



Making a Difference

In Fort Bend County

Third Quarter - 2016



Special Topics for

Fall 2016

- ◆ Message from the Director
- ◆ 4-H Annual Awards & Recognition Banquet
- ◆ Trip to Iowa
- ◆ Weight Management
- ◆ Let's Grow 4-H
- ◆ Pantry to Plate Cooking School
- ◆ Fort Bend County Health & Wellness
- ◆ Summer Robotics Camp
- ◆ Snap-Shot of Upcoming Events
- ◆ County Facts
- ◆ Contact Information
- ◆ Our Vision for Texas

July—Sept., 2016

TOTAL CONTACTS

401 educational sessions
103,854 attendees
710 Social Media posts
50,181 Social Media followers
26 Newsletter Editions
21,362 Newsletter contacts
873 Volunteers assisted
5,329 Volunteer hours
1,499 Edu. Resources Used

Message from the Co. Extension Director - A typical Texas Extension office has one or more agents, depending on local circumstances and programmatic needs. Agents are employed to work within a particular program area such as agriculture & natural resources, family & consumer sciences, and 4-H & youth development. Agents are expected to work together on issues that cut across these program areas. Depending on the situation in specific counties, Extension agents may serve in specialized agent positions in areas such as integrated pest management, horticulture, marine sciences, or marketing & communications. Let us take some time to review the type of agents in Fort Bend County

✓ Agents assigned to agriculture/natural resource have expertise in production, processing & distribution of agricultural products; conservation & environmental concerns; and marketing & economics. They work primarily with farmers, ranchers, agribusinesses, commodity groups, homeowners and regulatory agencies. Fort Bend has one AgriLife ANR agent, one Cooperative Ext. Program (CEP) ANR agent and one home/commercial Horticulturist.

✓ Family & Consumer Sciences agents are experts in family & child development, nutrition & food science, family economics, and health & wellness. Their audiences include individuals, families, child-care providers, school personnel, and nutrition & health professionals among others. Fort Bend has two AgriLife FCS agents and one CEP FCS agent.

✓ 4-H youth development agents work with youngsters ages 9-19 through 4-H clubs, special projects and school enrichment programs. Our 4-H agents also recruit and train adult volunteers and parents to serve as volunteer leaders and project managers. Fort Bend has one traditional AgriLife 4H agent, one Urban Youth Development Agent and one traditional CEP 4H/Youth Development agent.

✓ Expanded Nutrition Program agents and *Better Living for Texans* agents provide basic nutrition education to limited-income families with young children and to youths through this special federally-funded program. Fort Bend has one CEP EFNEP paraprofessional and one AgriLife BLT paraprofessional.

In addition we have over 1000 volunteers that work to AgriLife Extension and the Cooperative Extension Program to plan, organize, conduct, evaluate and interpret educational programs. These volunteers make up over 20 committees, taskforces and coalitions within our Extension family. In addition, agents may partner or collaborate with an additional twenty external groups including schools & PTAs, Farm Bureau, service organizations, fair boards, churches, landscape professionals, municipal groups and many more.

And just a reminder, Texas A&M AgriLife Extension Service and the Cooperative Extension Program of PVAMU are part of the Texas A&M System. The Texas A&M System, U.S.D.A., and the Fort Bend County Commissioners' Court cooperate as a team to provide support for Extension educational programming in an effort to reach all Fort Bend citizens. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

Concepcion M. M...

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.



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.

Weight Management

Weight Management - Preventable illnesses make up 80% of the burden of illness and 90% of all U.S. healthcare costs. Over the past three decades, childhood obesity rates in America have tripled with nearly 33% children being overweight or obese. The numbers are even higher among African Americans and Hispanics where nearly 40% of the children are overweight/obese which may lead to diabetes, heart disease, high blood pressure, cancer, and asthma. Educational programs conducted in conjunction with CEP’s Expanded Food and Nutrition Program, Community Health Choice, and Attack Poverty Organization included:

- Walk Across Texas - 136 participants took part in this 8-week exercise event by walking (a total of 36,549 miles) to create a healthy habit of walking everyday. The ultimate result was not only weight loss, but also a delay of the onset of type 2 diabetes.
- The Texercise program - an 8-12 week fitness and educational program that provided education & opportunity for regular physical activity to reduce the risk and minimize the impact of disease. The 26 seniors gained knowledge of portion size, label reading, food groups, and application of physical activity for healthier lifestyles.



Let's Grow 4-H!

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. Fort Bend County 4-H 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. Stay tuned to our 2017 First Quarter Making a Difference Newsletter for stats.

Pantry 2 Plate Cooking Camp—YUM!



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

Fort Bend Co. Health & Wellness



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. 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. 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. As a result of the feedback obtained from participants, Do Well Be Well Diabetes class will continue in 2017. The participants requested for more classes and more demonstrations.

Robotics Camp...first ever in FBC!

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.

At the 4-H Robotics Camp 20 youth participated and 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. 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.



Snap-Shot of Upcoming Events:

- Do Well Be Well w/ Diabetes Series—Every Monday in Oct., 8:00—5:00 pm
- Do Well Be Well w/ Diabetes Series—Every Thursday in Oct., 8:00-5:00pm
- Food Handlers Course—October 7, 2016 @ 9:00 am - 11:00 am
- Agriculture Exemption Requirements - Oct. 6, @ 6:30 pm to 8:00 pm
- Residential Rainwater Harvesting Workshop—Oct. 15, 8:30 am - 12:30 pm
- Child Care Providers Education- Oct. 22, @ 8:00 am - 12:00 pm
- Giving the Bounty “Jams & Jellies” -October 28, 2016 @ 9:00 am - 12:00 pm
- Texas Fruit Conference—Oct. 31—Nov. 1, @ 8:00am—5:00 pm
- FBC Forage Testing & Hay Campaign—Oct. 31—Nov. 10 @ 8:00 am - 5:00 pm
- Cottage Food Business Workshop—November 3, 2016 @ 10:00 am - 4:30 pm
- Private Pesticide Applicator Training—Nov. 4, @ 8:00 am - 12:00 pm
- Pecan Show (Drop Off Deadline) - November 14, 2016 @ 5:00 pm
- Food Manager Certification—Nov. 16 & 17 @ 8:00 am @ 5:00 pm
- Pecan Show (Judging) - November 18, 2016 @ 8:00 am - 5:00 pm
- Bagley Pecan Harvest Festival (Pecan Show Results) - Nov. 20,@ 1:00-6:00 pm

County Facts:

For over 20 years, Fort Bend has been in the top 20 counties in the U.S. for economic excellence and population growth - and that is by design and not by accident.

Excellent schools, affordable housing, and extensive recreational facilities have attracted families with impressive demographic profiles to Fort Bend. These attributes results in a local employment base that provides companies with a diverse mix of professional, technical, skilled, and unskilled labor with the highest educational levels in the region. To learn more go to www.fortbendcountytx.gov/.

Vincent J. Mannino,

County Extension Director - Fort Bend County

1402 Band Rd. Suite 100, Rosenberg, TX 77471

Phone: 281-342-3034, Fax: 281-633-7000

<http://fortbend.agrilife.org/>

www.facebook.com/FortBendCountyExtension

Our Vision

To be the premier 21st Century outreach & continuing education organization in Texas responding to the needs of the people.