cramping, fever, and headache. While some people may view this as a mere case of "food poisoning" foodborne illness has serious health and economic consequences. In fact, foodborne illnesses from five pathogens alone (Campylobacter, Salmonella, Listeria monocytogenes, E. coli O157:H7, and E. coli non-O157:H7 STEC) cost more than $6.9 billion in medical expenses, lost productivity, and even death. All of us are at risk for foodborne illness, but older adults, pregnant women, young children, individuals with chronic disease, and those with a compromised immune system are at an increased risk. Because nearly half of our food dollars are spent on foods eaten away from home, it is imperative that employees who work in retail food service handle food safely.

RESPONSE

To meet the need for quality food safety education in Texas retail food establishments, the Food Protection
Management (FPM) program was developed. Our 2-hour food handler program, which is accredited by the Department of State Health Services, trains front-line food service workers on the basic principles of food safety. A food handler card is now required for all persons working in food service..

RESULTS

During 2016, 113 people in Ft. Bend County completed the food handler program. Change in knowledge (pre vs post) was used to evaluate the food handler program. In addition, client (customer) satisfaction surveys were collected from participants.

Food Handler Course – participant characteristics

Most, 77% (n=82) of the participants were female and 40% were Hispanic, 26% were African American and 17% were Caucasian. Seventy seven percent of participants identified English as their preferred language and level of education ranged from high school or less (41%) to a college degree (22%). More than 55% reported having food service experience and 48% acknowledged they had received training over food safety in the past.

There **was a** statistically significant increase in test scores (comparing pre vs post) suggesting an increase in food safety knowledge.

- Mean score pre: 66
- Mean score post: 84

Percentage of respondents who answered survey questions correctly, pre and post.

Question	% correct pre*	% correct post
1. Which of the following statements about serving food is true?	77	83
2. Which of the following best describes proper hand and arm washing?	88	88
3. The removal of dirt, soil, food or grease is known as:	75	87
4. Which of the following statements about a hand washing is true?	90	89
5. Which of the following is an example of a ready-to-eat (RTE) food?	93	90
6. Which of the following foods would not be considered potentially hazardous?	72	84
7. Cross contamination happens when safe food comes into contact with:	88	95
8. Which of the following statements best describes the temperature danger zone?	58	83
9. Which of the following is an example of cross contamination?	88	90
10. All of the following are acceptable tools for handling ready-to-eat foods except:	73	83
11. Which of the following food service employees must wear a hair net/restraint?	66	82
12. Which of the following is the best example of maintaining personal hygiene?	56	78
13. A foodservice employee should immediately tell his/her supervisor if he/she has:	74	69
14. Generally speaking a foodborne outbreak involves how many people?	59	83
15. Food can be contaminated by:	91	87

*Percent rounded to the nearest whole number

Client satisfaction with Food Handler course instruction

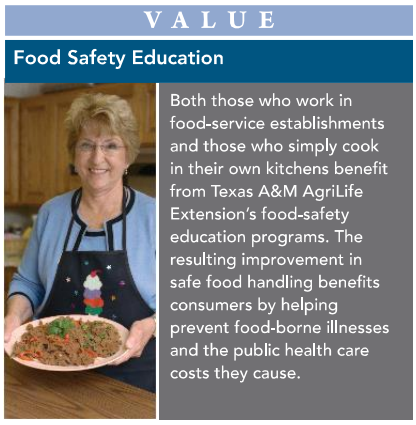
	Average Score (n=107)**
Client satisfaction with instructor's knowledge of the subject.	1.09 ±.22
Client satisfaction with instructor's presentation of course material.	1.1 ± ..28
Client satisfaction with instructor's response to questions.	1.18 ± ..41
Client satisfaction with instructor's involvement in discussion and questions regarding course material.	1.19 ± ..44
Overall client satisfaction with instructor performance.	1.14 ± ..41
Overall client satisfaction with the program.	1.13 ± ..32

** Based on participant surveys received and entered as of 11/1/2016. The client satisfaction survey was given at the end of the training while the survey that assessed client characteristics was given separately (at the beginning).

Instructor satisfaction scores are based on a 5-point Likert Scale (1 = very satisfied to 5 = very dissatisfied). **In other words the lower the number, the more satisfied the participant.** Scores of 0 (not applicable) or 6 (no response) were not included in the analysis.

SUMMARY

The food handlers program was successful in helping participants (foodservice employees) increase their knowledge about food safety as it pertains to the retail food setting. Food Handlers classes will be taught in 2017.



Making a Difference

Food Protection Management - Ft. Bend County

Developed by Dianne Gertson, CEA-FCS

RELEVANCE

Each year, nearly 1 in 6 people become ill from the food they eat. Symptoms of foodborne disease include nausea, vomiting, diarrhea, abdominal cramping, fever, and headache. While some people may view this as a mere case of "food poisoning" foodborne illness has serious health and economic consequences. In fact, foodborne illnesses from five pathogens alone (Campylobacter, Salmonella, Listeria monocytogenes, E. coli O157:H7, and E. coli non-O157:H7 STEC) cost more than $6.9 billion in medical expenses, lost productivity, and even death. All of us are at risk for foodborne illness, but older adults, pregnant women, young children, individuals with chronic disease, and those with a compromised immune system are at an increased risk. Since half of our food dollars are spent on foods eaten away from home, it is imperative that employees who work in retail food service handle food safely.

RESPONSE

To meet the need for quality food safety education in Texas retail food establishments, the Food Protection
Management (FPM) program was developed. Our two-day certified food manager program prepares food service workers to sit for the state Certified Food Manager exam. Our 2-hour food handler program, which is accredited by the Department of State Health Services, trains front-line food service workers on the basic principles of food safety. Both programs are conducted at the county level by Extension agents.

RESULTS

During 2016, 123 people in Ft. Bend County participated in the FPM program and completed the certified food manager program. Passage of the CFM exam as well as customer satisfaction with the CFM program is presented in this report.

Certified Food Manager Participant characteristics (n=109)

Participants who completed the participant characteristics survey were primarily female (83%) and either Hispanic (36%) or African American (28%). All age groups were represented and identified themselves as the manager most often. More than 42% (n=46) of the participants had a high school degree or less; the remaining had completed some college or a college degree. More than 25% (n=28) of the participants had 5 years or less food service experience; 52% had 11 years or more. Most (70 out of 109; 64%) of the participants had received food safety training within the previous 12 months. In addition, 80% (n=87) of the participants had previously completed a CFM course.

More than 41% (n=45) of the 109 participants identified the FPM program as their first exposure to Texas A&M AgriLife Extension.

Client satisfaction with Certified Food Manager instruction

Measurables		Average score (n=114)
Client satisfaction with instructor's knowledge of the subject.		4.7*± .52
Client satisfaction with instructor's speaking/presentation abilities.		4.7 ± .64
Client satisfaction with instructor's organization and preparedness.		4.7 ± .57
Client satisfaction with instructor's response to questions.		4.8 ± .47
Overall client satisfaction with instructor performance		4.8 ± .52

* Percentages rounded up to the nearest tenth and based on participant surveys received and entered as of 11/1/2016. The client satisfaction was given at the end of the training while the survey that assessed client characteristics was given separately (at the beginning). Therefore, it is possible that not everyone completed both surveys.

Instructor satisfaction scores are based on a 5-point Likert Scale (1 = very dissatisfied to 5 = very satisfied). In other words the higher the number, the more satisfied the participant. Scores of 0 (not applicable) or 6 (no response) were not included in the analysis.

Pass rate for Certified Food Manager Exam: 48%. A large class (n=87)was held at Fort Bend ISD with a pass rate of 40%. The ServSafe exam is available in English, Spanish, Mandarin, French Canadian and Korean. Many of the participants requested the test in languages other than these, therefore language was an issue when taking the exam.

Overall, average passing score was 82.04 (75 is minimum passing score). Overall, average test score was 74.

FUTURE PLANS

The Food Manager Certification course and test will be offered 4 times in 2017.

Making a Difference

2016 Fort Bend County Health & Wellness Series

Developed by Courtney Bryant, Fort Bend County Extension Agent – Cooperative Extension Program

RELEVANCE

According to the Fort Bend County's Community Health Assessment, Cardiovascular diseases, cancer, and diabetes are the three top leading causes of death in the county. Colon cancer is the third leading cause of death from cancer. There have been several issues regarding health & wellness and the contributing factors to the high rates of chronic diseases - one being the access to health care-many reported inadequate access of transportation, low-cost insurance, lack of preventative care, public education, and community engagement. Participants also reported overcrowded facilities and services. At least twenty-three percent reported not having health insurance.

- Diabetes mellitus is a disease caused by a deficiency of insulin, which is a hormone secreted by the pancreas.
- About 16 million Americans have diabetes, but only about 10 million have been diagnosed. Approximately 798,000 new cases of diabetes are diagnosed annually in the United States.
- In Texas, African Americans (16.5%) are disproportionately affected by diabetes when compared to other ethnicities.
- Diabetes is classified into two main types: Type 1 and Type 2. Type 1 diabetes (insulin-dependent) affects 5%-10% of those with diabetes and most often occurs during childhood or adolescence. Type 2 diabetes (non-insulin- dependent) is the more common type, affecting 90%-95% of those with diabetes. Type 2 diabetes usually occurs after age 40.
- Diabetes and its complications occur among Americans of all ages and racial/ethnic groups, but the elderly and certain racial/ethnic groups are more commonly affected by the disease.
- Obesity, which is a primary risk factor for type 2 diabetes, is dramatically higher in African Americans
- Cardiovascular disease is 2-4 times more common among persons with diabetes; the risk of stroke is 2-4 times higher; 60%-65% have high blood pressure; and 60%-70% have mild to severe diabetic nerve damage.
- African Americans have the highest colorectal cancer incidence and mortality (death) rates of any racial/ethnic group.
- African-American mortality is 50% higher than the second-highest group (white) and more than doubles that of the group with the lowest mortality (Asian/Pacific Islander).

Effective glycemic control and early detection are critical to reduce the risk of complications, such as end-stage renal disease, blindness, and amputations. Self -management education is the cornerstone for diabetic care and vital for blood glucose control. Colorectal cancer screening test and yearly check-ups are

one of the preventative measures adults can take in preventing colorectal cancer. Improvements in self -care behaviors and self -efficacy are important outcomes of these interventions.

RESPONSE

- To address the issues of diabetes, the Do Well Be Well with Diabetes was implemented. This curriculum covers four nutrition and five self-care management topics. The program helps people with diabetes and those at risk learn the skills needed to manage their diseases effectively. The extension agent met with 18 individuals to facilitate discussion and activities that helped individuals improve their self-management. Topics included: food affecting diabetes, how to improve glucose through physical activity, how to manage medications, and how to manage complications.
- To address the issues of cancer in the county. Extension agent hosted the EPICS Program, an initiative introduced and created by the Morehouse School of Medicine. The initiative fostered the partnership with churches, clinical providers and community sites to educate African Americans about colorectal screening. Twenty-five individuals were recruited to participate in three-1 hour sessions, complete pre and post surveys, and participate in a 90-day follow up call or group session.

RESULTS

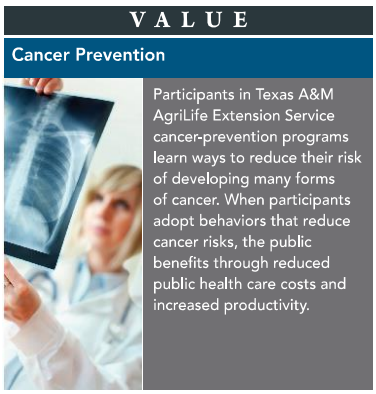
- As a result of the program at least 75% of the individuals reported increased knowledge on maintaining proper glucose levels, understanding how carbohydrates effect on blood glucose, dietary recommendations and an ability to read nutritious labels. At least 50% of participants reported an increased ability to control their diabetes after attending the Do Well Be Well classes. This is significant since the class was 90% percent African American and 85% percent of the class population consisted of females.
- Ninety percent of participants in the colorectal cancer workshop reported that they believed colorectal cancer could be prevented. Seventy percent of participants were able to identify the appropriate time to get checkups for colorectal cancer and 90 percent reported that the class encouraged them to be screened for cancer. Follow-up calls made to participants revealed that participants adopted many practices from the class such as watching what they eat, regular screenings, and the process of sharing information that they learned with their families.

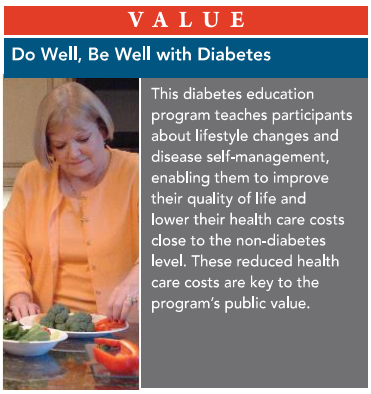
FUTURE PLANS

As a result of the feedback obtained from participants. The Do Well Be Well Diabetes class will continue. However, the participants requested for more classes and more demonstrations. Participants also wanted to hear more guest speakers. As a result of the colorectal cancer initiative it will continue next year for 2017.

ACKNOWLEDGEMENTS

I would like to acknowledge the staff at the Fort Bend County Pinnacle Center for the use of their facilities and allowing me to help to improve the lives of those that they serve.





2016 Fort Bend County Healthy Holiday Habits Program

Developed by Courtney Bryant, Fort Bend Co. Extension Agent - Cooperative Extension Program

RELEVANCE & RESPONSE

The Healthy Holiday Habits Program was a one-day workshop conducted in partnership with the Sugarland Library. Research shows that the holidays can be stressful, whether its financial resources or even just the flux of holiday stressors. This program was designed to serve as a motivator and reinforce of how to stay healthy with eating, in their finances, and in their health during the holidays. Participants were presented with a food demonstration, healthy living tips, and ways to save money during these times through activities such as couponing. As a result of the workshop, 71% of the participants expressed that they planned to take actions or make changes as a result of what they learned. Seventy percent (70%) of participants were female. Twenty-eight percent (28%) of participants were male. Forty-two percent of participants were African American, 28% Asian American, and 28% White (non-Hispanic). As a result of the positive feedback and outcomes from this class, the class will be offered again in year 2017.

2016 Fort Bend County Grandparents as Caregivers Program

Developed by Courtney Bryant, Fort Bend Co. Extension Agent - Cooperative Extension Program

RELEVANCE & RESPONSE

The Grandparents as Caregivers Program was a one-day workshop conducted in partnership with the Mamie George Catholic Charities. Research shows that caregiving particularly those as active grandparents can be challenging. Adjustments are often needed to establish healthy family functioning for both the grandparent as well as the child. Activities used to help this transition have proven to be effective and resourceful for many parents. This program was designed to educate grandparents that care for children, and how to cope with issues ranging from behavioral issues, to healthy eating, to fitness/exercise, and quality study time. As a result of the workshop, grandparents expressed the need more support from the communities including an increase number of similar workshops. Participants also expressed that the class "…helped me to understand my grandchild better." As a result of the positive feedback and outcomes from this workshop it has been requested as a series and will be offered again in year 2017.

ACKNOWLEDGEMENTS

I would like to acknowledge the Fort Bend County Sheriff's Department staff for the use of their facilities, various contributions, and continuous support of programs that allow me to help improve the lives of those that they serve.

2016 Fort Bend County Master of Memory

Developed by Dianne Gertson, County Extension Agent – Family Consumer Sciences

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

Many things may diminish memory. Increased anxiety about memory loss may interfere with the hippocampus, which puts together new memories and processes them for storage as long-term memories. Regardless of age, memory losses are increased by factors such as inattention, anxiety or depression. Living alone, stress, illness, adapting to the loss of relationships and the negative stereotypes of society all may affect the older person and their memory.

Biological and psychological factors may also affect memory. Hearing and vision loss are examples of biological factors that may affect the mind. Also, medical conditions such as hypertension or high cholesterol may play a role in memory function. Physical activity combined with proper nutrition may be able to impact high blood pressure and high blood cholesterol. In addition, higher levels of physical activity may increase blood flow to the brain, which is integral to brain function.

While there are changes in memory as people grow older, most people can improve their memory with training and practice. Improving memory, however, requires a belief that change is possible. Studies have shown that older adults were less likely than younger adults to attribute memory function to controllable factors such as using effective strategies. Those elders who did make attributions to these factors demonstrated better performance than their peers who did not see memory as being under their control. Other research demonstrated that older adult memory performance can be improved through external and internal strategy training.

Demographic Data for Participants:

Gender	
• *Female*	*100%*
• *Male*	*0%*
Age	
• *Min/Max*	*64 – 69*
• *Mean*	*66.5*
Race/Ethnicity	
• *African-American/Black*	*100%*
• *Caucasian/White*	*0%*
• *Native American*	*0%*
• *Hispanic/Latino*	*0%*
• *Other*	*0%*
Level of Education	
• Less Than High School	0%
• High School or Equivalent	50%
• Some College	50%
• College Graduate	0%
• Post College Graduate	0%

PRE YES	Statement	POST YES
50%	Memory loss may be a normal part of growing older.	**50%**
100%	There may be things I can do to slow/stop my memory loss.	**100%**
0%	My memory is getting worse as I grow older.	**50%**
100%	High blood pressure may negatively affect my memory.	**100%**
100%	Physical activity, like walking, may positively affect my memory.	**100%**
100%	Depression may negatively affect my memory.	**100%**
50%	Certain health conditions may negatively affect my memory.	**50%**
50%	Hearing loss may negatively affect my memory.	**0%**
0%	I worry a lot about what I forget.	**50%**
100%	My memory is as good as it always was.	**100%**
100%	Loss of a spouse may negatively affect my memory.	**100%**
100%	Doing puzzles and playing games may positively affect my memory.	**100%**
100%	Taking certain types of medication may negatively affect my memory.	**100%**
100%	I need to talk to my health provider about any herbal supplements I take.	**100%**
100%	Some forms of memory loss may be treatable or reversible.	**100%**
0%	I can name at least two strategies to help me remember.	**100%**
100%	Proper nutrition, including fluids, may positively affect my memory.	**100%**

Statement	Scale (1= Worst, 5 = Best)
The value of the material presented was	1 not valuable 2 3 4 5 very valuable Min/Max: **5** Mean: **5.00**
The overall teaching was	1 poor 2 3 4 5 excellent Min/Max: **4 – 5** Mean: **4.50**
The teacher's knowledge of the subject was	1 poor 2 3 4 5 excellent Min/Max: **4 – 5** Mean: **4.50**
I learned new information today.	1 strongly disagree 2 3 4 5 strongly agree Min/Max: **5** Mean: **5.00**
I plan to use the information I learned today.	1 strongly disagree 2 3 4 5 strongly agree Min/Max: **5** Mean: **5.00**

Making a Difference

2016 Fort Bend County Master Wellness Volunteer Program

Developers: Sonja Davis, County Extension Agent – FCS, Harris County
Leticia Rolland-Hardy, County Extension Agent – FCS, Fort Bend County

RELEVANCE

There are numerous opportunities to implement health and nutrition programs throughout Fort Bend County, however, there is a limit to the programming agents can implement. Volunteers contribute greatly to Family & Consumer Sciences program and can extend health and wellness education further into the community. A group of trained volunteers who also serve as advocates for Texas A&M AgriLife Extension Service and the Cooperative Extension Program-Prairie View A&M University can substantially increase the scope and impact of the Family and Consumer Sciences program.

RESPONSE

The Master Wellness Volunteer Program was developed to extend the outreach efforts of county agents. Agent Hardy marketed the program throughout Fort Bend County, secured resources, recruited participants, provided 40 hours of training and assisted with program management. Management of the program includes providing opportunities for volunteers to gain their 40 volunteer service hours, ensure they are trained and have resources to conduct educational programs. To remain certified, annually volunteers must complete 5 hours of continuing education and a minimum of 10 service hours annually.

RESULTS

Fort Bend County has an estimated 10 Master Wellness Volunteers. In 2016, Harris and Fort Bend Counties collaborated and provided training for 6 new volunteers. All six successfully completed the course work and passed the certification exam. All of the participants were very satisfied with the training, accuracy of the information, timeliness of the information and would recommend the program to others. Volunteers outreach efforts and contributed are estimated at an average rate of $22.55 per hour.

Master Wellness Volunteer Outreach Efforts include:

- Marketed extension educational programs
- Assisted with planning and implementing 35 educational activities inclusive of presentations, food demonstrations and health fair exhibits

FUTURE PLANS & COLLABORATIONS

This program will continue implementation in 2017. Agents and volunteers will market the program to individuals, churches, community centers, Human Resource officers, organizations and students on college campuses. Agents from Harris and Fort Bend County will collaborate to conduct the program in 2017 with Fort Bend ISD.

2016 Fort Bend County Pantry to Plate

Summary developed by Dianne Gertson, CEA-FCS, Fort Bend County

RELEVANCE

"Obesity is a major risk factor for many chronic diseases such as heart disease and diabetes. As obesity increases among all age groups, we are seeing chronic diseases in much younger adults compared to a few decades ago", said Dr. William Dietz, director, CDC's Division of Nutrition, Physical Activity and Obesity. The prevalence of obesity among children aged 6 to 11 more than doubled in the past 20 years, going from 6.5% in 1980 to 18.0% in 2012. The rate among adolescents aged 12 to 19 more than tripled, increasing from 5% to 21%. Obesity is the result of caloric imbalance (too few calories expended for the amount of calories consumed) and is mediated by genetics and health. Obese youth are more likely to have risk factors for cardiovascular disease (CVD), such as high cholesterol or high blood pressure. In a population-based sample of 5- to 17-year-olds, 70% of obese children had at least one CVD risk factor. In addition, children who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem. Obese young people are more likely than children of normal weight to become overweight or obese adults, and therefore more at risk for associated adult health problems, including heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis. Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases. According to DSHS, 43% of 4th graders, 44% of 8th graders and 37% of 11th graders in HSR 6/5S are at risk or are overweight (SPAN 2009-2011).

RESPONSE

Pantry to Plate is a 3 day camp offered to kids 8 to 12 years old. Registration is limited to 20 due to space and the hands on activities. Goals of Pantry to Plate include increased knowledge of general nutrition, decreased consumption of sugar foods and sugar sweetened beverages, increased physical activity and increased knowledge of food safety, cooking safety and food preparation techniques. Activities this year included a MyPlate lesson, reading a recipe, eating the rainbow (fruits and vegetables), blubber burger (fat in fast food meals), kitchen safety and food safety. The kitchen activities were facilitated by adult helpers. The concepts taught in the camp can be used by the children to make healthier eating choices. Adult helpers worked with small groups on food and kitchen safety and food preparation. Each small group prepared a recipe. Prior to eating the large group participated in physical activity. By learning about nutrition and being able to prepare healthy foods – kids can make better choices and avoid high calorie, non-nutritive foods and snacks with less than optimal nutrition. Each day recipes around a different theme were prepared by the campers. Themes were Pizza, Sandwich and Halloween.

RESULTS

A pre and post test was given to Pantry to Plate participants. Overall test score increased by 10%. The pre and post test included questions regarding nutrition, handwashing, food safety, and physical activity. Most questions showed an increase in knowledge. All questions were multiple choice. The question regarding the amount of fruits and vegetables recommended by my plate showed an increase in knowledge from using a spatula or knife to level dry ingredients when measuring showed an increase in knowledge from 72% to 90%. The question regarding the number of fat grams in 1 teaspoon number of minutes needed per day for exercise showed an increase in knowledge from 50% to 95%.

Participant comments: "What I liked best about Pantry 2 Plate."

- We cooked things and learned more about the kitchen.
- I liked that we got to do a lot of fun activities.
- I liked pantry 2 plate because we were able to cook for real instead of using pre made products.
- Getting to make a variety of foods and eating them.
- I get to meet friends and cook something new.
- I loved cooking.

Participant comments: "What I liked least."

- The last day.
- Cleaning.
- The outside activities. It was hot outside.
- Not long enough.

FUTURE PLANS

Pantry to Plate will be offered again in 2017. Learning activities and recipes will be identified to challenge campers. Education topics and recipes change from year to year.

V A L U E S T A T E M E N T

AgriLifeExtension.tamu.edu

Making a Difference

2016 Parenting Connections Program

Developed by: Leticia Rolland-Hardy, Fort Bend County Extension Agent- FCS

RELEVANCE

Research shows that parenting styles directly impacts a child's behavior. There is ample evidence to support the correlation between parenting style and children's behavioral problems. The family is a socio-cultural-economic arrangement that exerts significant influence on a child's behavior and the development of their characters (Baumrind, 1991). Any ignorance on the part of parents may lead to unwanted damaging effects on children's growth and thereafter may create misbehavior problems in children. The pattern of parenting style is utilized to get normal variations in parents' endeavor in order to control and socialize their children (Baumrind, 1991).

RESPONSE

The Parenting Connections Series was conducted at the Ft. Bend County Extension Office and Fort Bend Independent School District. The participants each received a total of 4 clock hours of parenting education and training. Participants engaged in this program had the opportunity to learn about Child Growth and Development, Effective Communication, Positive Discipline, Self Esteem.

The participants learned about the basic principles of child development. They also learned that about the domains of development. This program was designed to provide parents with an idea of what tends to happen in a child's life within a particular age range, as well as, the components of communication, to increase awareness of the developmental factors that influence a child's ability to communicate, to explore factors that promote healthy parent-child communication, and how to learn how to avoid common communication roadblocks.

The Parenting Connections Program helped parents gain valuable information that would that helps them be able to communicate with their children in a more effective manner. The program helped parents learn to increase awareness of the reasons for disciplining children, to learn about the strengths and weaknesses of various disciplinary styles, and to explore strategies for setting and enforcing healthy limits through the lesson on Positive Discipline.

RESULTS

As a result of this program 105 individual contacts were reached through educational workshops, brochures, flyers, and volunteers. This evaluation analysis will capture the participants' knowledge of parenting information retained. (100%) stated that they felt that the information they received would help them be a better parent. (100%) had a better understanding of what to expect from their child at a certain age. (99%) said that now have a better idea of what they can do as a parent to build a healthy environment for their children. The estimated cost analysis and public value for the Parenting Connections Program is $15,075.

FUTURE PLANS

The program will continued to be offered to parents in 2017.

Making a Difference

2016 Fort Bend County Active Parenting Series for Parents

Developed by Courtney Bryant, Extension Agent, Family & Consumer Sciences Extension Agent

RELEVANCE

Research has shown that the maturity levels in children and adolescents rise with each generation. Parents are finding their jobs as parents becoming harder as their children grow. The Active Parenting Series allows parents to put the idea of parenting into a broader perspective that even they are able to relate to. Parents are now dealing with issues at every stage their child encounters such as the toddler phase or even as their teens experience adjustments in their hormone levels. It becomes important for parents to identify, plan, and prepare for issues that are bound to arise especially in adolescents- a lack of patience, identity crises, and coming to terms with making decisions for themselves. The Active Parenting Series allows the parents to be a part of this new direction their adolescent is taking and moving it in a positive force. The series helps families learn to facilitate discussions, improve relationships among each other, and create memorable family moments. The curriculum also assists the parents in developing secure, independent, and fulfilling individuals within the communities in which they live. This is important to the community of Fort Bend County because according to data, there are over 178,000 children under the age of 18. Research has shown that family factors such as poor parenting, family conflict, and mixed families can all prove to be an influence on the child's development.

RESPONSE

- For this in-depth series, a total of 2 parenting education curriculums were presented throughout Fort Bend County. Each curriculum consists of 6-10 week sessions involving activities that helped foster growth in areas of communication, respect, responsibility, discipline, and may host of skills to help improve family living. Extension agent implemented program with the women of Fort Bend County Jail. Every week the extension agent met with 15-25 women from Fort Bend County jail to engage in discussion and present interactive media and materials that addressed crucial topics for parents. Parents participated in weekly role play activities and games that helped to stimulate real-world situations with their kids. Parents also developed parent support group that used journaling as a means of socio-emotional support during their incarceration.
- An in-depth parenting education curriculum (Partners for a Healthy Baby) was also introduced and implemented with 15 women and mothers of the Pregnancy Resource Center in Fort Bend County. This parenting education program was designed to follow mothers from their prenatal stage through the first year of development of the child. It is particularly beneficial in assisting first-time and newborn parents in understanding their child's development. Twice a month,

extension agent would meet with the young ladies to facilitate activities that helped them be able to identify goals and dreams of their children, how to be active and maintain being healthy during pregnancy, gain food safety knowledge, and participate in activities that help to increase the development of the child. Parents were taught how to manage their resources as parents such as making baby food, revamping their budget, and identifying their areas for support at home and within the community.

RESULTS

As a result of the Active Parenting Series within the Fort Bend County jail, many were able to take important lessons with them and share them with their families. Some were able to grasp the many concepts covered including addressing discipline issues. As a result of this program even participants who were not parents began to find great value in the curriculum as it addressed topics that could even be applied to real-life situations and not just as parents. Participants reported that the series gave them the encouragement and motivation to mend relationships with their children and to become more involved in their lives. At least 90% of participants reported gaining knowledge in the different parenting styles, developing mutual respect, and effective communication skills. At least ninety-percent of parents also reported an intention to "adopt one or more parenting skills from the workshop as a result of taking the class".

FUTURE PLANS

- My future plans for this program would be to increase the activities and become more diverse in the delivery of the educational method. One of the limitations to this is that the clientele served were incarcerated and this can sometimes affect the attendance and retention. It also limits the activities that the individuals can partake in. However, the next steps would be to deliver a program that also covers other stages of parenting. Many of the sessions 5-12-year-old sessions were condensed.
- The Partners for a Healthy Baby has a great foundation and benefits. However, future plans for this program is to make it more relatable and ability to be interpreted by other languages. Many of the programs activities were presentation based, however after reviewing participants notes and satisfaction, it became clear that they enjoyed more activity based and focused lessons. So future plans would be to increase activity lessons with the Partners for a Healthy Baby Curriculum. In addition, the Parents Task Force within the Family & Consumer Science Program Committee will be able to identify new parenting education curriculums that target and address issues that parents feel are more beneficial to them and their families.

ACKNOWLEDGEMENTS

I would like to acknowledge the staff at the Fort Bend County Sheriff's Department and the Pregnancy Resource Center of Fort Bend County for the use of their facilities and allowing me to help to improve the lives of those that they serve.

2016 Fort Bend County Teen Chef

Summary developed by Dianne Gertson, CEA-FCS, Fort Bend County

RELEVANCE

"Obesity is a major risk factor for many chronic diseases such as heart disease and diabetes. As obesity increases among all age groups, we are seeing chronic diseases in much younger adults compared to a few decades ago", said Dr. William Dietz, director, CDC's Division of Nutrition, Physical Activity and Obesity. The prevalence of obesity among children aged 6 to 11 more than doubled in the past 20 years, going from 6.5% in 1980 to 18.0% in 2012. The rate among adolescents aged 12 to 19 more than tripled, increasing from 5% to 21%.

Obesity is the result of caloric imbalance (too few calories expended for the amount of calories consumed) and is mediated by genetics and health. Obese youth are more likely to have risk factors for cardiovascular disease (CVD), such as high cholesterol or high blood pressure. In a population-based sample of 5- to 17-year-olds, 70% of obese children had at least one CVD risk factor. In addition, children who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

Obese young people are more likely than children of normal weight to become overweight or obese adults, and therefore more at risk for associated adult health problems, including heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis. Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases. According to DSHS, 43% of 4th graders, 44% of 8th graders and 37% of 11th graders in HSR 6/5S are at risk or are overweight (SPAN 2009 – 2011).

RESPONSE

Teen Chef is a 2 day camp offered to kids 13 to 16 years old. Registration is limited to 10 due to space and the hands on activities. Goals of Teen Chef include increased knowledge of general nutrition, increased knowledge of food safety, cooking safety and food preparation techniques.

A brief lecture format with activities was utilized for learning. Topics included MyPlate, food safety, kitchen tools, fat in fast food and kitchen chemistry. The kitchen activities were facilitated by adult helpers. The concepts taught in the camp can be used by the campers to make healthier eating choices. Kitchen chemistry experiments included lava lamps, slime, and curdling of milk. Adult helpers then worked with small groups on food and kitchen safety and food preparation. Each small group prepared a recipe. By learning about nutrition and being able to prepare healthy foods – kids can make better

choices and avoid high calorie non nutritive foods and snacks with less than optimal nutrition. Each day recipes around a different theme were prepared by the campers. Pizza day included sloppy joe pizza, white pizza, Mexican pizza and fruity brownie pizza. Sandwich day included buffalo chicken sandwich, steak sandwich, meatball sandwich and pudding-wiches.

RESULTS

A pre and post-test was given to Teen Chef participants. Overall test score increased by 17%. The pre and post-test included questions regarding nutrition, handwashing, food safety, and vitamins. Most questions showed an increase in knowledge. All questions were multiple choices. The question regarding the amount of fruits and vegetables recommended by MyPlate showed an increase in knowledge by 57%. The questions regarding the food groups in a beef taco, the food group of cream cheese and B vitamins all showed in increase from 20% to 80%.

Participant comments

- "What I liked best about Teen Chef."
    - I like to eat the food! And it kept me very busy. Also very fun!!!!!!!!!!!!!!
    - Cooking meals in the kitchen and doing activities.
    - Cooking food with my peers without much help from adults.
    - That we got to cook ourselves and doing most of the work.
- "What I liked least."
    - The fact that everyone ate separately.
    - I had to leave plus I had to take this test and I think I'm going to have to write more!

FUTURE PLANS

Teen Chef will be offered again in 2017. Learning activities and recipes will be identified to challenge campers. Education topics and recipes change from year to year.

TEXAS A&M AGRILIFE EXTENSION

Making a Difference

2016 Texercise Program

Developed by: Leticia Rolland-Hardy, Fort Bend County Extension Agent- FCS

RELEVANCE & BACKGROUND

As senior citizens age, balance, strength, stamina and overall health can diminish. However, exercise can be a safeguard, keeping the body strong, reducing hypertension, keeping off dangerous midsection weight and even protecting the brain by improving memory and clarity. Preventable illnesses make up approximately 80 percent of the burden of illness and 90 percent of all U.S. health care costs. Cardiovascular diseases are among the 10 most frequent causes of hospitalization of people 45 years and older in Texas. More than 1 million Texans have been diagnosed with diabetes and another 0.5 million are believed to have undiagnosed diabetes.

RESPONSE

The Texas A&M AgriLife Extension Service collaborated with the Bud O'shieles Community Outreach Coordinator in Fort Bend County in conducting the Texercise Program. The Texercise Program was conducted at the Bud O'shieles Community Senior Center. The Texercise program is an 8-12 week fitness and educational program. This program provides regular physical activity and helps to reduce the risk and minimize the impact of disease. The Texercise program helps participants get on track to a fit and healthier life by sharing nutrition information and sponsoring health and fitness activities throughout the county. The program promotes healthy muscles, bones and joints, improves flexibility, improves balance and coordination, increases stamina, and reduces the cost of medical care.

The goals of this program was to provide adults with relevant nutrition education and access to available food resources, increase consumption of vegetables and fruits, and engage in regular physical fitness activities. This program helped enhance fitness by making it fun and competitive at the same time. Additionally, participants become aware of diet related diseases.

RESULTS

As a result of this event 26 senior aged adult participants at the Bud O"Shieiles Community Center enrolled in an 8 week Texercise program. The contacts were reached through educational workshops, brochures, flyers, and volunteers. This evaluation analysis will capture the participants' knowledge of nutrition education, management of portion sizes, knowledge of reading food labels, food groups, and application of physical activity for healthier lifestyles.

Participants completed a self-assessed pre-test prior to the first class, and a post-test after the last session. The evaluation summary is as follows: self-assessed sample Pre-test taken (79%) were overweight, out of the post-tests taken, (20%) said that they did some form of physical activity daily. The post-tests revealed that (60%) improved flexibility, (93%) were able to identify food groups. Over (77%) reported that they were more mobile as a result of the class, (79%) reported that they would continue exercising after the program. (88%) reported that they would make an effort to eat healthy and exercise daily. The estimated cost analysis and public value for the Texercise program is $1,170.

FUTURE PLANS:

Previous program implementation results have shown that the length of time the program is implemented effects the program evaluation results tremendously. Therefore, in the future the program time will be extended from the 8 week cycle to the 12 weeks cycle. This should show a dramatic improvement in the participant results.

Making a Difference

2016 Walk Across Texas Program

Developed by: Leticia Rolland-Hardy, Fort Bend County Extension Agent- FCS

RELEVANCE

According to the Center for Disease Control and Prevention, more than one-third (34.9% or 78.6 million) of U.S. adults are obese. Obesity related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death. Preventable illnesses make up approximately 80 percent of the burden of illness and 90 percent of all U.S. health care costs.

Alarmingly, 25.8 percent of the Fort Bend County population is overweight. According to the data and conditions associated with obesity, these statistics are cause for great concern in the Fort Bend County community. If the problem is not addressed, one third of all children born in 2000 or later will suffer from diabetes at some point in their lives. Whereas others will face chronic obesity-related health problems like heart disease, high blood pressure, cancer, and asthma.

RESPONSE

The Walk Across Texas Program was conducted among Fort Bend County Employees as a County Wellness Initiative. Walk Across Texas is an eight-week program designed to help people of all ages support one another to establish the habit of regular physical activity.

Walk Across Texas is recognized as a best practice physical activity program by the Texas Department of State Health Services and was designed to help encourage regular physical activity during and after the program. For eight weeks, teams of eight people, school classes, or individuals walk 830 miles across a designated map of Texas.

RESULTS

As a result of the program 136 participants enrolled in the Walk Across Texas Program for a combined total of 17 teams. Through their 8 weeks of physical fitness; the participants collectively walked a total of 36,549.3 miles. Community-wide programs like Walk Across Texas have been strongly associated with significant increases in physical activity.

With regular physical activity, 58% of people with pre-diabetes were able to temporarily or permanently delay the onset of type 2 diabetes. Participants significantly increased confidence in their ability to adhere to exercise over time. As a result many participants continue to walk in groups out of habit. At 8

weeks, participants stated and demonstrated ability to be more mobile as more miles were walked weekly in an attempt to ensure their goals.

ECONOMIC VALUE

The estimated annual medical cost of obesity in the U.S. was $147 billion in 2008 U.S. dollars; the medical costs for people who are obese were $1,429 higher than those of normal weight. Chronic diseases account for 70% of deaths and 75% of U.S. health-care costs each year.

FUTURE PLANS

Plans are underway to expand the WAT program into Fort Bend ISD.

Making a Difference

2016 Fort Bend County Texas Extension Education Association of Fort Bend

Developed by Dianne Gertson, Fort Bend County Extension Agent-Family and Consumer Sciences

MISSION

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

Texas Extension Education Association of Fort Bend is comprised of 4 clubs with a total of 40 members. The four clubs meet on a regular basis to conduct business and have educational programs. Educational programs hosted by TEEA included: “Rainwater Harvesting”, “Herbs”, and "Recycling". Educational tours to the Caldwell Nursery, Goya Manufacturing Plant and Hogg Plantation were organized. At their annual meeting, they were trained to teach the lessons: “Eating What You Grow”, “Don’t Let Blue Get to You”, “Emergency Evacuation”, “P to the Power of 4”.

In addition to the educational programming, they provide community service throughout the county. They provided 4-H Leadership Lab scholarship. In addition to the monetary donations, members donate materials to Activities Supporting Adolescent Parents (ASAP) at Lamar CISD and Ronald McDonald House. Members also make baby blankets to be given away at LBJ Hospital.

They contributed over 1000 hours of volunteer service valued at $21.79 per hour ($21,790.00) to educational programming and community service. Members are big supporters of the 4-H program and several volunteer throughout the year to help with projects.

- TEEA is able to support their educational and community service programming through an annual Garage Sale held in August. Members donate to the Garage Sale that has become a notable event for the Rosenberg area.
- TEEA officers and council delegates attend seven council meetings a year, a fall District Officer Training and a District Spring Conference that was held in Lee County this year. Additionally, one member attended the annual state meeting held in Plano this year.
- TEEA members participate in the county fair by entering exhibits and volunteering in the Exhibit Hall. They have numerous committees that meet as needed to conduct the business of the Texas Extension Education Association of Fort Bend.

Texas A&M AgriLife Extension

Prairie View A&M University College of Agriculture and Human Sciences
Cooperative Extension Program

Making a Difference

2016 Fort Bend County Fair AG'tivity Barn

Developed by: Justin R. Saenz, Count Extension Agent – 4-H & Youth Development
Supported by: Angela Romans, County Extension Agent – 4-H & Urban Development
Supported by: Amber J. Foster, County Agent – 4-H & Youth Development

RELEVANCE

Fort Bend County is unique in its demographic makeup with the eastern half of the county being urban while the western half remains mostly rural. This provides an opportunity for Texas A&M AgriLife Extension 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 with significant production in Corn, Cotton, Rice, Beef Cattle, and Nursery Production & Sales.

RESPONSE

Texas A&M AgriLife Extension Service in Fort Bend County developed and implemented educational programming for youth to address the relevant issues of Agriculture Literacy. AG'tivity Barn was implemented during the Fort Bend County Fair. Texas A&M AgriLife Extension Service of Fort Bend County collaborated with several local partners to form the Fort Bend County Fair AG'tivity Barn Committee. Members consist of Extension staff, Fort Bend Farm Bureau, Master Gardeners, Master Naturalists, the Texas Parks and Wildlife Department, and the Southern Cotton Oil Company.

RESULTS

Local youth were exposed to various agriculturally oriented educational activities during the annual Fort Bend County Fair. Approximately 1,097 students and 91 teachers and chaperons participated in hands on activities during guided school tours such as Crop Production (Corn, Cotton, Soybeans, and Rice), live animal exhibits (Beef Cattle, Chickens, Sheep, Goats, and Swine), Natural Resources (Rainwater Harvesting), Horticultural Production (Earth-Kind Gardening), Bees and Fish and much more.

Also, during the ten-day event the AG'tivity barn is open to the general public that comes through the gates. We estimate that sixty percent of the total people that came to the fair actually visited the tent and in 2016 that equated to 49,500 visitors that came and learned something in the AG'tivity Barn. To get more youth involved in Agriculture during the County Fair we also offered a coloring contest to youth in grades K-5th. We design an Agricultural theme coloring sheet and this year and distributed them in all Fort Bend County Libraries as well as all Fort Bend County Tax office locations. We had 409 sheets submitted in with 258 girls and 128 boys participating in the contest. Winners are selected in each grade level with 1st and 2nd receiving prizes.

FUTURE PLANS

Agricultural Literacy programs are an important component of the line-up of educational programs provided in Fort Bend. With the increase in urbanization, it is relevant to continue to offer educational activities such as AG'tivity Barn to young people who are becoming several generations removed from production agriculture and the importance of agriculture in their daily lives.

We also plan to re-implement, AgriLife Expo, a youth education event in the next few years. Participants will spend a day learning about beef cattle, dairy, grain, fruit, and vegetable production.

ACKNOWNLEDGEMENTS

In 2016 the following partners provided sponsorships and donations: Texas Beef Council, Texas Parks and Wildlife Department, Fort Bend Beekeepers Association, Kim Dzierzanowski, Southern Cotton Oil Company, H.E.B., Color Spot Nurseries, The Ground Up, King Ranch Turf Grass, North Fort Bend Water Authority, Mark Weido, Needville Feed, and Damon Farm & Ranch. Special thanks to our local community members who provided the livestock displays: Sherry Stammann–Beef Cattle, Taylor Hoelscher–Swine, Stephanie King–Goat, Mason & Grant Stoeltje–Sheep, and The Fletchers–Rabbits.

2016 Let's Go - Let's Grow 4-H in Fort Bend County

Developed by: Justin R. Saenz, Count Extension Agent – 4-H & Youth Development
Supported by: Angela Romans, County Extension Agent – 4-H & Urban Development
Supported by: Amber J. Foster, County Agent – 4-H & Youth Development

RELEVANCE

4-H is a youth development program that began over 100 years ago. The goal of 4-H is to "grow" and promote confident, capable, and caring kids with the life skills to thrive in today's world and succeed in their boldest dreams for tomorrow. 4-H programs are research-backed and offer life-changing experiences to youth in Fort Bend, in Texas, and around the world.

4-H & Youth Development at Texas A&M AgriLife Extension Service focuses on the needs, concerns & interests of youth. Its aim is to help youth gain a positive self-concept, rational social behavior, knowledge, and problem-solving capabilities through planned individual projects, meetings, group activities and participation in different events. Members develop new skills, learn cooperation, develop leadership abilities, improve their citizenship, and have fun.

RESPONSE

Fort Bend County agents work diligently to oversee the 4-H and youth development program including management of 4-H clubs/groups as a whole, 4-H members, club managers, volunteer leaders, coordination of Youth Board/Council, and work with partners & collaborators to ensure effective functioning of the 4-H and youth development program.

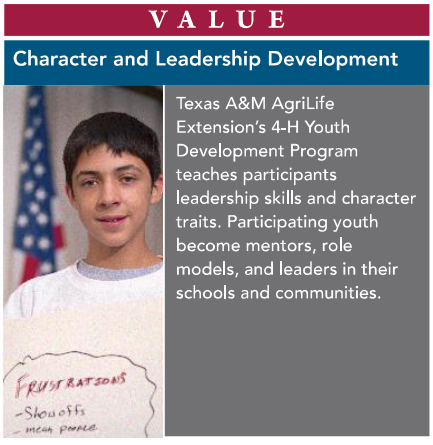
The many facets of the Fort Bend County 4-H program include:

4-H Organization		
565 4-H Members	96 Adult Volunteers	28 4-H Clubs
County contests – Roundup with 144 entries		
Fashion Show – 2	Photography – 30	Consumer Decision Making – 11
Fashion Story Board – 5	Share-The-Fun – 11	Vet Science Skill-a-thon – 8
Food Show – 10	Educational Presentation – 4	Recordbooks – 44

Food Challenge – 11	Public Speaking – 8	
District contests - Roundup with 110 entries		
Vet Science Skill-a-thon – 1	Wildlife Challenge – 2	Rifle & Air Rifle – 12
Fashion Story Board – 2	Educational Presentation – 3	Horse Show – 1
Food Show – 3	Swine Quiz Bowl – 12	Consumer Decision Making – 3
Ag Product ID – 1	Horse Judging – 1	Recordbooks - 26
Photography – 8	Livestock Judging - 13	Share-The-Fun – 9
Indoor Archery Contest – 13		
State contests – Texas 4-H Round up 45 entries		
Rife Match – 1	Educational Presentation – 2	Vet Science Skill-a-thon – 7
Swine Quiz Bowl – 11	Recordbook – 1	Wildlife Challenge – 2
Livestock Judging – 4	Vet Science Camp – 3	Indoor Archery – 14
County Project Validations - 197		
Dogs – 9	Horses – 4	Goats – 39
Lambs – 33	Heifers – 68	Steers – 44
Major Shows – 185 entries		
Fort Worth – 3	San Antonio – 65	San Angelo – 2
Houston – 78	Austin – 33	State Fair of Texas – 4
Camps – 104 Attendees		
Robotics Camp – 21	Explore 4-H Day Camp – 67	Fashion Camp – 16
Special Interest/Enrichment – 22,202		
Ag in the Classroom – 18,402	Animals – 408	Biological Sciences – 96
Civic Engagement – 65	Communications and Expressive Arts – 4	Community/Volunteer Service – 24
Consumer and Family Science – 44	Environmental Education/ Earth Sciences – 404	Food and Nutrition – 568
Health – 407	Leadership and Personal Development – 958	Personal Safety – 1
Plant Science – 337	Technology and Engineering – 484	

FUTURE PLANS

In 2017 the 4-H Team in Fort Bend will strive to increase overall membership and to promote non-traditional projects, particularly in the more urbanized sectors of this county.



2016 Hatching in the Classroom

Developed by Angela Romans County Extension Agent – Urban Youth Development – Fort Bend County

RELEVANCE

Agricultural literacy of K–12 students is a national priority for both scientific and agricultural education professional organizations. While students' knowledge of food and fiber system facts has been studied, in–depth research into broader student understandings of the system have largely been ignored (Hess et.al. 2011). Most elementary schools use textbooks to teach agriculture-related sciences in the classroom with limited experiential learning involved. Experiential learning has been proven to decrease behavioral issues as well as help students develop critical thinking skills by incorporating hands on activities. Students not only learn about science but also gain reasoning, research skills and better understanding of the scientific method.

RESPONSE

Embryology: Hatching in the Classroom Projects are designed to provide background information and exciting experiential activities in life science for use in the school classroom. With this curriculum students have the opportunity to develop skills related to science such as qualitative and quantitative measurement of data, scientific method, and critical thinking. Partners in this effort were Quail Valley Elementary School of Fort Bend ISD and Seven Lakes Jr High School of Katy ISD. Quail Valley Elementary located in Sugar Land, TX, started their school year off with Hatching in the Classroom. Pre-K- 5th grade teachers used the Embryology: Hatching Classroom Project curriculum as a guide for the project in their respective classes. An incubator was setup in the 5th grade science lab and each grade was rotated through the science lab. The lessons and materials used from the curriculum were Incubator Setup, Life Cycle, Candling, and creating a "Tweet House". Seven Lakes Jr. High School located in Katy, TX also implemented the program through their in-school 4-H club during the spring.

RESULTS

Quail Valley Elementary School-189 students grades Pre-K -5th were able to observe the Hatching in the Classroom project. The incubators were placed in the 5th grade science lab. Each student had a Chick Journal and took notes of what they observed throughout the week with each activity from the curriculum. This year the project did not go as planned, out of the 4 dozen fertilized eggs only 1 chick hatched. The chick was kept in a brooder in the science lab. We were able to deliver 20 chicks from our AG'tivity Barn exhibit from the Fort Bend County Fair. The following week, the chicks escaped their brooders and had ventured out throughout the school campus. We were asked to come pick them up soon after.

Teachers were given an evaluation to determine if the project was successful as far as the ease of incorporating the project into life sciences and other subject areas. Through the data collected from the teachers' evaluations there was a significant improvement in student's behavior and increase interest of science subject matter. Teachers also noticed an improvement in the 5th grade observation skills.

Seven Lakes Jr. High School of Katy ISD has an active in- school 4-H club. In the Spring of 2016, the Hatching in the Classroom project was the focus of the 4-H club's January meeting. Ms. Suhrer the club coordinator, as well as 7th grade science teachers setup incubators in three of the 7th grade science classes. The Hatching in the Classroom was use to illustrate existing science concepts, using the project to include natural selection, genetic breeding, and the life cycle. A total 650 students were able to observe the Hatching in the Classroom project at Seven Lakes Jr. High School.

Teachers were given an evaluation to determine if the project was successful as far as the ease of incorporating the project into life sciences and other subject areas. Through the data collected from the teachers' evaluations there was a significant increase in student interest in science subject matter such as natural selection, cell to organism process, and heredity/genetics.

FUTURE PLANS

Hatching in the Classroom project has been a staple with the two schools mentioned above. We plan to continue growing the program by marketing to schools throughout Katy ISD, Fort Bend ISD and other school districts located in Fort Bend County.

2016 Gulf Coast Classic Livestock Project Experience

Developed by Cameron Arias, Brazoria County Extension Agent, 4-H & Youth Development/FCS
Kelsey Schuler, Brazoria County Extension Agent, 4-H & Youth Development
Justin Saenz, Fort Bend County Extension Agent, 4-H & Youth Development
Derrick Banks, Fort Bend County Extension Agent, Agriculture & Natural Resources CEP
Marcus Glen, Harris County Extension Agent, 4-H CEP
Phoenix Rogers, Galveston County Extension Agent, Agriculture & Natural Resources
Courtney White, Galveston County Extension Agent, 4-H & Youth Development

RELEVANCE

Youth livestock projects continue to be a key component of 4-H experience in Brazoria, Fort Bend, Harris, and Galveston Counties. With the increased participation in youth livestock shows, education focusing on livestock projects is vital to 4-H and FFA youth across the area. The Gulf Coast Classic is designed to provide educational sessions on the four major livestock species, cattle, swine, sheep, and goats. Broiler and rabbit workshops were also included. Youth and adults participated in multiple educational sessions throughout the morning of the event, dependent upon their specie of choice and had the opportunity to participate in an actual prospect shows for steer, heifer, sheep, or goat projects in the afternoon.

The goal of this event is to educate youth and adults alike on industry acceptable livestock husbandry practices, including basic principles of raising livestock projects and the responsibility and ethics associated with such projects. Additionally, this program gives youth and adults the necessary tools for successfully completing a livestock project.

RESPONSE

The Gulf Coast Classic offered both classroom training and hands-on experiences for participants. Two educational “tracks” were utilized, with one track focusing on participants with more than three years experience and the other track aimed at participants with less than three years experience. The latter track also had a “mentor” assigned to them who was utilized to provide a more personalized experience for families newer to the livestock project experience. Adult leaders, County Agents, and Extension Specialist/Regional Program Leaders served as mentors and answered questions one-one-one with their group members, ensuring that newer livestock project participants were receiving the information they needed.

Both tracks attended workshops on showmanship, with the beginner track attending basic project selection and maintenance/show prep workshops while the experienced track attended clinics on quality counts and feeding programs. At the conclusion of the concurrent sessions, a general session on the Veterinary Feed Directive was held. After the educational sessions were complete, 30 steers, 30 heifers, 20 sheep and 43 goats were exhibited in prospect shows that encouraged hands-on practice.

RESULTS

Over 80 youth from across the state attended the event, exhibiting 123 livestock projects. Participation numbers were down substantially in both the workshops and prospect shows from previous years. The committee believes this decrease can likely be attributed to the flood event in Brazoria that preceded the show by a month along with other well-known prospect shows, such as Saddle & Sirloin, being held that same day.

The surveys were used to assess knowledge gained and intent to adopt best management practices. Unfortunately, surveys were accidentally administered twice to the participants in the sheep/goat workshops, therefore respondents in that group have greater impact on evaluation statistics. That being said, evaluation results from the 81 collected surveys were in line with those seen in previous years. Nearly 66% of respondents had three years or less experience raising a livestock project, indicating use of inexperienced versus experienced tracks is warranted.

Table 1 illustrates responses to questions about knowledge gained from attending workshops. On average, 91% of respondents learned a few things or more than a few things. Table 2 indicates the percentage of respondents that plan to adopt practices taught at the educational sessions. On average, 75% of participants indicated they definitely/probably will adopt one or more recommended best management practices.

Table 1. How much did you learn (Responses: more than a few things, a few things, nothing) .

KNOWLEDGE GAINED QUESTIONS	MORE THAN A FEW THINGS	A FEW THINGS	NOTHING
Importance of showmanship in the success of my project	67.9%	25.9%	4.9%
How to properly exhibit other species of livestock in showmanship	56.8%	35.8%	4.9%
How to select quality youth livestock project animals	54.3%	33.3%	9.9%
Importance of maintaining healthy and sanitary living conditions	65.4%	28.4%	2.5%
Importance of knowing time table and show plan for livestock project	70.4%	22.2%	7.4%
How to properly groom and fit your livestock project for show	53.1%	35.8%	11.1%
The importance of proper nutrition in your livestock project	64.2%	28.4%	6.2%
Importance of understanding/following labels to avoid residues in meat	48.1%	24.7%	22.2%
Importance of a routine and daily interaction with livestock project	67.9%	28.4%	2.5%
Importance of proper care and quality assurance in livestock production	71.6%	25.9%	2.5%

Table 2. Responses of Intentions to Adopt Practices.

QUESTIONS	DEFINITELY WILL/ PROBABLY WILL.
I will utilize the showmanship techniques I learned today with my projects	72.8%
I will feed my livestock projects at a very consistent time each day	70.4%
I will maintain a clean and healthy environment for my animals	74.1%
I will always read and follow the label on all medications and feed additives	69.1%
I will use proper grooming techniques that adhere to show guidelines and rules	74.1%
I will use the methods I learned today to properly groom and fit my animals	72.8%
I will use knowledge I gained today to grow my livestock projects and reach my goals	83.9%
I will use the experiences I learned today as a teaching tool to help others learn	79.0%
I will assist other 4-H or FFA members with their livestock project if they need help	80.2%

FUTURE PLANS - Plans are currently being made to host the 2017 Gulf Coast Classic. Evaluation results, among other things, will be utilized to assess relevance of educational topics and the need for distinct experience tracks.

ACKNOWLEDGEMENTS - Special thanks to the following individuals for their support of the program: Courtney Latour, Jessica Chase, Ashley Pellerin, Jami Geserick, and Shane Jennings.

Making a Difference

Junior Master Gardener Club

Developed by: Derrick Banks, Extension Agent-Agriculture and Natural Resources
Cooperative Extension Program- Prairie View A&M University.

RELEVANCE

The Junior Master Gardener club is an organization of youth devoting their efforts to learning and teaching members of the community through horticulture and gardening. These youth are the future of agriculture, as most of them grow up learning a trade that is considered a past time in urban areas. Youth gardening projects continue to be a key component of the 4-H experience in Fort Bend County. With the increased participation in youth horticulture at local and county shows, increased concerns with childhood obesity, and the issues concerning limited resource populations in food deserts; education focusing on gardening projects is vital to the youth across the area. The goal of this event is to educate youth and adults alike on issues surrounding horticulture, entrepreneurship, and business management, and basic gardening practices. Additionally, this program gives youth and adults the necessary tools for successfully maintaining a garden.

RESPONSE

This program targeted limited resource communities that lacked the knowledge, and or resources to produce, or obtain healthy food on a consistent basis. By partnering with The Fort Bend County Master Gardener Club, Fort Bend County Rotary Club, Men of Change, Attack Poverty, and Title One schools across Fort Bend County, the Junior Master Gardener club identified, utilized, and helped construct 3 raised bed gardening sites in urban areas that are now the training grounds for the youth and community. Prairie View A&M Cooperative Extension Agents in the areas of Agriculture and Natural Resources, Family and Consumer Sciences, and 4-H and Youth Development conducted healthy living educational programs once a month. These programs consisted of *Learn Grow Eat Go* curriculum, hands on garden training for the youth and community, classroom activities, and also result demonstrations and applied research. These Demonstrations were the implementation of raised bed gardening, to show the community how to produce their own healthy food with limited resources.

RESULTS

As this program continues to expand and reach out to more communities, some of the future plans include, training more volunteers, teaching BLT curriculum, implementing more *Learn Grow Eat Go* Curriculum, and partnering with major cooperation's that will provide funding to sponsor more community gardens. As a result of this program, there has been an increase of interest in the community gardens, and the enrollment at programs increases from month to month. The members of

the community have taken ownership in the garden sites, as they produce, maintain, harvest the gardens, and consume the fruits of their labor. Since the inception of this program more than 2,000 lbs. of food has been produced and donated to the community and local food banks. The program plans to target more limited resource audiences, increase number of youth attending gardening programs from 25 to 60, increase adult volunteers from 10 to 20, and double the amount of food being produced in the gardens.

ACKNOWLEDGEMENTS

Fort Bend County Master Gardener Club, Attack Poverty, Rotary Club of Rosenberg, Men of Change, and The Houston Food Bank.

2016 Fort Bend County 4-H Robotics

Developed by Angela Romans County Extension Agent – Urban Youth Development

REVELANCE

The nation is facing declining proficiencies in science, engineering, and technology, as well as significant workforce shortages in these critical fields. Longitudinal data from the Trends in International Mathematics and Science Study (Gonzales, et.al. 2008) reveal achievement scores for US 4th and 8th graders have been stagnant or declining over the past 12 years. Additionally, the Nation's Report Card revealed that only 18% of US high school seniors were deemed proficient in science in 2005, representing a 0% proficiency growth since 2000. By capturing students' interest in STEM content at an earlier age, a proactive approach can ensure that students are on track through middle and high school to complete the needed coursework for adequate preparation to enter STEM degree programs at institutions of higher learning (DeJarnette, 2012). Informal community based education programs like 4-H provide important resources that can be utilized to address the emerging issues of this youth science literacy crisis. Youth engagement in hands-on activities using robotics, and understanding the basics of computer programming will enhance their critical thinking skills and problem solving.

RESPONSE

Fort Bend 4-H concentrated on "growing" the Robotics program here in 2016. We began with participating in the Keiko Davidson Elementary School Summer Expo on May 24, 2016 to market our summer programs. 4-H Robotics Camp took place July 5-7, as well as other summer programs, and in the fall we held a Robotics Workshop focusing on STEM related topics. We hosted several Robotics Club interest meetings in Sugar Land and in Katy to recruited club coordinators and families for new Robotics clubs in those areas. In addition, we received Urban Unique Programming Funds monetary award to purchase two EV3 LEGO Mindstorm kits and fifteen 4-H National Youth Science Day kits. This year the 4-H National Youth Science Day kits were developed by Cornell University Cooperative Extension and entitled Drone Discovery. The kits are a hands-on engineering design challenge that explores the science behind drones and how they are being used to solve real world problems. Youth learn everything from flight dynamics and aircraft types, to safety and regulations, to remote sensing and flight control.

RESULTS

- **4-H Robotics Camp & Workshop**- 20 youth and adults participated in the 4-H Robotics summer camp, 25 youth and adults participated in the Fall Workshop. At both the camp and workshop participants were taught the basics of coding through the website Hourofcode.org and use of Spheros. They were introduced to the EV3 Lego Mindstorm kits, and taught how to build and program robots using the EV3 software. At the summer camp their programming skills were put

to the test as they competed against each other in the LEGO Mindstorm EV3 Space Challenge. Evaluations were given at the end of the camp and workshop. Participants were given a post only evaluations, we had 100 % response level. The results of the evaluations are shown below:

As a result of my involvement in the Robotics Camp	**Percent increase of Knowledge Gained**
My knowledge and understanding of a robot has	81% of respondents indicated increase
My skills in programming a robot has	56% of respondents indicated increase
My skills in constructing a robot has	68% of respondents indicated increase

- **Robotics Project Interest Meetings**- a total of 40 youth and adults attended the interest meetings held in Katy and Sugar Land. We were able to establish 3 new Robotics clubs as a result of the interest meetings. We now have 47 youth and 12 adult volunteers in the 4-H Robotics project.
- **4-H National Youth Science Day**- Sullivan Elementary of Fort Bend ISD 5th grade classes participated in the NYSD : *Drone Discovery.* A total of 150 5th graders became engineers for the day to complete the project. Ms. Casey Giannetti was able to incorporate the NYSD kits into their already existing coding curriculum. She reported that the students enjoyed the project and were able to experience real life scenarios that an engineers would encounter on a daily basis.

FUTURE PLANS

Fort Bend 4-H will be hosting its first Robotic competition in the Spring of 2017. The contest will give the current 4-Hers in the Robotics project the opportunity to test their programming skills. We are also seeking partnerships in the community to support the program as it continues to grow. We will also be providing advanced curriculum for the Robotics clubs.

2016 - College Readiness & Entrepreneurship - Fort Bend County CEP

Developed by Amber J. Foster Cooperative Extension Program Agent – 4H and Youth Development

RELEVANCE

According to USDA and Purdue University in 2020 we are expected to witness 57, 900 average annual openings for graduates with a bachelor's or higher degrees and of those 27% positions will be in science, technology, engineering, and mathematics (STEM). In Fort Bend County, summer programs addressing environmental sciences are needed for diverse audiences according to TexasData. To address this need we implement a summer program that increased knowledge of STEM programs and college readiness.

RESPONSE

At Pilgrim Journey Baptist Church, Richmond, Texas, the Youth Enrichment Program (YEP) hosted a summer camp that covered math, robotics, physical education, history, college/career, and many other subject areas. From July 18ththrough August 4th, 2016, the Cooperative Extension Program provided one hour college and career sessions three times a week to the YEP summer camp. These sessions covered long term and short term educational pathway goals, financial aid information, interest and talent awareness, careers in STEM, college planning checklist, entrepreneurship awareness, and a first day of college assimilation. Sixty students attended the college and career sessions in the YEP summer camp. These student's ages range from 13-18 years and grades 7th through 12th. Resources were pulled from the Step by Step: College Awareness and Planning: Early High School curriculum and Making a Job: A Basic Guide to Entrepreneurship Readiness curriculum. Each session provided one volunteer.

RESULTS

Twenty-five students responded to a post-test questionnaire survey that was collected from the college and career sessions during the First Day of College assimilation. Based on the results of the surveys, 100% of the limited resource youth are aware of or interested in pursuing entrepreneurship, green jobs, and/or STEM careers that attended the college and career sessions at the YEP summer camp. Of those surveys, 84% had increase in knowledge of financial aid and 72% had increase of knowledge of career path and college application process.

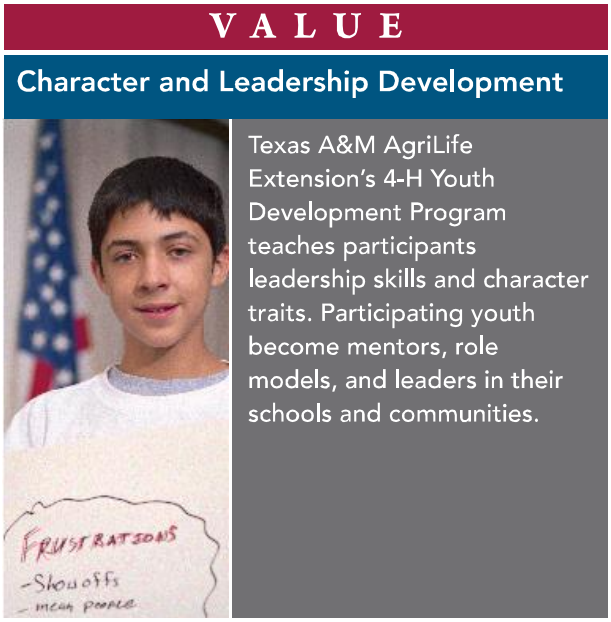
FUTURE PLANS

A pre and post-test will be given for better measurement of subject area, knowledge gained, behavior changed, and skills increased. An evaluation that covers goal oriented detail of the program's

outcomes. An increase in diverse limited-resource population for targeted audience connection will be another effort to in the future of this program. Marketing for the program to other faith based organizations throughout the community for increase in outreach will be conducted.

ACKNOWLEDGEMENTS

Our partners include the Pilgrim Journey Baptist Church of Rosenberg, the youth of Pilgrim Journey Baptist Church, Youth Enrichment Program (YEP) at Pilgrim Journey Baptist Church, and YEP summer camp volunteers - thank you for time and facility to conduct this wonderful program. In addition, City of Rosenberg, Fort Bend County, the Cooperative Extension Program, and Prairie View A & M University - thank you for the ability to inform the limited-resource community.



Texas A&M AgriLife Extension

Prairie View A&M University College of Agriculture and Human Sciences
Cooperative Extension Program

Making a Difference

2016 4-H Veterinary Science Certificate Program

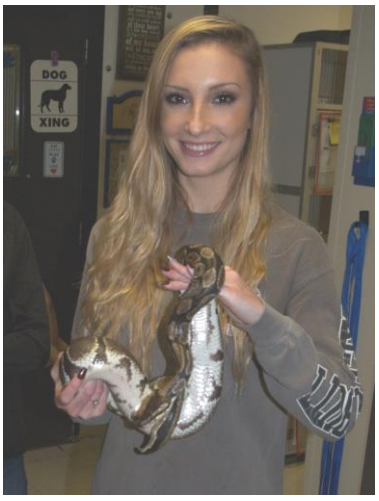
Developed by: Justin R. Saenz, Count Extension Agent – 4-H & Youth Development
Supported by: Angela Romans, County Extension Agent – 4-H & Urban Development
Supported by: Amber J. Foster, County Agent – 4-H & Youth Development

RELEVANCE

The 4-H Veterinary Science Certificate Program is a 5-year curriculum-based program that includes 100 lessons and 50 activities that give young people interested in veterinary medicine the opportunity to learn and work with professionals in the field. The program is career-oriented and provides on-the-job training for students to prepare them for a career in veterinary medicine. Students who participate in this program work closely with licensed veterinarians or registered veterinary technicians in their veterinary practices for a minimum of 500 clinical skill hours. This hands-on training provides them with an opportunity to gain the knowledge and skills necessary to become a veterinary assistant. This training and experience is a valuable addition to a student's resume and will help them prepare for a professional degree program at an accredited university. The program follows an established curriculum that allows students and adults to work together to achieve success.

RESPONSE

Texas A&M AgriLife Extension Service in Fort Bend County maintains active clubs intended to teach the curriculum. There are also county activities to help support and enhance the program. Each year we are seeing significant growth.



Since the establishment of the Veterinary Science Certificate Program in Fort Bend in 2012 we created nine 4-H clubs that specialize in the vet science project. Each July a Vet Science Certificate Program Informational meeting is held, this year we had 45 attendees, resulting in the formation of a new club: Katy Vet Techs 4-H Club.

RESULTS

Youth Participants	Adult Volunteers	Number of Clubs
86	36	10

- In 2016, we had 6 youth who completed the 5-year curriculum and received a Texas 4-H Veterinary Project Completion Certificate and a recognition plaque from Fort Bend County, during our annual awards banquet.

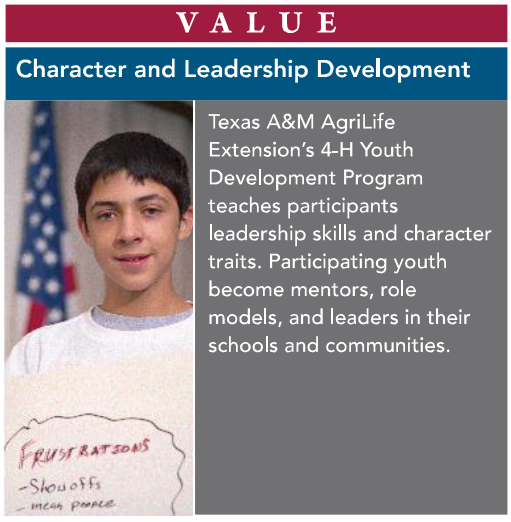
- We had seven vet science 4-H members take part in the Vet Science Skill-a-thon at State 4-H Roundup. The Veterinary Science Skill-a-thon is a competitive event designed to test the knowledge and skills that a 4-H member can gain through his or her involvement in the Veterinary Science project.

- Texas 4-H held their second Veterinary Science Camp during the Texas 4-H Roundup. Of the 30 youth participating, 4 where from Fort Bend County. During the four-day camp, youth completed 33 out of the 78 required Certified Veterinary Assistant Level 1 Skills.

- To advance the knowledge and understanding of the vet science Skill-a-thon to our students currently enrolled in the Texas 4-H Veterinary Science Certificate Program. We hosted an in-depth workshop exhibiting all aspects (Exam, Breed & Instrument ID, and Skill Stations) of the Texas 4-H Skill-a-thon. In turn we had a total of 9 youth participate along with 7 adult volunteers to aid in promoting the Skill-a-thon to their respective clubs.

FUTURE PLANS

Fort Bend County is committed to grow the Vet Science Program in the coming years. Fort Bend County 4-H will host their second County Roundup Vet Science Skill-a-thon in March along with the second District Roundup Vet Science Skill-a-thon in April. The foundation of positive youth experience in 4-H begins at the club level; we are committed to being a stronger resource for our club mangers. In 2017 we will begin our Vet Science Manger Mentor program, where seasoned club managers will be paired with new managers as a mentor for their first year in the program.



Making a Difference

Fort Bend Co. 4-H Youth of Texas AgriScience Trailride (FCS Program)

Developed by Courtney Bryant, Fort Bend County Extension Agent - Cooperative Extension Program

ISSUE SUMMARY AND RESPONSE

The Youth of Texas Family & Consumer Science Educational Program was conducted in partnership with the Youth of Texas 4-H at the Camp Arnold Girl Scout Camp. It was a one-day workshop within a seven-day activity filled educational component of the Annual Youth of Texas AgriScience Trailride. The trailride serves as an avenue for urban, rural and suburban youth the opportunity to have fun, bond, share common views and interests and engage in the future of Agriculture, Technology, Engineering and Livestock Exhibiting. During the week long trailride, youth are provided with projects in relation to consumer and family skills, activities in the areas of health and nutrition, clothing and textiles, consumer decision making, and housing/environment, which are essential to help youth make informed and wise decisions. Extension agents partnered with several Prairie View A&M University Cooperative Extension Agents (Amber Foster, Derrick Banks) to deliver a program that addressed issues of physical activity and nutrition. Youth were provided an obstacle course which incorporated nutrition and exercise as key educational components using Build-a-Burger and Build-A-Pizza provided by the Better Living for Texans (BLT) program. Youth were also educated on varieties of cattle, distinguishing factors of cattle, food safety skills, and healthier fast food options. This program was designed to serve as a means to not only educate youth but to raise awareness on the connection between agriculture, physical health, and nutrition. As a result of the workshop, over 25 families became aware of Extension and the services offered. Youth expressed that they were able to "…learn new things" and "…have fun and still learn while on the ride." As a result of the positive feedback and outcomes from this program, it will be offered again in the year 2017.

ACKNOWLEDGEMENTS

I would like to acknowledge the Youth of Texas 4-H Club Ambassadors, Camp Arnold Girl Scout Camp staff, Prairie View A&M University Cooperative Extension Agents (Derrick Banks, Amber Foster) and the many volunteers for the use of their facilities, various contributions, and continuous support that helped make this multi-county program such a huge success.

VALUE

Character and Leadership Development

Texas A&M 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.

Making a Difference

4-H & Youth Development – Other Significant Programs in Fort Bend

Developed by: Justin R. Saenz, Count Extension Agent – 4-H & Youth Development
Supported by: Angela Romans, County Extension Agent – 4-H & Urban Development
Supported by: Amber J. Foster, County Agent – 4-H & Development

ONE DAY 4-H!

This year, the Fort Bend 4-H County Council voted to serve Fort Bend County Animal Services by painting the facilities and beautifying their gardens, as well as collecting donations of pet supplies. Throughout the months of September and October kennel and pet food donations were accepted. We had a great turn out for our national day of service, *One Day 4-H* on October 8th. A total of twenty-four Fort Bend 4-H members gave up their Saturday morning in support of Fort Bend County Animal Services.

Fort Bend County 4-H Annual Awards Banquet

This very important "4-H year-end" event was held on Sunday, August 7 at the Fort Bend County Fairgrounds. This year's Mistresses of Ceremony was 4-H member Megan Lepovitz. The event opened with the Pledge of Allegiance followed by the 4-H motto, then the "Welcome" and invocation. Everyone then enjoyed a catered meal and afterwards the fun began. The special recognitions included the Clover Kids Recognition for participation followed by Veterinary Science recognition. The awards included: District/State Awards; County Awards; District Awards; State Awards; Rising Star Awards; Bronze Star Awards; Silver Star Awards; I Dare You Awards; Gold Star Awards; Hall of Fame Award; and the Fort Bend 4-H A. P. George Scholarship. The current Volunteer Youth Leadership Council was recognized followed by the installation of new Council officers. The banquet concluded with closing remarks and the 4-H Prayer.

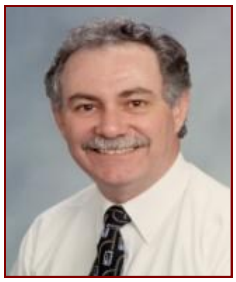
National 4-H Week in Fort Bend County

A presentation of the National 4-H Week proclamation was held on October 4, 2016 at a regular FBC Commissioner's Court meeting. We are very grateful for the support of our county commissioners Richard Morrison (Prec. 1), Grady Prestage (Prec. 2), Andy Meyers (Prec. 3), and James Patterson, (Prec. 4), and particularly County Judge Robert Hebert. The relationship Texas A&M AgriLife Extension Service has with our Commissioners Court is essential for the growth of Fort Bend County's 4-H program. Many thanks to Fort Bend County Ambassadors Katie Hyde, Mason Stoeltje, and Alexandria Hornsby who represented Fort Bend 4-H at the Commissioner's Court to express our gratitude this year.

Youth Pork Producers 4-H Club Industry Trip to Iowa - After successfully defending their title as Texas 4-H Swine Quiz Bowl champions, the Fort Bend Youth Pork Producers 4-H Club traveled to the World Pork Expo in Des Moines, Iowa in early June. At the World Pork Expo, the 15-member club participated in Team Purebred's Skill-a-Thon Exam, viewed the latest technological advances and networked with industry leaders. One 4-H member participated in the Open Yorkshire Gilt Class and place 5th. Following the Expo, the group visited the Iowa State University campus and learned about their Swine Science program. The group had an in-depth tour of both a modern and hoop structure, farrow-to-finish, commercial hog operations. The trip ended with a meet and greet with Tillie Bell Good, Volunteer Development Specialist for the Iowa 4-H Foundation. All in all, the trip brought to life all the knowledge and skills they have learned this year through Texas 4-H. We look forward to their continued growth as leaders in the Swine project and in 4-H more generally.

Texas A&M AgriLife Extension Service - FORT BEND

2016 Extension Agents & Staff



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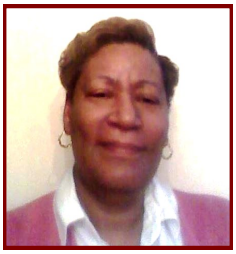

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