



Extension Education in Fort Bend County

*Making a difference
in 2017*

"Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity."

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

AgriLifeExtension.tamu.edu

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

EXTENDING KNOWLEDGE *Providing Solutions*

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 – 741,237 (2017)
High School Graduates: 89.2%
College Educated: 44.6%
Median Household Income: \$91,152
Demographics: 34.1% W; 24.2% H;
21.0% B; 19.9% A; 2.9% other



Fort Bend County 2017 Summary of AgriLife Educational Contacts

Educational Sessions Conducted - 2,313 (1,426 for youth)

Educational Session Contacts - 44,732 (25,737 for youth)

Technology Assisted Programs - 248

Contact Hours via Educational Sessions - 84,450

4-H Clubs - 31; 4-H Club Members - 623; 4-H Adult Leaders - 96; Youth Leaders - 94

Youth Curriculum Enrichment Participants - 3,762

4-H Special Interest/Short Term - 15,331

Master Volunteers - 266

Texas Extension Education Club Members - 44

Total of Volunteers - 1,151

Total Volunteers Hours in Support of AgriLife in Fort Bend - 67,698.3

Value of Volunteer Hours to Fort Bend Citizens - \$1,594,971.95

Direct Contacts (office/site visits & phone calls) - 6,628

Indirect Contacts (mass media—television, radio, newspaper) - 64,480

Newsletter/Mail/E-Mail Contacts - 183,352

Social Media Posts - 4,320

Social Media Followers - 172,148

eXtension (*Ask the Experts*) - 815

Table of Contents

*Making a difference
in 2017*

<u>PROGRAM SUMMARIES</u>	<u>Page</u>
SUMMARY OF EDUCATIONAL CONTACTS	2
AG & NATURAL RESOURCES/HORTICULTURE	
Fort Bend, Brazoria, & Waller Counties Row Crop In-Depth Summary -	4
Fort Bend, Brazoria, Chambers, Galveston, and Harris Counties Pesticide Safety Education -	6
Coastal Prairie Master Naturalist In-Depth Summary	8
Livestock & Forage In-Depth Summary	10
Earth-Kind Home Landscapes In-Depth Summary	12
Sustainable Agriculture In-Depth Summary	14
Master Gardener Programming In-Depth Summary	16
Urban X7 Texas Water Star In-Depth Summary-	18
General Horticulture Programming	20
The “U-Can Kids” Project In-Depth Summary	22
Government Assistance Overview for Beginning Farmers and Ranchers	24
FAMILY & CONSUMER SCIENCES	
Healthy Food Preparation In-Depth Summary	26
Health & Wellness In-Depth Summary	28
Food Safety In-Depth Summary	30
Child Care Providers’ Conferences In-Depth Summary	32
Better Living for Texans—A Fresh Start to a Healthier You	33
Texas Extension Education Association of Fort Bend	36
Walk Across Texas In-Depth Program	37
“Texercise” In-Depth Program	38
Parenting Connections In-Depth Program	40
Financial Management In-Depth Program	42
Child Passenger Safety/Booster Seat Campaign In-Depth Program	43
Master Wellness Volunteer Program	44
Older Adults Outreach Series In-Depth Program	46
Financial Literacy Series In-Depth Program	48
Childhood Obesity In-Depth Program	50
Health & Wellness Series In-Depth Program	53
Child Care Conferences—Baby Steps through Parental Involvement Childcare Conf.	55
Family Consumer Sciences Base Programs	57
4-H & YOUTH DEVELOPMENT	
Learn, Grow, Eat & GO! & School Gardens In-Depth Program	58
Hatching in the Classroom In-Depth Program	60
4-H Robotics In-Depth Program	62
Heroes 4-Health Program - Fort Bend County CEP In-Depth Program	64
4-H Management Plan - Fort Bend County CEP -	66
4-H Veterinary Science Certificate In-Depth Program	67
AG’tivity Barn Agriculture Awareness Program	69
Let’s Grow 4-H in Fort Bend County In-Depth Program	71
4-H & Youth Development – Other Significant Programs	73
2014 EXTENSION AGENTS & STAFF	74

Making a Difference

2017 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, 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 2017, we conducted result demonstrations and applied research plots addressing hybrid selection in sorghum (Fort Bend and Brazoria Counties) and corn (Fort Bend and Brazoria Counties), variety selection in cotton (Fort Bend County), evaluation of sorghum hybrids for sugarcane aphid tolerance, insecticide efficacy for sugarcane aphid in sorghum, and headworm and midge control in grain sorghum. All of the result demonstrations were highlighted at the Fort Bend, Brazoria, and Waller Counties Row Crops tour, which was held in June.

Our Summer Crops Tour focused on timely topics including pest management – primarily bollworm in cotton and sugarcane aphid in sorghum. We also provided updates on Worker Protection Standards and other Laws and Regulations-related topics. Additionally, I distributed a formal spring planting-time newsletter – using articles written by specialists, as well as 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. 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.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

RESULTS

There were Sixty-two (62) attendees at the January Row Crops Meeting that reported **a total economic benefit of \$1,517,284**. Participants were evaluated using a retrospective post evaluation and selected results of included below:

- 97% Intend to adopt the use of appropriate tips, spray pressure, buffer strips, gpa, and other factors in the application of new herbicide products available in cotton
- 93% Intend to adopt the use of scouting and thresholds for determining when to treat for insects and other pests
- 91% Intend to adopt the use of alternating modes of action for herbicides in order to delay resistance development

There were twenty-eight (28) attendees the Row Crops Tour. Participants were evaluated using a retrospective post evaluation.

- 100% of eligible respondents plan to adopt year-round management to minimize herbicide resistant weed issues
- 100% of eligible respondents plan to begin scouting of Bt cotton varieties for worm damage and scout to determine necessity of fungicide application in corn

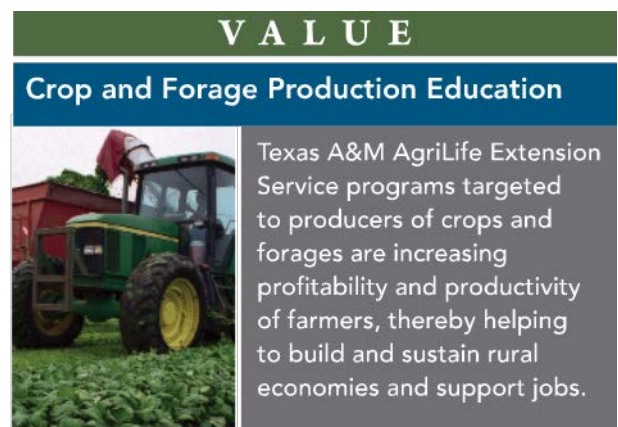
The hybrid and variety trials provide important information for producers when considering newly available choices. For Fort Bend County, the top four sorghum and three corn hybrids evaluated out-yielded the bottom (four sorghum and three corn) by an average of 500 lbs. (9 bushels) and 20 bushels per acre, respectively. This is a potential revenue benefit of approximately \$35 and \$65 per acre. Similarly, by selecting the top four cotton varieties, there is a revenue advantage of approximately \$64.75 per acre over the lower yielding varieties. If those or similar hybrids and varieties are adopted on half of the row crop acres, this equates to an economic benefit of \$1.95 million in Fort Bend County. **The economic benefit from newsletters, bulletins, educational programs, direct grower interaction, and result demonstrations is estimated to exceed \$3.75 million in Fort Bend County in 2017.**

FUTURE PLANS

In 2018, we will offer three to four turn-row meetings instead of the summer row crops tour, to allow more flexibility for growers to attend subjects that directly pertain to their operations.

ACKNOWLEDGEMENTS

Special thanks to Brandy Rader, Fort Bend County AgriLife Extension Administrative Assistant to Agriculture, for her hard work and support with promotion, registration, and implementation of row crop programs in Fort Bend County. Special thanks to the Fort Bend Row Crops Committee – Linda and Paul Freund, Kenny Poehls, Lisa and Alan Stasney, and Mark Wleczyk - for their guidance and support of Extension programming conducted within the county. Appreciation is also extended to Dr. Gaylon Morgan, Dale Mott, Dr. Tom Isakeit, Dr. Muthu Bagavathiannan, Dr. Mark Welch, Mac Young, Dr. Robert Bowling, Dr. Ronnie Schnell, and Jeff Nunley, South Texas Cotton and Grain, for their expertise and contributions, as well as to the Fort Bend County Farm Bureau for their partnership and support.



EXTENDING KNOWLEDGE
Providing Solutions

Making a Difference

2017 Fort Bend, Brazoria, Chambers, 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

RELEVANCE

Fort Bend, Brazoria, Chambers, Galveston, and Harris Counties have a combined total of more than 2,750 pesticide applicators licensed with the Texas Department of Agriculture, with Fort Bend being home to 550 licensed applicators. 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. In Fort Bend County, we offer three 5-CEU programs, one designed for Mosquito Control Professionals, one for Agriculture applicators, and one for Agriculture and Structural applicators that is 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.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

RESULTS

Twenty Seven (27) 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 200 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 41 hours were offered at 14 different programs to more than 350 attendees 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 and intentions to adopt new practices for selected programs below are very good:

- 97% of January Row Crop meeting participants intend to use appropriate tips, spray pressure, buffer strips, gpa, and other factors in the application of pesticides
- 93% of January Row Crop meeting respondents anticipate benefiting economically as a direct result of what they learned from the activity
- 91% of Town and Country CEU program participants indicated that they will be able to immediately apply the information they learned today in their operation
- 84% of January Row Crop meeting participants increased their knowledge of the label details of Enlist and Xtend products for use over-the-top application in cotton
- 78% of participants increased their understanding of disease management strategies and options in row crop production

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, and will consider adding 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 Brandy Rader, Fort Bend County AgriLife Extension Administrative Assistant to Agriculture for her hard work and support regarding promotion, registration, and implementation of pesticide safety programs in Fort Bend County. Thanks is also extended to the following AgriLife Extension personnel for their presentations and expertise: Dr. Don Renchie, Dr. Robert Bowling, Dr. Tom Isakeit, Dr. Mark Matocha, Matt Matocha, Dr. Robert Pucket, Dr. Todd Sink, Dr. Lanny Dreason, Dr. Gaylon Morgan, Phoenix Rogers, Jessica Chase, and Tyler Fitzgerald. 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

2017 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 and Waller Counties have a combined population of more than 760,000 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 aspects 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 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 363 members of the general public that attended.

Master Naturalists set up a booth and participate in AG'tivity Barn, our county agriculture awareness event in conjunction with the Fort Bend County



Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Fair. This year, more than 1,000 elementary age students from school districts across the county attended the week long AG'tivity Barn. Additionally, Coastal Prairie Master Naturalists assisted with STAAR Blitz, along with Lamar Consolidated ISD and the Henderson-Wessendorff Foundation at Long Acres Ranch to provide educational presentations to almost 1,000 elementary school students preparing for state exams.



From March 21st through June 1st, twelve (12) new members completed 50+ hours of training classes covering topics including Texas Eco-Regions, Insects, Birds, Mammals, Reptiles, Plants, Streams, and other disciplines related to the natural sciences and educating the public. They will be working toward earning full membership in order to continue providing nature-related programming for the citizens of Fort Bend County. The Coastal Prairie Master Naturalist chapter has more than 100 volunteers that contributed over 11,500 volunteer hours which have economic benefit of more than \$275,000 to Fort Bend and Waller Counties. This is a year-to-year increase of almost 40%. In total, Coastal Prairie Master Naturalists participated in more than 30 public and school-related events with more than 4,200 adults and children in attendance.

FUTURE PLANS

In 2018, the Coastal Prairie Master Naturalist Chapter plans to, again, host a training class for new members. Additionally, they plan to expand education efforts to include even more programs at Long Acres Ranch, a joint project between Texas A&M AgriLife Extension and the Henderson/Wessendorff Foundation.

ACKNOWLEDGEMENTS

Special thanks to Mac McDowell, Fort Bend County Volunteer Coordinator, for her hard work managing and assisting the Coastal Prairie Master Naturalists. Additionally, we appreciate David Lobpries, 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.

EXTENDING KNOWLEDGE
Providing Solutions

Making a Difference

2017 Fort Bend County Livestock and Forage Outreach Summary

Developed by: 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. Additionally, 2017 provided to be very challenging with the occurrence of Hurricane Harvey and the subsequent flooding.

RESPONSE

To meet the needs of Fort Bend County Beef and Forage Producers, we concentrated on forage production as a means to benefit livestock production. We held pasture soil sampling campaigns in the spring and in the late fall to promote proper nutrient management and maximizing production of both pastures and hay fields. Additionally, we hosted an introduction to cattle management for small acreage and new landowners and the Fort Bend County forage testing campaign, in October and November, respectively.

In late August, we experienced Hurricane Harvey and subsequent flooding that displaced many livestock including horses and cattle, and caused us to cancel some previously planned programs to shift our focus to meet the needs of locally affected land managers and livestock owners. One component of the response was to assist with large animal housing at the Fort Bend County Fairgrounds. Justin Saenz, 4-H Agent, worked to establish the facility in my absence. Once I was able to make it to work, we worked together, utilizing volunteer help and donated materials to house more than 125 horses, goats, and cattle.

Additionally, with many producers hay stocks, feed, and ability to fully access and feed their animals affected, we opened a livestock supply point for nine days to distribute donated feed and supplies to meet the immediate needs of those affected producers.

RESULTS

- Fort Bend County forage producers submitted 26 soil samples in the spring and 20 in the fall for analysis. The results from these analyses will provide producers with a detailed report and

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

recommendation on fertilizer applications to maximize forage yields and minimize costs, excess nutrient application, and negative environmental impacts.

- Forage producers also submitted a total of 20 hay samples to be subjected to a chemical analysis performed by the Soil, Water & Forage Testing Laboratory in College Station. This will provide producers and potential buyers with the information they need to appropriately supplement their livestock as they feed them this winter and into 2018.
- At the Livestock Supply point, we utilized volunteers as well as Texas A&M AgriLife Extension CEA Striketeams to distribute the following materials over a nine day period:

300 Round Bales
1100 Small Square Bales
14 Tons of Cattle Feed
9 Tons of Horse Feed
10 Tons of all stock type feed
1 ton of hog feed

7 Tons of Pet Food (80% went to county animal control)
200 bags of shavings
80 yards of bulk shavings
200+ tubs and buckets for water and feed
~40 halters and lead ropes

- 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

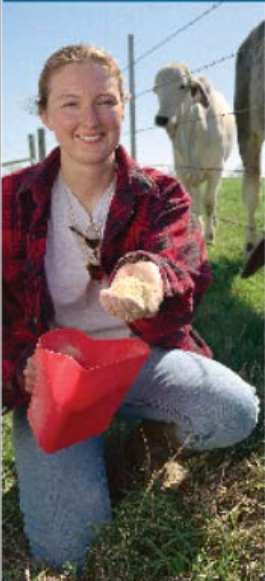
We will continue to expand the livestock and forage program, and plan to form a working committee in the coming year. Additionally, additional applied research and result demonstration projects and programs will be implemented as need arises.

ACKNOWLEDGEMENTS

Special thanks Brandy Rader, Fort Bend County Administrative Assistant to Agriculture, for her efforts in programming and assisting in flood related matters, and to the following AgriLife and Prairie View Extension personnel for their time and expertise: Dr. Jake Mowrer, Dr. Megan Clayton, Dr. Flavio Ribeiro, 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.

VALUE

Livestock Production



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

EXTENDING KNOWLEDGE
Providing Solutions

Making a Difference

2017 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 2017 population is estimated to be at 787,000 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 to 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: Rose Care, Perennial Color, Warm Season Vegetable Gardening, Butterfly Gardening, Shade Gardening, and Growing Fruit Trees. The programs were delivered once a month on Saturday mornings, aiming to attract a similar group of participants through the complete series.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

RESULTS

One hundred twenty-five registered guests participated in the 2017 series of Garden With Confidence. Many guests attended multiple programs, and 4 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: Fruit Trees for Fort Bend

Activity Date: 07/15/17

Number of Participants: 28

1. Overall satisfaction with this activity.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Completely	13	56.5	68.4	68.4
	Mostly	5	21.7	26.3	94.7
	Somewhat	1	4.3	5.3	100.0
	Total	19	82.6	100.0	
Missing	System	4	17.4		
Total		23	100.0		

2e. Satisfaction with helpfulness of the information in decision about your own situation.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Completely	16	69.6	69.6	69.6
	Mostly	6	26.1	26.1	95.7
	Somewhat	1	4.3	4.3	100.0
	Total	23	100.0	100.0	

4. Do you plan to take any action or make any changes as a result of this activity?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	21	91.3	91.3	91.3
	No	1	4.3	4.3	95.7
	Not sure	1	4.3	4.3	100.0
	Total	23	100.0	100.0	

5. Do you anticipate benefitting economically as a direct result of what you learned from this activity?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	15	65.2	65.2	65.2
	No	8	34.8	34.8	100.0
	Total	23	100.0	100.0	

Specific noteworthy data from above include: 1. 68.4% complete satisfaction of program, 2a. 69.4% state the the programs related to their direct need, 4. 91.3% plan to make changes as a result, and 5. That a total of 65.2% of guests state that they anticipate benefitting economically from attending this event.

FUTURE PROGRAM EFFORTS

Utilizing our local planning committee, and using evaluation data and direct feedback from guests, we plan to build upon this series and separate out the food production courses into its own defined series for 2018. This will double our program offering to further create relevant material for our expanding urban residential audience. To increase value in our 2018 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.

Making a Difference

2017 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 Fort Bend County Pecan Show and Richmond Pecan Harvest. We successfully completed the second year as the core educational partner of the Pecan Harvest festival which brought in a total of 3000 visitors overall, 1000 of which directly visited our pecan exhibit and learned about growing pecans in our region.

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 in 2017, we have been working with newly established Loam Agronomics to support cover crop research on their 280 acre organic vegetable farm located in Richmond.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

RESULTS

Outcomes from the annual Fort Bend Regional Vegetable Conference continue to look strong with a total guest and vendor count of 194 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.

Activity Title: Fort Bend Regional Vegetable Conference

Activity Date: February 2, 2017

Number of Participants: 194

Overall:

- 99% of respondents were mostly or completely satisfied with the activity.

Anticipated Changes & Economic Impact:

- 70% of respondents plan to take actions or make changes based on the information from this activity.
- 74% of respondents anticipate benefiting economically as a direct result of what they learned from this Extension activity.

Response data that exhibits the fact that program is truly a regional event, below is a breakdown of responses from the question "Where do you farm?".

60 - Fort Bend

7 - Waller

8 - Harris

5 - Austin

8 - Wharton

17 - Brazoria

0 - Galveston

7 - Colorado

10 - Other:

1- Matagorda 1- Burleson 3- Lavaca 3- Grimes 1- Brazos 1- Kleberg

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 2018 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

2017 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 attend fifty hours of classroom instruction. Classroom instruction introduces the participants to the basics of horticulture including trees, perennials, landscape design, propagation, turf, entomology and pathology, and the Earth-Kind® approach. The Master Gardener training course is an intense one month course, with classes held two days each week. **Twenty-four** individuals enrolled in the Fort Bend County Fall 2017 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 an 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.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Established in 2016, we have continued 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 range from composting to plant research and data collection.

RESULTS

The **Twenty-four** individuals enrolled in the Fort Bend County Fall 2017 Master Gardener class will contribute in minimum of **713** 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 2017, 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 2017 was the continuation 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.

At the close of 2017, the Fort Bend Master Gardener Association has 45 members certified and active as Texas Master Gardener Specialists. Each person dedicated 3 days to intense training, followed by a minimum hours of community service and continuing advanced training in that specialty. These designations include but are not limited to Compost, Propagation, Vegetable, Fruit, Citrus, Earth-Kind, Irrigation, Turfgrass, and Junior Master Gardener. These specialists provide their service to present programming under our community outreach education program entitled Speakers Bureau.

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.

Making a Difference

2017 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 **787,000** 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. We received only 20.4 inches in 2011. During the single weather event in 2017, due to the stalled tropical system of Hurricane Harvey, one week rainfall levels ranged from 25 inches up to 50 inches, more than our average yearly rainfall amount. This is a significant impact on the focus of our programming and community response efforts. At the beginning of 2017, our focus was to continue educational efforts on landscape water conservation. With two historical floods within the year (May and August), those focuses quickly changed to flood-related efforts.

Homes, many outside of historic floodplains, were inundated with floodwaters. Even in situations where homes may have not been flooded, landscapes, farm fields, outbuildings, and, of high importance, private water wells, may have been exposed to and contaminated by floodwaters.

Floodwater can be contaminated by substances from upstream, such as manure, sewage from flooded septic systems or wastewater treatment plants, and pesticides or fertilizer applied to cropland that was flooded. A septic system near a well also can cause contamination when the soil is flooded. Wells that are inside pits may be flooded even if the surface is not covered with water.

To ensure that well water is safe after a flood it is strongly recommended to disinfect it, and then have the water tested to make sure that the pathogens (disease-causing organisms) have been eliminated.

RESPONSE

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

After the hurricane, and during the beginning of our Statewide efforts of Rebuild Texas, it was brought to our attention that there was an unmet need of collecting and transporting well water samples from the heavily impacted areas of Simonton and Fulshear. After meeting with representatives with Fort Bend County, The City of Houston, The City of Fulshear, and the City of Simonton, we created a program to distribute sample kits from locations in the area, and for drop of at Fulshear City Hall twice a week. From there, I delivered samples to the environmental lab in Houston for testing. Further, Texas A&M AgriLife Extension publications on well water sanitation practices were distributed to all participating residents.

RESULTS

I delivered a total of 221 private water well samples during this program. The graph below shows the trend in geographic locations, most coming from Simonton, which was the most flood impacted community in Fort Bend County. Another trend in the data is the gradual decline in samples with time. Resident feedback supports that this was due to samples returning clean after proper sanitation practices being conducted. We contribute this to residents following the recommending procedures listed within given publications.

Water Well Sampling via City of Fulshear Post Harvey 2017 for areas of Northwest Fort Bend County Fort Bend Co., City of Simonton, City of Fulshear, City of Houston, Fort Bend Extension cooperating							
Date	Fulshear	Richmond	Katy	Simonton	Rosenberg	Other	Total
Sept. 14	7	1		29			37
Sept. 19	6	4	1	36	1		48
Sept. 21	3	1	1	13		1	19
Sept. 26	7	4		26			37
Sept. 28				2			2
Oct. 3	1		1	20			22
Oct. 5				18			18
Oct. 10		1	1	5			7
Oct. 12				10			10
Oct. 17				4			4
Oct. 19				6			6
Oct. 24				4			4
Oct. 26				7			7
	24	11	4	180	1	1	221

FUTURE PLANS

As hurricane response continues through the Rebuild Texas Commission, we will continue to respond to the needs of our local communities. As the weather can change significantly in Southeast Texas, Texas A&M AgriLife Extension will continue our commitment to the people to Fort Bend County. Concerning planning efforts, I will work on a team plan with Harris County on our regional Landscape/Green Industry focused on water conservation and landscape water quality. Other similar homeowner based programming will be addressed in my Earth-Kind Home Landscapes plan of work.

Making a Difference

2017 Fort Bend County – General Horticulture Programming

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

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 Systems Collaborative (previously the Houston Food Policy Workgroup)

Serve on executive committee and plan calendar of ongoing programming efforts.

Houston-Galveston Area Council.

Serve on Houston Area Urban Forests Project Planning Committee.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

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, Houston Area Urban Forestry Council, 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, DeWitt, 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.

Texas Fruit Conference Committee Member and East Region Pecan Grading Demonstration.

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

The “U Can Kids” Project

Developed by Derrick Banks, Extension Agent - ANR, Cooperative Extension Program-PVAMU
Supported by: Courtney Bryant Extension Agent – FCS, Cooperative Extension Program-PVAMU
Amber Foster Extension Agent- 4-H/YD, Cooperative Extension Program-PVAMU

RELEVANCE

The “U Can Kids” 4-H 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. A chartered 4-H program was formed called the “U Can Kids” 4-H Club, and partnered with The Fort Bend County Master Gardner Club, Rosenberg Rotary Club, Men of Change, Attack Poverty, and Title One schools across Fort Bend County. The Rosenberg Rotary Club donated \$2,000.00 towards the cost of the community garden as a price match donation. Attack poverty matched the \$2000.00 which calculated \$4,000.00 dollars in total to implement the garden. The “U Can Kids” 4-H club 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.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

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 "The U Can Kids" have partnered with 2 larger community garden grow sites and were able to triple the amount of food being grown and donated.

Over the past 2 years, "The U Can Kids" have partnered with and volunteered in 3 additional gardens across Fort Bend County, volunteering in the growing and donation of 2,000 lbs. of food, which has been donated to the community and local food banks through these 3 grow sites. One thousand pounds of food was grown, and another one thousand pounds through collections and donations from the community. For every season of the year, the appropriate vegetables are planted, maintained, and made available for the community to pick and eat.

The Community centers keep a log of volunteer hours in the garden, how many people utilized the produce, and how much they utilized. When plants are donated to these grow sites, the youth and garden volunteers are responsible for planting, growing, and maintaining the grow site. 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.

The impact of this program is supported by: Fort Bend County Master Gardener Club, Attack Poverty, Rosenberg Rotary Club, Men of Change, and The Houston Food Bank.

ACKNOWLEDGEMENT

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

Making a Difference

Government Assistance Overview For Beginning Farmers and Ranchers

Developed by Derrick Banks, Extension Agent - ANR, Cooperative Extension Program-PVAMU

RELEVANCE

One of the most important issues in Fort Bend County and across Texas among agriculture producers is funding. On average the Fort Bend County Extension Office conducts at least 5 site visits per month in rural and urban areas where producers have bought land and are seeking additional funding to start agriculture production. Texas is experiencing a change in land ownership.

These new landowners purchase rural land without the benefit of the basic understanding of farm or ranch management. They often don't know where to seek managerial, financial, and technical assistance. Texas Farm Bureau has defined a small farm or ranch as "a property of one hundred (100) acres or less on which the owner/operator has been an active producer of commodities for five (5) years or less." The Fort Bend County Extension Office receives an average of 3 calls per week from beginning farmers and ranchers, who want to learn more about funding opportunities for agriculture producers.

RESPONSE

This program targeted limited resource producers who either lacked funding, resources, or land to either start or expand their agriculture operation. A sustainable agriculture committee was formed to help educate and identify Limited resource producers in underserved communities, and to also provide mentorship for beginning producers who lacked the knowledge and resources to be successful producers.

The Fort Bend County Government Assistance Overview Program was conducted on June the 6th, which allowed producers to be educated by government agency representatives on funding opportunities for agriculture producers and youth agriculture producers. By partnering with (USDA) Veronica Crum, County Director of the Fort Bend County USDA Office presented information on how to apply for Macro Loans, How to apply for the Youth Loan, its guidelines and what offices you should apply through. The Farm Service Agency (FSA) presented information about the Micro Loan, equip loan, and how producers should utilize them, and where to apply. The Natural Resource Conservation service (NRCS) presented information on the upcoming funding programs they would be providing for 2018, such as the Pollinator program which provides funding for participants of the program to plant natural pollinator attractants, The High Tunnel Program which provides funding to producers who want to grow extended season specialty crops, the water well program which

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

provides funding help for water wells, and the cross fencing program which provides funding to producers who want to cross fence their property for livestock rotational grazing. Sustainable Agriculture Research Education (SARE) presented funding opportunities they have for beginning farmers and ranchers, and also presented some ideas for producers to make profitable income in agriculture production. Texas Department of Agriculture (TDA) presented information about the beginning farmers and ranchers grant, and the Go Texan Program which provides Texas agriculture producers with advertising of their agriculture commodity through the state. Angela Moore with Prairie View A&M University Cooperative Extension Program gave a presentation on The “Agribility” project, which is a national project which is targeting disabled veterans, and agriculture producers with disabilities, to provide them with funding or resources to help suit their disability, and make agriculture production easier for them, while improving their quality of life.

RESULTS

Upon loading the continuing research, beginning farmers and ranchers are able to attend the small acreage management series which also targets producers who lack knowledge or resources to be successful agriculture producers. As a result to the government assistance overview program, producers are now contacting these government agencies to apply for funding and go through the approval process.

Since the program 3 producers have been approved for micro loans through FSA, 2 producers have been approved for the High Tunnel Program through NRCS, 10 producers have applied for the beginning farmers and ranchers grant through TDA which will be announced in 2018, 4 producers have applied for the cross fencing program through NRCS, 2 producers have applied for the livestock water well program through NRCS, 2 producers have applied for the National Agribility Project. Due to the large number of capacity of the government assistance overview, the program had to be broken down into two parts. Out of the 70 Participants in the program, 25 of them were there for Micro loan information. A second program called the micro loan informational meeting was conducted where 10 more producers applied for the micro loan. One producer is in the process of applying for the \$300,000.00 Macro Loan through the USDA.

Stacey Roussell owner of *All We Need Farms* in Needville, Texas is actually utilizing government funding to pay summer interns who will work on her farm this summer and learn the trade of producing an agriculture commodity. Since the Inception of The Government Assistance Overview Program, we have now conducted 2 additional funding programs specifically in lower economic communities in Fort Bend County such as Kendleton, Texas.

This impact program is supported by: USDA, Farm Service Agency, NRCS, Fort Bend County Sustainable Agriculture Committee, Texas Department of Agriculture, Prairie View A&M University Cooperative Extension Program.

Contact Individuals: Derrick Banks; Extension agent; Prairie View A&M University Cooperative Extension Program; Fort Bend County

Making a Difference

2017 Fort Bend County Healthy Food Preparation

Developed by Dianne Gertson, CEA-FCH, Fort Bend County

RELEVANCE

- Percentage of food budget spent away from home increased steadily since the 1970's
- Proportion of calories provided by away from home food has increased
- When dining out, there is a tendency to choose foods higher in calories and portions are increasing
- Providing families with healthy recipes is intended to encourage families to eat at home more often and make healthier food choices
- Obesity is a major risk factor for many chronic diseases
- Texas ranks 6th among states in childhood obesity (Blue Cross/Blue Shield of Texas)
- More than 60% of children are overweight, obese or very obese (NCBI)
- Obese youth are more likely to have risk factor for cardiovascular disease
- Healthy habits including healthy eating and physical activity can lower risk of becoming obese and developing related diseases

RESPONSE

- Learn to cook quick, nutritious meals to achieve good health and decrease diet related diseases
- What's Cooking weekly recipes to encourage family mealtime with quick, nutritious, cost effect recipes
- Healthy Cooking Schools to teach families and individuals about healthy meal planning and food preparation
- Goals of youth cooking camps are to increase nutrition knowledge, food safety, cooking safety and food preparation techniques
- Lecture, learning activities and hands on cooking concepts can be used to make healthier eating choices and avoid high calorie non nutritive foods and snacks
- Recipes each day of camp are planned around a theme

RESULTS

- 178 returned surveys at Dinner Tonight Healthy Cooking School at Fort Bend Vegetable Conference in collaboration with Agriculture and Horticulture Agents. TEEA members, Master Wellness Volunteers and FCS PAC assisted.
- 68% are likely or extremely likely to make dishes demonstrated during Fort Bend Vegetable Conference
- 95% satisfied with relevance of examples used during Fort Bend Vegetable Conference
- 32 people attended 3 Healthy Cooking Classes held at Mamie George Community Center. Executive Director and Membership Coordinator assisted with marketing, registration and facilities.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

- 13 people participated in Healthy Cooking Demo at Occusoft Corporation. Worksite Wellness Coordinator assisted with marketing and facilities.
- 5 Healthy Mexican Cooking, Vegetarian and Healthy Holiday Cooking programs were presented at various Fort Bend County Libraries with a total of 60 in attendance. Program coordinators assisted with marketing, registration, food preparation and facilities
- Served on the statewide Dinner Tonight Cookbook team
- 24 youth participated in Pantry 2 Plate and Teen Chef Camps. TEEA members and Senior 4-H members served as group leaders.
- Overall, pre test scores to post test scores increased from 61% to 81%
- Knowledge increased in the area of MyPlate, 6 main nutrients and general food safety
- 27 youth participated in healthy food demonstration at Missouri City YMCA Health Day
- Approximately 2500 receive weekly What's Cooking Recipe via email distribution or FBC FYI

Cooking Camp Quotes

- "Made new friends and cooked"
- "Cooking food with my peers and without much help from adults"
- "I like to eat the food! And it kept me busy. Also Very Fun!!!!!!!!!"
- "I did not like waiting for the food"

FUTURE PLANS

- Present in collaboration with Ag/Hort Dinner Tonight at FBC Vegetable Conference.
- Continue collaboration with Fort Bend County Libraries and Mamie George Community Center to offer cooking programs
- Continue Youth Cooking Camps with learning activities to challenge campers
- Promote weekly What's Cooking recipes

Obesity Prevention and Reduction



The Texas A&M AgriLife Extension Service engages children and adults in programs that teach them how to eat nutritious foods and engage in regular physical activity to promote health and reduce their risk for obesity. The Texas public benefits through a healthier population, reduced health care costs, and increased productivity.

Making a Difference

2017 Fort Bend County Health and Wellness

Developed by Dianne Gertson, Fort Bend County Extension Agent-FCH

RELEVANCE

- Primary determinants of health are lifestyle, environment and genetics
- 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.
- 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.
- Currently, only 7 percent of people with diabetes are at recommended levels for blood glucose, blood pressure, and blood cholesterol.
- 80% of older adults complain about memory problems, but only 15% report them to their health professional
- Biological and psychological factors may affect memory. Hearing and vision loss and medical conditions may affect the mind.
- 33.7% of Texas adults are obese

RESPONSE

- Skills needed to effectively manage diabetes are well documented.
- 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.
- Extension health professionals developed Do Well, Be Well with Diabetes, class series of self-care and nutrition topics delivered in five sessions.
- A Do Well, Be Well with Diabetes series was taught twice at the Oak Bend Medical Center in Richmond, once at Mamie George Community Center in Richmond, once at The Pinnacle Senior Center and once at Hometowne on Bellfort.
- People can improve their memory with training and practice
- Master of Memory is a 6 lesson series focusing on strategies and tools to improve memory and was taught at Mamie George Community Center and Hometowne on Bellfort
- Step Up & Scale Down is an 8 week program designed to support people who want to live healthier lifestyles.
- Step Up Scale Down was offered at Oak Bend Medical Center
- Goals of SUSD included increased physical activity, increased fruit and vegetable consumption and perceived improvement in health.

RESULTS

- 54 persons attended DWBW; some to support family members and some for personal reasons. Coalition members assisted with marketing, registration, data collection, supply procurement and facilities.
- 20 persons met the criteria of attended all sessions and submitting all forms

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

- 45 people attended the first annual diabetes conference in collaboration with Oak Bend Medical Center, Mamie George Community Center and Access Health. Topics included basic information, medications (pharmacist), coping with chronic disease (social worker) and recipe demonstrations (FCH Agent). Coalition members assisted in planning, marketing, identifying speakers and presenting conference.
- 55% of those attending DWBW had never attended a diabetes class indicating a critical need for classes
- After attending the series, 90% reported that they knew how many carbohydrate choices to eat to keep blood glucose in recommended range
- Ninety percent of those attending rated the classes as excellent.
- At the completion of DWBW, 70% reported their ability to control diabetes as good or better
- The total economic impact of DWBW is \$1,026,106
- 26 persons attended Master of Memory at Mamie George Community Center and Hometowne on Bellfort. Executive Director and site manager assisted with marketing, registration and facilities for series
- After Master of Memory, 67% to 89% agreed that Memory loss may be a normal part of growing older
- After Master of Memory, 70% to 90% agreed that Hearing loss may negatively affect my memory
- The majority of those attending Master of Memory plan to use the information learned during the series
- 7 persons completed Step Up and Scale Down at Oak Bend Medical Center. Community Health workers assisted with marketing, data collection and teaching.
- Reported an average weight loss of 7.2 pounds over the course of the SUSD series
- Sweetened beverage consumption decreased from 2.29 times per day to 0.6 times per day
- One- half of plate filled with fruits and vegetables increased from 50% to 100%

FUTURE PLANS:

- Offer DWBW and Cooking Well with Diabetes at several Fort Bend County Locations in collaboration with Coalition
- Work with collaborators to present 2nd Annual Diabetes Conference
- Offer Master of Memory at multiple Fort Bend County locations
- Offer Step Up Scale Down via online system to FBC employees.

VALUE

Food Safety Education



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

EXTENDING KNOWLEDGE
Providing Solutions

Making a Difference

2017 Fort Bend County Food Safety Program

Developed by Dianne Gertson, Fort Bend County Extension Agent-Family and Community Health

RELEVANCE

- **1 in 6 become ill from the food they eat**
- **Food borne illness from five pathogens** (Campylobacter, Salmonella, Listeria monocytogenes, E. coli O157:H7, and E. coli non-O157:H7 STEC) cost almost \$7 billion in medical expenses, lost productivity and death
- **All are at risk, but older adults, pregnant women, young children and those with chronic disease or compromised immune systems are at an increased risk**
- 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.
- Interest in home food preservation continues as evidence by increased availability of home food preservation supplies, increase in home food preservation questions fielded by Extension educators and the growing number of websites that feature recipes and information.
- Recommended practices should be followed to keep the food safe and prevent foodborne illness

RESPONSE

- 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.
- Our two-day certified food manager program , prepares food service workers to sit for a state approved Certified Food Manager exam.
- Home food preservation classes, 'Salsa and Relish', 'Pickling and Pressure Canning', 'Tomatoes', 'Freezing and Drying' and 'Jams and Jellies' are offered throughout the year.
- In 2017 a change was made in Fort Bend County to offer the Prometric Exam in place of the ServSafe.
- 21 persons completed the food manager program
- 44 persons completed the food handler program
- 39 persons participated in the home food preservation classes

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

RESULTS

- Eighty six percent passing rate for Certified Professional Food Manager Exam
- 100% are very likely to practice knowledge and skills learned in Food Manager course
- 41.7 % change in knowing to not touch ready to eat foods with bare hands in Food Manager course
- In food handler, overall increase in pre to post test scores of 69.5 to 81.5
- In food handler, handwashing knowledge increased from 75% to 100%
- In food handler, knowledge of temperature danger zone increased from 63% to 75%
- In food handler, knowing when to calibrate thermometer increased from 38% to 88%

FUTURE PLANS

- Offer Food Manager class 4 times in 2018
- Offer Food Handler class 6 times in 2018
- Offer Home Food Preservation classes

VALUE

Food Safety Education



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

Making a Difference

Austin – Fort Bend County Child Care Provider Conferences, 2017

Developed by: Dianne Gertson, County Extension Agent – Family and Community Health

RELEVANCE

Over 60 percent of children from birth through age 6 (not yet in kindergarten) receive some form of child care on a regular basis from persons other than their parents. The Texas Workforce Commission estimates that there are over 100,000 child care providers caring for more than 760,000 children under the age of 13 in licensed or regulated child care facilities in the state of Texas. Additionally, child care is the 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.

RESPONSE

Child Care Provider Conference - In 2017, the Texas A&M AgriLife Extension Service of Austin and Fort Bend Counties conducted **4** child care provider training conferences in Rosenberg for **159** child care providers and directors who provide care for **3,158** children enrolled in **37** child care centers or family day homes. One hundred fifty nine participants completed a written evaluation of the conference. A total of **636** clock hours of training were provided to child care professionals seeking to meet state mandated training requirements established by the state of Texas.

RESULTS

One hundred fifty nine participants completed a written evaluation of the conference. Results indicate that child care providers found the trainings to be very beneficial. Over 96 percent of participants acquired new information from the conference, considered the training to be very relevant to the work they do, plan to use the information gained at the conference to improve their programs, and consider themselves better equipped to work with the children in their care.

Moreover, **72%** of providers rated the training “Better” or “Much Better” compared to other trainings they have attended that were not conducted by Extension.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

Making a Difference

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

Developed by Dianne Gertson, Fort Bend County Extension Agent-Family and Community Health

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 2017, 101 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, 98 completed the 30-day follow-up survey which allows us to assess the extent that targeted behaviors were adopted. A Fresh Start to a Healthier You! series was offered at multiple Fort Bend Seniors locations, Mamie George Community Center and Fort Bend Gardens.

RESULTS

Participant characteristics - Average household size was 2.6; the average age of the participants was 61 years. Participation in the selected assistance programs was as follows: SNAP 53%, food pantries or other emergency food assistance 59%, free/reduced school meals 20%, Head Start 4%, TANF 4%, and WIC 6%.

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.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

Vegetable and Fruit Consumption

Behavior	Pre			Post			Follow-Up	
	N	%		N	%		N	%
Fruit Consumption								
None or rarely	4	4.0		3	3.1	5	2	2.0
1-2 times a week	29	29.0		22	22.4	5	20	19.8
3-4 times a week	26	56		28	28.6		40	39.6
1 time a day	11	11.0		16	16.3		12	11.9
2 times a day	17	17.0		18	18.4		18	17.8
3 or more times a day	13	13.0		11	11.2		8	8.9
Vegetable Consumption								
None or rarely	4	4.0		3	3.1		2	2.0
1-2 times a week	20	20.2		16	16.3		11	11.1
3-4 times a week	30	30.3		29	29.6		40	40.4
1 time a day	19	19.2		18	18.4		20	20.2
2 times a day	21	21.2		22	22.4		18	18.2
3 or more times a day	21	21.2		22	22.4		18	18.2
% of Plate Filled with Fruits and Vegetables								
0	2	2.2		2	2.2		0	0
1/4	28	28.0		17	18.3		5	5.1
1/3	30	32.3		24	25.8		27	27.6
½	31	33.3		39	41.9	58	58	59.2
3/4	4	4.3		11	11.8		8	8.2

Meal Planning and Food Management Practices

	Pre			Post			Follow-Up	
	N	%		N	%		N	%
Plan meals in advance								
All of the time	7	7.0		13	13.3		12	12.4
Most of the time	29	29.0		25	25.5		32	33.0
Some of the time	34	34.0		43	43.9		41	42.3
Hardly ever	24	24.0		11	11.2		10	10.3
Never	6	6.0		6	6.1		2	2.1
Not sure	0	0		0	0		0	0
Shop for food with a list								
All of the time	30	30.0		29	29.9		33	33.0
Most of the time	22	22.0		26	26.8		25	25.0
Some of the time	58	25.0		24	24.7		29	29.0
Hardly ever	17	17.0		9	9.3		9	9.0
Never	6	6.0		8	8.2		4	4.0
Not sure	0	0		1	1.0		0	0
Compare prices when shopping								
All of the time	41	41.4		47	48.0		49	49.5
Most of the time	24	24.2		23	23.5		16	16.2
Some of the time	21	21.2		18	18.4		25	25.3
Hardly ever	9	9.1		9	9.2		6	6.1
Never	4	4.0		1	1.0		3	3.0
Not sure	0	0		0	0		0	0

Food Safety

	Pre		Post		Follow-Up	
	N	%	N	%	N	%
Wash hands before preparing meals						
All of the time	75	75.8	76	77.6	74	73.3
Most of the time	16	16.2	15	15.3	23	22.8
Some of the time	7	7.1	6	6.1	4	4.0
Hardly ever	1	1.0	1	1.0	0	0
Not sure	1	0.9	0	0	0	0
Wash fruits or vegetables before eating or preparing						
All of the time	71	73.2	76	76.8	77	76.2
Most of the time	18	18.6	17	17.2	20	19.8
Some of the time	6	6.2	5	5.1	4	4.0
Hardly ever	1	1.0	1	1.0	0	0
Never	1	1.0	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	24	24.2	27	27.3	27	27.0
Most of the time	29	29.3	29	29.3	34	34.0
Some of the time	34	34.3	35	35.4	34	34.2
Hardly ever	12	12.1	7	7.1	3	3.0
Never	0	0	1	1.0	2	2.0

Other findings:

76.9% of the participants identified BLT as their first exposure to AgriLife Extension. This suggests that the program is reaching new audiences who otherwise might not have the opportunity to benefit from Extension programs.

62% of the participants rated the BLT program as “excellent” while 31 % rated the program as “very good.”

In addition, 77% of the participants reported they were “very likely” to recommend BLT to another person; 19% said they were “likely” to recommend the program. In addition, the 93% of participants reported they were “very likely” or “likely” to attend another BLT program.

Making a Difference

2017 Fort Bend County Texas Extension Education Association of Fort Bend

Developed by Dianne Gertson, Fort Bend County Extension Agent-Family and Community Health

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.

RELEVANCE

Texas Extension Education Association of Fort Bend is comprised of 4 clubs with a total of 42 members. The four clubs meet on a regular basis to conduct business and have educational programs. Educational programs hosted by TEEA included: "Navigating Pinterest", "Adult Bullying", and "Gardening Tools". Educational tours to the Brazosport Museum and Richmond Fire Station were organized. At their annual meeting, they were trained to teach the lessons: "Dementia and Caregiving", "Nutrition: Myth or Fact", "Navigating Pinterest", "Adult Bullying".

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.

RESULTS

They contributed over 1000 hours of volunteer service valued at \$24.14 per hour (\$24,140.00) 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 officers and council delegates attend seven council meetings a year, a fall District Officer Training and a District Spring Conference that was held in Montgomery County this year. Additionally, three member attended the annual state meeting held in Horseshoe Bay 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.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

Making a Difference

2017 Walk Across Texas Program

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

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 80 percent of the burden of illness and 90% of all U.S. health care costs. Alarming, 25.8 % 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 (WAT) 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.

VALUE STATEMENT - 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.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

Making a Difference

2017 Texercise

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

RELEVANCE

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 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 209 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. Results significantly improved from previous years as participants were able to participate in an additional Texercise session. The evaluation summary is as follows: self-assessed sample Pre-test taken (61%) were overweight, out of the post-tests taken, (57%) said that they did some form of physical activity daily. The post-tests revealed that (70%) improved flexibility, (100%) were able to identify food groups. Over (72%) reported that they were more mobile as a result of the class, (95%) reported that

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

they would continue exercising after the program. (65%) 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 \$9,405.

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.

TESTIMONIAL One participant stated that she is now able to dance again as a result of the program.

V A L U E

Obesity Prevention and Reduction



The Texas A&M AgriLife Extension Service engages children and adults in programs that teach them how to eat nutritious foods and engage in regular physical activity to promote health and reduce their risk for obesity. The Texas public benefits through a healthier population, reduced health care costs, and increased productivity.

Making a Difference

2017 Parenting Connections Program

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

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. 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 and various areas throughout the county. 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 help them 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 117 individual contacts were reached through educational workshops, brochures, flyers, and volunteers. This evaluation analysis captured the participants' knowledge of parenting information retained. Results were: 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 they now have a better idea of what they can do to build a

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

healthy environment for their children. The estimated cost analysis and public value for the Parenting Connections Program is \$16,797.85.

FUTURE PLANS

The program will continued to be offered to parents in 2018.

V A L U E

Parenting Education



Parenting programs from the Texas A&M AgriLife Extension Service increase participants' knowledge, skills, and abilities, which are essential to a child's development. Parents who are consistent, respectful, involved, and serve as positive role models increase their children's potential for success and help prevent delinquent behavior during the adolescent and teen years.

Making a Difference

2017 Financial Management Program

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

RELEVANCE

The need for financial literacy education has increased, particularly in the areas of budgeting, saving and reduce spending. Recent studies indicate that people of all ages, incomes, and education levels lack basic financial knowledge and skills to ensure long-term financial stability for themselves and their families. Results of the FINRA Financial Capability Study indicate that 19% of Texans participating in the study reported spending more than their income; 30% reported having past due medical bills; 57% lack an emergency fund that would cover up to 3 months of expenses; and 39% reported using a non-bank lending product (e.g. payday loans) in the past 5 years. The Corporation for Enterprise Development reports almost 51% of Texans do not have a savings account; 20% of Texans have zero net worth; Texans have the lowest credit scores in the nation and Texas ranks 44th in the rate of homeownership.

RESPONSE

The Fort Bend County Financial Management Program was conducted at the Pregnancy Resource Center, Ft. Bend County Extension Office, University Branch Library, and throughout Fort Bend County to help participants gained knowledge about managing their finances. The goal of the program was to help adults with low financial knowledge and skills to increase knowledge, develop financial confidence, use banking services effectively and to increase adoption of recommended financial management practices. The Financial program was successfully conducted by using the Money Smart curriculum. The Money Smart curriculum consisted of ten 1-2 hour modules. The modules were titled Money Matters, Bank On It, Borrowing Basics, To Your Credit, Charge It Right, Check It Out, Pay Yourself First, Keep It Safe, Loan to Own, and Your Own Home.

RESULTS

As a result of this program 696 contacts were reached through educational workshops, brochures, flyers, and volunteers. This evaluation analysis captured the participants' knowledge of financial literacy information retained. (50%) of the participants showed an increase in their understanding of what credit is and its importance. Participants showed a (75%) increase in their learning about using a credit card responsibly and choosing the proper credit card. Participants showed a (50%) increase in knowledge gain about the types of deposit accounts. The estimated cost analysis and public value for the Parenting Connections Program is \$24,360.00.

FUTURE PLANS - The program will continued to be offered in 2018. The plan will focus more on senior aged adults and teens.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

Making a Difference

2017 Fort Bend County Child Passenger Safety/ Booster Seat Campaign

Developer: 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 2017 Fort Bend County Child Passenger Safety Program/ Booster Seat Campaign.

- 74 contacts were reached
- 57 new child safety seats were installed
- 2% of the children arrived correctly restrained in a seat belt
- 16 old/unsafe seats were collected and destroyed
- 61 inspections were conducted
- 91% of the children arrived unrestrained or incorrectly riding in a seat belt

VALUE STATEMENT

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 2017 program year is \$47,739.34.

FUNDING SOURCES -

Safe Riders, TXDOT

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

Making a Difference

2017 Fort Bend County Master Wellness Volunteer Program

Developed by: Sonja Davis, Jymann Davis, and Leticia Rolland-Hardy, FCH Agents – District 9

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 12 Master Wellness Volunteers. In 2017, Harris, Galveston, and Fort Bend Counties collaborated and provided training for 12 new volunteers. All twelve 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 10 educational activities inclusive of presentations, food demonstrations and health fair exhibits



The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

FUTURE PLANS & COLLABORATIONS

This program will continue implementation in 2018. 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 2018.

Making a Difference

2017 Fort Bend County Older Adult Outreach Series

Developed by Courtney Bryant, Extension Agent, FCH, Cooperative Extension Program

RELEVANCE

Over 23 million Americans aged 60+ are economically insecure; living at or below 250% of the federal poverty level (FPL) (\$28,725 per year for a single person). These older adults struggle each day with rising housing and health care bills, inadequate nutrition, lack of access to transportation, diminished savings, and job loss. For older adults who are above the poverty level, one major adverse life event can change today realities into tomorrow troubles. According to health providers, at least one out of four older adults experiences a fall each year (3), and at least 2 million older adults visit an emergency room for fall-related injuries (4). On average, hospital costs for a fall-related injury totals over \$30,000. Medicare costs for fall-related injuries have neared 30 billion. In 2011, over 60,000 people ages 50 and older were hospitalized for fall-related incidences in Texas. The costs of hospitalizations do not end there, according to the data, the fee of discharge is 51,000 alone this does not include surgical operations and fees. Falls can be accompanied by negative personal (e.g. injury, loss of independence), familial, societal, and, as described above, economic consequences. However, falls are an inevitable part of aging. In American adults aged 65 and older, falls are the primary cause of both fatal and nonfatal injuries. Tens of thousands of Texans suffer falls every year, resulting in millions of dollars in healthcare costs (2). Fall prevention programming, provider education, and policy advocating can help reduce falls in Texas and promote a better quality of life for all Texans.

Research has shown that a fear of falling can also lead to immobility and inactivity. Inactivity is highly associated with major health risk factors such as Cardiovascular diseases, cancer, and diabetes. 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, and 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. Statistics show that limited resourced individuals and those of African American descent have the one of the highest rates of cancer and chronic disease than any other group.

RESPONSE

To address the issues of fall risk prevention within Fort Bend County. The Matter of Balance curriculum was implemented. This curriculum is designed to be an eight-week program that targets seniors and elderly individuals who have experienced fall related injuries or have concerns about falls for 8-12 individuals. The program targets negative thoughts, helps develop plans for future falls, addresses

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

home modifications, and physical activity. Each week the participants meet to practice physical exercises beneficial to maintain balance and includes discussion on several topics related to fall prevention. The program was conducted at two facilities this year: The Pinnacle Senior Center and Watercrest Sugarland Senior Living Facility.

RESULTS

The Matter of Balance curriculum was conducted at the Pinnacle Senior Center with 10 individuals and at the Watercrest Sugarland Senior Living with 14 individuals. At least 90 % of the individuals reported that the Matter of Balance proved to be beneficial to them and that they would be able to get up from a fall, could find a way to reduce falls, could protect themselves in case of fall, believed they could increase their physical strength, and could become steady on their feet. After the duration of the class 80 percent of participants of individuals reported that that falling had not interfered with their normal social activities. At least 90% of participants reported that they have been doing moderate exercise 3 times or more per week. At least ninety percent of participants from both series presentations revealed that because of the class the participants felt more comfortable talking with others about their fear of falling. Twenty five percent reported they have made changes to their environment, and 90% reported that because of the class they feel more comfortable increasing their activity.

FUTURE PLANS

As a result of the feedback obtained from participants. The Matter of Balance class will continue however the participants also requested for more physical activity exercises to be incorporated to the curriculum and introduced during earlier sessions. Participants also wanted to hear more guest speakers. Based on the results and feedback provided about the Matter of Balance initiative it will continue next year for 2018.

ACKNOWLEDGEMENTS

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

VALUE

Elder Care



Texas A&M AgriLife Extension Service elder care programs focus on "aging in place," an approach to using resources that allow the elderly who need assistance to continue living in their homes. Aging in place keeps elders engaged in their local community and supports property values and local tax bases.

Making a Difference

2017 Fort Bend County Financial Literacy Series

Developed by Courtney Bryant, Extension Agent – FCH, Cooperative Extension Program

RELEVANCE

The current fluctuating economic conditions increase the need and heightens the 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.

RESPONS

To address the issues of financial literacy several workshops were implemented throughout the county that focused on bettering the lives of Fort Bend County residents. This year the Fort Bend County Extension was invited to present financial education to the students of Willowridge High School. This workshop addressed the importance of budgeting and provided educational tools to help youth in understanding the purpose of investing. Over fourteen students attended the workshop. The financial literacy curriculums, *Wise Up* and the *Money Matters* curriculum were used throughout Fort Bend County's neighboring churches. The *Wi\$eUp* program was developed by the U.S. Department of Labor - Women's Bureau in support of the Department's *Strengthening the Family Initiative*. It targets young to older adults who are ready to address issues of setting realistic financial goals, budgets, insurance tips, and investment plans. This program was offered to the members of the St. Johns United Methodist Church. One-on-one consultation was provided to families seeking financial education help. The *Money Matters* curriculum is comprised of several financial education tools designed to target youth. This curriculum was offered during the Windsor Village Summer Camp. The camp included youth from 4 age groups ranging from 4-15. The workshop covered counting, spending, and budgeting.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

RESULTS


For each workshop, an evaluation and interpretation were conducted to assess customer satisfaction, knowledge, and or willingness to adopt practices. Reports from the Willowridge High School Financial Presentation showed that 90 percent of the students who attended the workshop felt that financial literacy was important and that more educational presentations would be valuable to students such as themselves. The students also reported a high interest in learning more about investing tools and plans for their future. The one-on-one consultation provided with the family at the St. Johns United Methodist Church also proved to be successful. The family reported they were now able to address financial issues within their marriage and start to develop a plan for their savings and and retirement funds. Due to the presentation at the Windsor Village Church over 50 students/youth were impacted and gained exposure and awareness into financial literacy.

FUTURE PLANS

As a result of the feedback obtained from participants the Financial Literacy series will return in the year 2018. Future plans would also incorporate more social service agencies and local businesses to participate in the presentation of the information.

ACKNOWLEDGEMENTS

I would like to give a special thank you to Willowridge High School, Christopher Cotton at Prairie View A&M University, Windsor Village Church, and also the St. Johns United Methodist Church-Richmond. Through their work with the community, many first-time Fort Bend County residents and youth were educated on financial choices and lifestyles.

V A L U E	
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 implement recommended financial management practices, they increase their ability to achieve financial security.

Making a Difference

2017 Fort Bend County CEP Child Obesity

Developed by Courtney Bryant, Extension Agent – FCH, Cooperative Extension Program

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: an increase in intake of energy-dense foods which are high in fat, salt, and lack the appropriate vitamins and nutrients, and 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 neighborhood 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

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

healthy living produce positive outcomes for those children at risk for obesity. Several activities were implemented to target the described issues.

- The Eat Smart, Be Active program was implemented among the mothers and expectant mothers at the Pregnancy Resource Center. The objective of this program was to promote healthy eating and physical activity. Sections of the program also addressed proper nutritious habits for the mother to maintain during pregnancy. 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. hat educational activities, events, and/or experiences were delivered to address many of the issues described above.
- This year the Fort Bend County Extension Family and Consumer Sciences partnered with Prairie View A&M 4-H, and EFNEP Program to conduct the Health Camp for the Richmond-Rosenberg Boys and Girls Club. This week-long event targeted the students and youth from the surrounding areas of Fort Bend County. The youth were able to engage in educational programs covering physical activities, healthy eating, etiquette, robotics, and agriculture.

RESULTS

- As a result of the Eat Smart, Be Active. Over ten families including expectant mothers were taught the importance of knife safety and various kitchen safe practices. The ten families were also taught recipes that they could add to their daily lifestyles. This program was not evaluated due to a lack of participation.
- This year a Learn Grow Eat Go workshop was conducted with the youth at Attack Poverty-Friends of North Rosenberg. As a result, students have continued in the development of their community based garden.
- The partnership with Fort Bend County Extension and the Richmond-Rosenberg Boys and Girls Club reached over 150 youth this summer with the Youth Coalition Summer Camp. The Fort Bend County Family and Consumer Sciences-Cooperative Extension participated by presenting the youth with etiquette education. The kids were instructed on table manners, dining settings, and meeting introductions. Students were expected to use their newly adopted etiquette skills and apply them to their nutrition education presentations conducted by EFNEP. Findings from the evaluations showed that 55% of youth were African American, 37% were Hispanic, and <1% reported European American and Asian.


Future Plans: Plans are to continue these programs for the year 2018. 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. As a result of the Health Coalition Camp this summer, there has been an increase in the request for extension educational presentations on etiquette throughout the county and neighboring counties.

ACKNOWLEDGEMENTS

I would like to give a special thank you to the Fort Bend County Rotary club for funding the Friends of North Rosenberg-Attack Poverty and also the Pregnancy Resource Center which has continued to provide support to Prairie View A&M Fort Bend County Extension programs and endeavors. Without the support of the Fort Bend County Rotary the Friends of North Rosenberg-Attack Poverty would not have been able to better the lives of the members within their community.

VALUE

Obesity Prevention and Reduction



The Texas A&M AgriLife Extension Service engages children and adults in programs that teach them how to eat nutritious foods and engage in regular physical activity to promote health and reduce their risk for obesity. The Texas public benefits through a healthier population, reduced health care costs, and increased productivity.

Making a Difference

2017 Fort Bend County Health & Wellness Series

Developed by Courtney Bryant, Extension Agent - FCH, Cooperative Extension Program

RELEVANCE:

The definition of balance is stability, equality, and harmony. Balanced living is achieved by taking appropriate care of all areas of life. Individuals achieve greater life balance when they do not let one area of life take over all their time at the expense of their priorities. Overdoing or under doing even good things like physical activity can lead to imbalance. Ultimately, living an unbalanced life can lead to stress, health problems, poor relationships, and lost productivity. Balanced Living is a five-part series: Balance Your Time, Manage Your Stress, Feed Your Body, Move Your Body, and Rest Your Body. Each session is designed to run 1 hour. Balanced Living consists of a CD with PowerPoint slides, instructor script /narrative, handouts, marketing materials, and participant evaluation forms. Although many things are a part of balanced living, time management, stress management, mindful eating, physical activity, and sleep are the major components addressed in this curriculum because these areas tend to be overlooked when life gets hectic or out of control. The goal of this series is for participants to gain knowledge and skills to live a more balanced life.

RESPONSE

To address the issues of Balanced Daily Living a news release was issued to the Fort Bend County residents through newsletters and mass media via email. In efforts to continue the Health & Wellness Series, the Stress Less for Good Health campaign was initiated. This campaign was a mass media production of several components of the Balanced Daily Living topics which include time management, healthy sleep, a healthy body, and managing stress. Each week during the holidays of 2017 a mass email blast was sent to Fort Bend County contacts which include local schools, nurses, libraries, churches, and community organizations.

RESULTS

As a result of the Stress Less for Good Health during the holidays campaign, over 500 contacts within Fort Bend County received weekly information on how to balance their time, how to address stress in the lives of adults as well as children school stress, how to incorporate physical activity into their daily lives, and how to keep up and manage healthy bodies. The campaign allowed for many organizations to offer feedback, requests more factsheets regarding healthy living and health, and an offer to sign up for an in person class. The campaign also sparked interest in the community to host the class in person at several local community organizations.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

FUTURE PLANS

As a result of the feedback obtained from participants. The Stress Less for Good Health campaign will continue into the new year of 2018. It is with high hopes that this program will be hosted throughout Fort Bend County.

ACKNOWLEDGEMENTS

I would like to acknowledge the Fort Bend County-CEP FCS Committee and the Fort Bend County AgriLife Extension Staff for the program support.

Making a Difference

2017 Fort Bend County

Baby Steps through Parental Involvement Childcare Conference

Developed by Courtney Bryant, Extension Agent - FCH, Cooperative Extension Program

RELEVANCE

On a weekly basis, child care providers in the U.S. care for 11 million children younger than age five whose parents are in the workforce. It is estimated that there are over 15,500 child care facilities in Texas with the capacity to care for more than 1 million children. Moreover, there are approximately 60,000 child care workers who are employed in child care centers alone. Researchers have found that quality matters when it comes to child care. Children who receive high-quality care 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 reach their developmental potential. Licensed and registered child care providers are mandated by the state of Texas to obtain a set amount of training (i.e., clock hours) in a variety of areas associated with the care of children.

RESPONSE

The child care provider training conference provides an avenue to reach early childhood educators with research-based information that will enable them to obtain state-mandated clock hour credits and continuing education units (CEUs), and enhance their knowledge and skills in the child care profession.

RESULTS

In 2017 the Fort Bend County Family and Consumer Sciences Cooperative Extension Agent partnered with the Gingerbread Kids Academy to host the Baby Steps through Parental Involvement Childcare Conference. This conference was designed to address topics and provide continuing education units to childcare providers in the areas of child behavior, after school programs, observation and assessment. The childcare conference had over 60 childcare providers come out to engage in childcare provider education. The child care workers were able to receive up to at least 5 hours of continuing education credits amounting to over 250 clock hours towards the child care providers requirement.

FUTURE PLANS

Positive feedback and outcomes from the conference revealed that more conferences should be planned in the next year of 2018 and ultimately help benefit providers through trainers and helps secure employment.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

ACKNOWLEDGEMENTS

I would like to acknowledge the following: Gingerbread Kids Academy, speakers: Michelle Atanu, Folashade Olayinka-Bello, Mila Sengupta, & Celia Garcia-Szyska for the use of their facilities, various contributions, time, educational presentations, and continuous support of programs that allow me to help improve the lives of those that they serve.

Making a Difference

2017 Base FCS-4H Outreach

Developed by Courtney Bryant, Extension Agent - FCH, Cooperative Extension Program

PROGRAM/ISSUE SUMMARY AND RESPONSE

This year the extension agent participated in several events that promote 4-H and youth development. Extension agent participated in the Fort Bend County 4-H Fashion Club Fashion Week. This week-long event encourages youth to touch into the area of fashion and design. During the course of the week youth participate in various activities such as sewing their own items, visiting fashion related industry companies, and hosting their own fashion show. Extension agent collaborated with Visible Changes to offer the youth a session on Hair Care and Hair Styles to showcase during their fashion show. Sixteen youth developed hairstyles that they were able to present at the end of the week. Youth expressed that it was a very interesting session and helped them during their creative process throughout their week of designing.

2016 Fort Bend County Etiquette Day

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

PROGRAM/ISSUE SUMMARY AND RESPONSE

Program/Issue Summary and Response: Extension agent assisted 4-H agent, Amber Foster in hosting the Youth Health Coalition Summer Camp for the Richmond and Rosenberg Boys and Girls Club. Extension was invited to teach etiquette to children from 5-18. Extension agent used the curriculum Manners for the Real World developed by 4-H. Agent taught children in grades 2-6th proper dining settings, greeting introductions, handshakes, and appropriate dining conversations. Over 150 kids attended the camp over the course of the week. Kids also had the chance to experience other valuable and key sessions to youth development such as robotics, fashion, cooking, and physical activity games.

ACKNOWLEDGEMENTS

I would like to acknowledge the Visible Changes of the Galleria and the Richmond-Rosenberg Boys and Girls Club of Fort Bend County for the use of their facilities and that allowing extension the opportunity to help improve the lives of those that they serve.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

Making a Difference



2017 Fort Bend County Learn, Grow, Eat & GO! & School Gardens

Angela Bosier-Romans, County Extension Agent-Urban Youth Development,
James Boone Holladay, County Extension Agent-Horticulture,
Amber J. Foster, Extension Agent- 4-H Cooperative Extension Program,
Krystal Wilcox, Nutrition Edu. Associate, Expanded Food & Nutrition Edu. Program,

***An interdisciplinary approach to reducing child obesity through the Learn, Grow, Eat & GO! Curriculum
(a modification/revision of the Junior Master Gardener "Nutrition in the Garden"),
and the Coordinated Approach to Child Health program.***

RELEVANCE

The high prevalence of childhood obesity in Texas is cause for concern because it is linked to negative health consequences for children and their families. Schools are uniquely positioned to have a positive impact on children's knowledge and behaviors associated with obesity. For example, vegetable exposure plus school gardening has been shown to improve consumption of fruits and vegetables. Adding more frequent and more vigorous physical activities during school has been shown to improve student fitness and weight. The home environment is also an important influence on a child's eating and activity behaviors. The greater the frequency of vegetable consumption and physical activity by parents, the greater the consumption of these foods and exercise by their children. With child obesity rates among low-income children in Texas ranging from 10% to over 20%, engaging schools and families in prevention efforts is critical.

RESPONSE

The Learn, Grow, Eat & GO! (LGEG) curriculum emphasizes science, math, language art/reading, social studies and health through effective learning activities with the LGEG program. The LGEG curriculum was designed to engage children and their families in school gardens, vegetable recipe tastings, classroom activities and take home family stories. Fort Bend 4-H partnered with the Fort Bend County Master Gardener volunteers to conduct a teacher training for Learn, Grow, Eat, Go! We also met with Pamela's Printing to discuss publishing the Fort Bend School Garden Guide. I also presented at several conferences and trainings to recruit teachers, as well, as master gardeners to assist with implementation of the curriculum. LGEG was marketed at the following schools through meetings with the schools' personnel:

- Quail Valley Elementary School – Fort Bend ISD
- Hutchison Elementary- Lamar Consolidated ISD
- Hubenak Elementary- Lamar Consolidated ISD
- Harmony Public School – Houston, TX
- Jane Long Elementary- Lamar Consolidated ISD
- George Jr High – Lamar Consolidated ISD
- W.I.D.E. School - Missouri City , TX

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

RESULTS

Learn Grow, Eat, Go Educator Workshop - 26 educators from across the Greater Houston region including an Extension Educator from Colorado participated in the workshop. They received 6 CEUs, insight into the curriculum, and resources available through the Extension Services to assist with the implementation of the curriculum.

Fort Bend County Master Gardeners Youth Activities – the Master Gardeners of the Youth Activity Committee hosted several events throughout Fort Bend County. They have partnered with Girls Scouts of America, local schools, and child care centers to promote the Junior Master Gardener Program. They have made over 1800 contacts and have contributed more than 1300 volunteer hours to the JMG program.

Learn, Grow, Eat Go! /School Gardens- Master Gardeners were utilized to help implement the program by helping with the educational aspect of gardening. They conducted educational lessons on how to plant seeds and transplants, plant spacing, and harvesting produce.

- Seven Lakes Jr High- located in Katy, TX an after-school 4-H club with 22 members.
- Quail Valley Elementary- located in Sugar Land, TX an after-school 4-H club with 46 members.
- Jane Long Elementary- located in Richmond, TX an in-school Garden club with 15 members.

Of the 83 students that participated in the LGEG/School Gardens, **63%** of student participants were female and **37%** were male. **32%** were Hispanic, **28%** were Caucasian, **25%** were African-American, and **15%** Asian.

FUTURE PLANS

Due to Hurricane Harvey, Learn, Grow, Eat, Go! was delayed then ultimately canceled with several schools. There are plans to revisit with those contacts during the Summer of 2018 for implementation in Fall of 2018. We will continue to advertise and market the program to local school districts and community partners.

Making a Difference

2017 Fort Bend County Hatching in the Classroom

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

RELEVANCE

Most elementary schools use textbooks to teach science in the classroom, hands-on science curricula has become very popular over the last decade. It has been a major focus of the National Science Education Standards. Hands- on learning have been proven to decrease behavioral issues as well as help students begin to develop critical thinking skills. The students not only learn about science but they also gain reasoning and research skills.

RESPONSE

Embryology: Hatching in the Classroom Projects is designed to provide the background information and exciting experiential activities dealing with life sciences for use in the classroom. With this curriculum , students will have the opportunity to develop scientific thinking skills related to qualitative and quantitative observations, forming hypothesis, and the overall scientific method. The focus this year was to expand the curriculum by reaching more students throughout Fort Bend County. Several meetings were held with school counselors, teachers, parent volunteers and principal advertising the Hatching the Classroom project. I met with a total of 8 schools and their personnel advertising our Science, Engineering, Technology (SET) projects that we offer. We were then able to plan how to incorporated Hatching in the Classroom into their already existing curriculum.

- Quail Valley Elementary School – Fort Bend ISD
- Hutchison Elementary- Lamar Consolidated ISD
- Hubenak Elementary- Lamar Consolidated ISD
- Harmony Public School – Houston, TX
- Jane Long Elementary- Lamar Consolidated ISD
- George Jr High – Lamar Consolidated ISD
- W.I.D.E. School - Missouri City , TX

RESULTS

We were able to successfully implement *Embryology: Hatching in the Classroom* in the following schools:

- Quail Valley Elementary
 - 270 Pre-K–5th grade students rotated through the science lab twice a week . They observe the incubation process as well as discussed the life cycle of the chickens through charts and diagrams.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

- Seven Lakes Jr. High School
 - **678** students participated in the project. Incubators were setup in three 7th grade science classrooms. Teachers used the project as a resources for bio-systems, animal adaptions, and natural selection
- W.I.D.E school
 - **70** students grade K-5th participated in the project. Incubators were setup in the school's science lab. The school also owns its own chicken coop. Once hatched, chicks were kept and raised by the students.

Teachers were given an evaluation to determine if the project was successful with teaching their students about the life sciences and other subject areas. Through the data collected by the evaluations there was a significance increase in students interest in subject matter of science such as natural selection , cell to organism process, bio-systems and heredity/genetics.

FUTURE PLANS

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.



Making a Difference

2017 Fort Bend County 4-H Robotics

Developed by Angela Romans, County Extension Agent – Urban Youth Development

REVELANCE

There has been lack regarding computer science classes being available on the middle and high school level in the state of Texas. In 2014- 2015 school year there were only 14 certified teachers to teacher computer science courses in the state of Texas. The University of Texas – Austin, Center of STEM has created the WeTEACH_CS teacher certification program to help increase the number of certified teachers to now 210 teachers. With the deficit in computer sciences courses, the major group that is lacking representation in computing jobs are females of underrepresented minorities particularly Blacks and Hispanics in the world of STEM. The percentage of STEM and computing jobs held by women has been declining since 1991. Of the jobs that are available only 8% were held by women who are an underrepresented minority (Fletcher, 2017). 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 or computer science 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 STEM and computer science literacy crisis.

RESPONSE

Fort Bend 4-H Robotics program concentrated on community outreach programs and the 4-H project experience. I had several planning meeting with Robotics project leaders, teachers from George Jr High School and W.I.D.E. school as well as a local church organizer. I held several interest meetings in hopes of started new 4-H Robotics clubs in areas we had not yet reached in the county. I conducted one on one trainings with our Robotics project leaders using the *Robotics 1:EV3* curriculum. To support the growth of the program I received grant funds through Texas 4-H Foundation to provide resources for both community outreach programs and 4-H Robotics clubs. I partnered with a church as well as my colleagues in the 4-H department to incorporated Robotics into several summer camps and hosted Fort Bend 4-H Robotics Class series. Three local schools also incorporated Robotics and Computer Science in to their daily curriculum.

RESULTS

- **Curriculum Enrichment**
 - **George Jr High School-** 20 8th grade students were introduce to coding using the *Discovery Drone* curriculum. I also provided a week-long Robotics lesson. By the end of the week, students were able to build and program using the NXT LEGO Mindstorm kits.

"Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity." The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

- **W.I.D.E. School-** 70 students grade K-5th were introduced to coding using our Spheros robots along with SPARK app. Emmanuel Ramos, the TECH teacher, lead the students through different coding series to complete number of routes/pathways created by him.
- **Sullivan Elementary-** 22 5th graders participated in the 2017 NYSD: *Incredible Wearables*.

- **Community Outreach -**

Event	Number of Youth	Activity
Greater St. Matthew Baptist Music Camp	25	Climbing robot
Healthy Living Camp	53	Design a Drone /What is a Robot?
Clover Kids Camp	29	Climbing Robot

- **Fort Bend 4-H Summer Robotics Classes Series-** 7 JIMU Robots were purchased with grant awarded by the Texas 4-H Foundation. These dancing robots were used to teach building as well as coding to the youth of Fort Bend County.

City	Library	Number of Youth
Katy	Cinco Ranch Library	10
Sugar Land	University Library	9
Sugar Land	Sienna Library	13

I collected a total of 33 4-H Robotics Program evaluations from our Summer Robotics Class Series.

- **Robotics Project 4-H Project Club** - a total of 41 youth and 19 adults were enrolled in our Robotics program this year. All youth completed the *Robotics 1: EV3* curriculum and we were able to provide EV3 LEGO Mindstrom kits to all clubs due to the grants received. Our Fort Bend IRobot 4-H Club even placed 4th at the Houston Livestock and Rodeo AgRobot Contest. Our Robotics project leaders had a total of 182 contact hours with our 4-H youth.

FUTURE PLANS

Fort Bend 4-H will be hosting Robotics Camp and Series of classes in the Summer of 2018. We also hope to continue to grow the program to where there will be more representation at the District and State level. We are also seeking partnerships in the community to support the program as it continues to grow.

the end of the week student were able to read labels, know difference between whole and refined grains, and healthy drinks.

- **Boys and Girls Club, Stafford-** 208 limited resourced youth from grades 4-7 were introduced to the CHFFF curriculum. For 4 days, 3-1 hour rotations of classes in physical activities, healthy nutrition, robotics, leadership, and fashion was taught during the Wellness Warrior Week. By the end of the week student were able to read labels, know difference between whole and refined grains, and healthy drinks.
- **Junior Master Gardener Teacher Training-** 23 teacher throughout Fort Bend County learned on the physical fitness aspect of the Learn Grow Eat Go Curriculum. Teachers became knowledgeable on how to set up a yoga station and given yoga videos to follow in the classroom.



Community Outreach

Event	Location	No. of Participants	Activity
Spring into Action Camp	Kendleton, Texas	18	Healthy eating habits and food demonstration
Family Health Day	Kendleton, Texas	25	Grandparents and Youth learned healthy activities during the spring break
Senior Guided Meditation	Fort Bend Co. Fair Grounds	125	Healthy relaxation techniques

Health Fairs

LOCATION	NO. OF PARTICIPANTS	ACTIVITY
MISSOURI CITY MIDDLE SCHOOL HEALTH FAIR	200	Healthy drink alternatives through blending smoothies on smoothie bike
AUSTIN HIGH SCHOOL	150	Healthy drink alternatives through blending smoothies on smoothie bike
ARIZONA FLEMMING ELEMENTARY	120	Healthy drink alternatives through blending smoothies on smoothie bike
BRIARGATE ELEMENTARY	200	Healthy drink alternatives through blending smoothies on smoothie bike

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. Market the program to other faith-based organizations throughout the community to increase in outreach involvement is also planned for 2018.

ACKNOWLEDGEMENTS

Our partners include the Walmart Foundation, Kendleton Heritage Museum, Boys and Girls Club, Fort Bend Independent School District, Pilgrim Journey Baptist Church of Rosenberg, In addition, City of Rosenberg, Fort Bend County, EF-NEP Program, the Cooperative Extension Program, and Prairie View A & M University - thank you for the ability to inform the limited-resource community.



EXTENDING KNOWLEDGE
Providing Solutions

Making a Difference

2017 – 4-H Management Plan - Fort Bend County CEP

Developed by Amber J. Foster, Extension Agent-CEP – 4-H and Youth Development

Supported by: Angela Romans, County Extension Agent – 4-H & Urban Development

Supported by: Justin Saenz – 4-H & Youth Development

Supported by: Derrick Bryant, Extension Agent-CEP Agriculture

Supported by: Courtney Bryant, Extension Agent-CEP FCS

RELEVANCE

Over 100 years ago, 4-H and youth development program began a mission to educate the future of America. With this primary objective, 4-H clubs throughout Texas are increasing brilliant, adaptable, and aware kids with the life skills to thrive in today's world while succeeding in their future endeavors. 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 Prairie View A & M University-Cooperative Extension Program focuses on the needs, concerns & interests of youth in limited resourced areas in Texas. Its aim is to help youth gain equal opportunity as their fellow youth without limitation.

RESPONSE

Fort Bend County 4-H and Youth Development depart work effortlessly to recognize and locate areas of limited resource populations with large numbers of youth. Informational meetings and events are hosted in these areas to allow parents and youth to join and be fully aware of the Fort Bend Extension youth programs.

Community Outreach

Health Club Informational- 42 youth and parents attended to learn about 4-H , the purpose Health living, and free youth membership cost for interest.

4-H Clubs and Volunteers

Club	Location
FB Fresno	Fresno, Texas
Imani Angels	Houston, Texas
Number of Volunteers	10

FUTURE PLANS

Increase numbers in locations of limited resourced youth in 4-H. Meet with local official to determine the needs and interest of youth in those areas.

"Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity." The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Making a Difference

2017 4-H Veterinary Science Certificate Program

Developed by: Justin R. Saenz, Count Extension 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 55 attendees, resulting in the formation of two new club: Sugar Paws and Hooves, Paws, and talons 4-H Clubs.



The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

RESULTS

Youth Participants	Adult Volunteers	Number of Clubs
53	18	10

- In 2017, 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 five 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.
- To advance the knowledge and understanding of the vet science Skill-a-thon to our student currently enrolled in the Texas 4-H Veterinary Science Certificate Program. We hosted three in-hands-on workshop: Animal Nutrition, Vet Science Skillathon, & Production Practices. In turn we had a total of 41 youth participate along with 28 adult volunteers. To further explore youths interest in veterinary medicine, 13 youth visited the Texas A&M Campus to tour the Veterinary School. During the tour youth had the opportunity to visit with current students and see the world class facilities Texas A&M University College of Veterinary Medicine offers.



FUTURE PLANS

Fort Bend County is committed to grow the Vet Science Program in the coming years. Fort Bend County 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 managers. In 2017 we will continue to offer more hands on lessons to better engage the enrolled members with hopes of increasing our completion rate.



Making a Difference

2017 Fort Bend County Fair AG'tivity Barn

Developed by: Justin R. Saenz, Count Extension Agent – 4-H & Youth Development

Supported by: All Fort Bend County Extension Agent & Staff

RELEVANCE

Fort Bend County Texas is unique in its demographic makeup with the eastern half of the county being urban while the western half remains mostly rural. This provides 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 County with significant production in Corn, Cotton, Rice, Beef Cattle, and Nursery Production and 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, Texas Parks and Wildlife Department, and Southern Cotton Oil Company.



RESULTS

Local youth were exposed to various agriculturally oriented educational activities during the annual Fort Bend County Fair. Approximately 1,095 students and 56 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, Sheep, Goats, and Swine), Natural Resources (Rivers and

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

orison), 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 2017 that equated to 60,125 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 we distributed them in all Fort Bend County Libraries as well as all Fort Bend County Tax office locations. All entries are submitted to the Extension office for judging and in 2017 we had 181 sheets turned into 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 educational programs provided in Fort Bend County. With the increase in urbanization, it is relevant to continue to offer educational activities such as AG'tivity Barn 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.



ACKNOWLEDGEMENTS

In 2017 the following partners provided sponsorships and donations: Texas Beef Council, Texas Parks and Wildlife Department, Kim Dzierzanowski, Southern Cotton Oil Company, King Ranch Turf grass, Mark Weido, Needville Feed, and Damon Farm & Ranch.

Making a Difference

2017 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 is the youth development program of our nation's Cooperative Extension System and USDA.

4-H is the youth development program of the Texas A&M AgriLife Extension Service that 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		
623 4-H Members	96 Adult Volunteers	31 4-H Clubs
County contests – Roundup with 330 entries		
Fashion Show – 8	Photography – 211	Consumer Decision Making – 7
Fashion Story Board – 17	Share-The-Fun – 3	Vet Science Skill-a-thon – 7
Food Show – 10	Educational Presentation – 5	Recordbooks – 36
Food Challenge – 16	Public Speaking – 4	Duds to Dazzle – 6

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

District contests - Roundup with 129entries		
Vet Science Skill-a-thon – 5	Robotics Challenge – 3	Rifle & Air Rifle – 13
Fashion Story Board – 8	Educational Presentation – 7	Duds to Dazzle - 3
Food Show – 4	Swine Quiz Bowl – 12	Consumer Decision Making – 6
Ag Product ID – 1	Horse Judging – 5	Recordbooks – 17
Photography – 7	Livestock Judging - 12	Share-The-Fun – 3
Indoor Archery Contest – 12	Food Challenge Team - 1	Fashion Show - 10
State contests – Texas 4-H Round up 45 entries		
Rife Match – 1	Educational Presentation – 2	Vet Science Skill-a-thon – 4
Swine Quiz Bowl – 8	Recordbook – 3	Indoor Archery – 5
Livestock Judging – 4	Vet Science Camp – 3	State Shooting Sports - 8
County Project Validations - 197		
Dogs – 5	Horses – 2	Goats – 47
Lambs – 29	Heifers – 60	Steers – 54
Major Shows – 170 entries		
Fort Worth – 2	San Antonio – 78	San Angelo – 4
Houston – 68	Austin – 14	State Fair of Texas – 4
Camps – 43 Attendees		
Clover Kids Camp – 29		Fashion Camp – 14
Special Interest/Enrichment – 19,093		
Ag in the Classroom – 15,229	Animals – 319	Biological Sciences – 191
Civic Engagement – 69	Communications and Expressive Arts – 6	Community/Volunteer Service –22
Consumer and Family Science – 30	Environmental Education/ Earth Sciences –156	Food and Nutrition – 26
Health –53	Leadership and Personal Development – 76	Personal Safety – 4
Plant Science – 1,562	Technology and Engineering – 1,248	

FUTURE PLANS

In 2018 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.

Making a Difference

4-H & Youth Development – Other Significant Programs 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 & Development

Fort Bend County 4-H Annual Awards Banquet - This very important “4-H year-end” event was held on Sunday, August 6 at the Fort Bend County Fairgrounds. This year’s Master of Ceremony was 4-H member Arron Phoels. 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 the 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 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.



Fort Bend County attending National Livestock Judging Contest – The Fort Bend County Livestock Judging successfully competed at the Texas 4-H Round State Livestock Judging Contest where they took home the title of 3rd place and awarded an invitation to compete in the American Royal Livestock Judging Contest. The team placed 4th overall among seventeen of the nation’s top 4-H livestock judging teams. Other team awards includes: 2nd Swine, 5th Beef, 4th Reasons, and 8th Sheep/Goat.

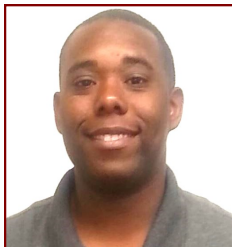
The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

Texas A&M AgriLife Extension Service - FORT BEND

2017 Extension Agents & Staff



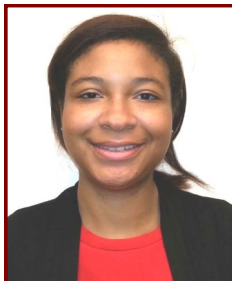
Vincent J. Mannino
County Extension Director
vmannino@ag.tamu.edu
(Adm. Mgr. – Cheryl R. Wasicek)



Derrick Banks
Extension Agent (CEP)
Agri. & Natural Resources
Derrick.Banks@ag.tamu.edu
(Admin. Asst. -Brandy Rader)



Angela Bosier
County Extension Agent
Urban Youth Development
Angela.Bosier@ag.tamu.edu
(Adm. Asst.—Victoria Zwahr)



Courtney S. Bryant
Extension Agent (CEP)
Family & Consumer Science
Courtney.Bryant@ag.tamu.edu
Adm. Asst.—Natalie Heimann



Amber J. Foster
Extension Agent
4-H/Youth Development (CEP)
Amber.Foster@ag.tamu.edu
(Admin. Asst. – Victoria Zwahr)



Deanne Garrett
Program Assistant
Better Living for Texans
Deanne.Garrett@ag.tamu.edu
(Admin. Asst. – Jacque Gerke)

Dianne Gertson

County Extension Agent - FCH
Better Living for Texans Coord.
dlgertson@ag.tamu.edu
(Admin. Asst. – Jacque Gerke)



John Gordy

County Extension Agent
Agriculture & Natural Resources
John.Gordy@ag.tamu.edu
(Admin. Asst. – Brandy Rader)



Leticia Rolland Hardy

County Extension Agent
Family Community Health
lvrolland@ag.tamu.edu
(Admin. Assistant – Jacque Gerke)



James “Boone” Holladay

County Extension Agent
Horticulture
JB.Holladay@ag.tamu.edu
(Admin. Asst. – Brandy Rader)



Justin Saenz

County Extension Agent
4-H & Youth Development
Justin.Saenz@ag.tamu.edu
(Admin. Asst. – Victoria Zwahr)



Krystal J. Wilcox

Expanded Food Nutrition Ext. Prg.
Cooperative Extension Program
kjlwilcox@ag.tamu.edu



Contact Us:

Texas A&M AgriLife Extension Service – Fort Bend
1402 Band Rd, Suite 100, Rosenberg, TX 77471
Ph. 281-342-3034, Fax. 281-633-7000,
Email: fortbend@ag.tamu.edu , Web: <http://fortbend-tx.tamu.edu> ,

