



Special Topics for Fall 2018

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Oct.-Dec, 2018 TOTAL CONTACTS

410 educational sessions
102,745 contacts
1,398 Social Media posts
16,159 Soc. Media followers
21 Newsletter Editions
27,799 Newsletter contacts
869 Volunteers assisted
3,647 Volunteer hours
1,395 Edu. Resources Used
Reached:
40.7% white
24.7 % Hispanic
22.6% Black
12.0% Asian
80.1% Youth
19.9% Adults

Message from the Co. Extension Director

Texas AgriLife Extension Service provides programs, tools, and resources on a local and statewide level that teach people how to improve agriculture and food production, advance health practices, protect the environment, strengthen our communities, and enrich youth. Whether teaching programs face-to-face, giving demonstrations, conducting field days, creating web-based resources, or answering questions one-on-one, Texas A&M AgriLife Extension Service provides educational programming designed to address the needs of Texans.

Three aspects of Extension's program development and delivery process that are essential to success: our of NETWORK educators and volunteers; our COLLABORATION with other agencies; and organizations, and the INVOLVEMENT of local people. Texas A&M AgriLife Extension personnel have expertise and conduct programs that encompass the broad areas of: **PROTECTING** our environment; **ENRICHING** our youth; **IMPROVING** our health; **GROWING** our economy and **FEEDING** our world.

Our agency is uniquely positioned to administer several technical services such as soil analysis, water testing, pest identification & control and wildlife damage management. Additionally, AgriLife Extension offers technical certification and training, annually schooling thousands of people who render important community services.

Texans guide what AgriLife Extension does for them at the local level. Citizen-led advisory boards and program committees coordinate this with their extension county agents. We also engage in ongoing communications with stakeholder groups, state and federal agencies, local and regional planning groups, and elected officials.

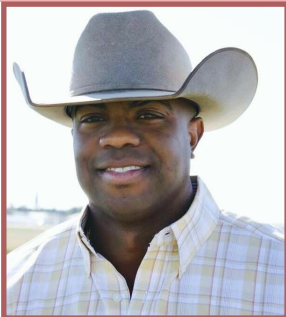
We have 250 offices serving all 254 Texas counties. We have 22 million direct teaching contacts across our four program areas—Ag & Natural Resources, Family Community Health, 4-H & Youth Development; and Community & Economic Development. We have 100,000 volunteers that donate 3.6 million service hours. We have 600,000 total Texas 4-H participants in four areas—community clubs, project clubs, SPIN clubs and in curriculum enrichment.

To learn more go to: <https://agrilifeextension.tamu.edu/about/who-we-are/>

The Cooperative Extension Program (CEP) & 4-H

The impact of the 4-H program through CEP has increased the well-being of the limited resource youth and families. As a result of outreach efforts to limited resource youth and families are introduced to the benefits of joining 4-H clubs within their community and schools. Knowledge of scholarship opportunities, project areas, and educational programs that enrich limited resource population are all gains from this year. Skills increased during this year was public speaking, STEM activities, positive self-esteem practice, food safety and cooking, and community engagement.

New 4-H/Youth Development Agent

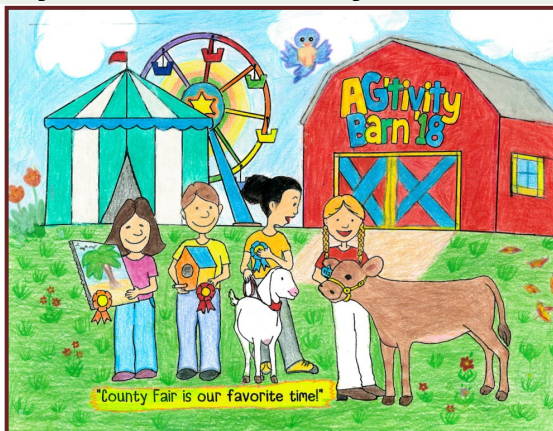


Mr. Damion Turner, a native of Rockdale, TX began work in Fort Bend as our new County Extension Agent for 4-H & Youth Development on Dec. 3. He's earned a B.S. in Agri. Education From West TAMU in Canyon and a M.S. in Agri. Science from TAMU—Kingsville. His previous employment includes 4-H Extension Agent with LSU in Calcasieu Parish, 4-H Prgm. Outreach Coord. with Oregon State Univ. Extension Service, Ag. Science Teacher with the Evergreen ISD—Vancouver, Wash. And Extension Agent with PVAMU in Waller Co., TX. In his new role as 4-H agent he will work traditional 4-H, horse and shooting sports. Help us welcome Mr. Turner.

A Success! ... 82nd Annual Fort Bend County Fair & AG'tivity Barn!

The fair's 10-day run came to an end, but not until over an estimated nearly 90,000 people attended the Fair. This is the 82st Annual Fort Bend County Fair and Rodeo since the original Fair held in October of 1933. And, it was quite a celebration in Texas A&M AgriLife Extension's AG'tivity Barn. And, it was especially nice since we were housed in the new George Arena. AgriLife Extension collaborated with several local partners to form the Fort Bend County Fair AG'tivity Barn Committee. Members consist of Extension staff, Fort Bend Farm Bureau, Master Gardeners, Master Naturalists, the Texas Parks and Wildlife Department, and the Southern Cotton Oil Company.

Most impressive was the variety of events going on daily to entertain the crowd. One of which was AG'tivity Barn in which local youth were exposed to various agriculturally-oriented educational activities during the annual Fort Bend County Fair. Approximately 750 students and 85 teachers and chaperones participated in hands on activities during guided school tours such as Crop Production (Corn, Cotton, Soybeans, and Rice), live animal exhibits (Beef Cattle, Chickens, Sheep, Goats, and Swine), Natural Resources (Rainwater Harvesting), Horticultural Production (Earth Kind Gardening), Bees, Fish and much more. Also during the 10-day event the AG'tivity barn is opened to the general public that comes through the gates. We estimate that 60% of the total people that came to the fair actually visited the tent, and in 2018 that equated to 57,000 visitors who 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-5. We design an Agricultural theme coloring sheet and this year and distributed them in all FBC libraries as well as all Fort Bend County Tax office locations. We had 276 coloring sheets submitted for judging. (178 girls and 96 boys participating in the contest. Winners are selected in each grade level with 1st and 2nd receiving prizes.



Learn, Grow, Eat & Go! (LGEG)

The 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 FBC Master Gardener Youth Activity Committee to plan teacher trainings and conduct youth educational activities using the Junior Master Gardener curriculum. Girls Scouts of America, local schools, and child care centers assisted. Over 998 contacts were made and more than 2754 volunteer hours were recorded. While numerous events took place in 2018 in the 4th quarter of 2018 the WIDE school - located in Missouri City had 70 youth participating and Quail Valley Elementary- located in Missouri City, TX an after-school 4-H club with 30 members.



Texercise Program for Seniors!

The Texercise program is a 6-8 week fitness & educational program that targeted seniors by providing regular physical activity to reduce the risk and 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 seniors 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. The event reached 164 individuals through educational workshops, brochures, flyers, and volunteer contacts. This evaluation analysis captured the participants' knowledge of nutrition education, management of portion sizes, knowledge of reading food labels, food groups, and application of physical activity for healthier lifestyle.

Better Living for Texans (BLT)

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.



BETTER LIVING
FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION

During 2018, 106 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, 49 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, The Pinnacle Senior Center, UT Physicians, Mamie George Community Center and Fort Bend Gardens. Fifty four persons completed the Eat Smart Live Stronger series. This series focuses on label reading, food safety and meal planning.

Financial Literacy Series

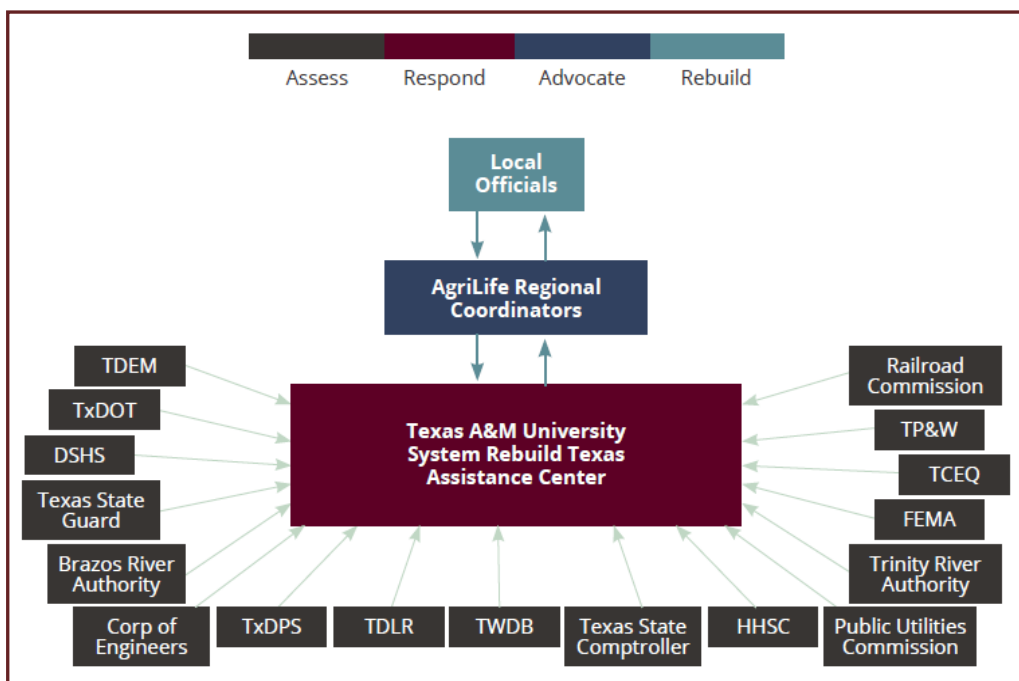


To address the issues of financial literacy several activities were implemented throughout the county that focused on bettering the lives of Fort Bend County residents. The Home Buyer's Workshop series was implemented throughout the county. This workshop held on 10/7/16 for nearly 100 participants was designed to increase the amount of home buyers in the county area, provide adequate information for residents looking to purchase homes, and decrease the fear associated with first time home buyers. The workshop addressed topics such as down payment assistance, the loan and application process, and credit issues. Financial Literacy was also presented within the Tackling Tough Skills Curriculum which was presented to the Fort Bend County Jail. These topics addressed the importance of managing family resources, developing shopping budgets, and formulating a resume. Financial literacy was also a component of the Etiquette and Leadership Camp which helped students identify the importance of money management, develop new skills such as writing and balancing of checks, the sale and exchange of real estate, and the benefits of investing.

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

Scope of Rebuild Texas

The Governor's Commission to Rebuild Texas, working with AgriLife Extension Service, created a network of about 180 extension agents and other Texas A&M System staff members in the 40 affected counties and tied them together with a digital reporting tool know as Survey 123. The agents worked with local officials on a daily basis, relaying requests for assistance, questions, comments and complaints to a response center at the system



offices in College Station. Experts there fielded comments coming in the field and worked to get answers within 72 hours whenever possible, contacting experts at TDEM, FEMA, GLO or other state or federal agencies as necessary. Questions and comments were logged electronically and could be analyzed by geographic area. This communications link proved valuable during the response phase, but became even more important during recovery, as cities and counties began to deal with a maze of federal and state regulations.

Snap-Shot of Upcoming Events:

- Child Care Providers' Education—Jan. 19, 8:00 a.m.—12:00 noon
- Cooking Under Pressure—Jan. 30, 5:30 - 7:30 p.m.
- Private Pesticide Applicator Training—Jan 24, 9:00 a.m. - 5:00 p.m.
- Parenting Connection Training—Jan. 30, 10:00 a.m.—2:00 p.m.
- Keys to Success in FBC Production, Feb. 2, 9:00—11:00 a.m.
- Annual Regional Vegetable Conference—Feb. 7, 8:00 a.m.—5:00 p.m.
- Hurricane Harvey Intake Event—Jan. 23, 9:00 a.m.—1:00 p.m.
- Food Preservation—Mar 1, 9:00 a.m. - 12:00 noon
- Multi-County Feral Hog Management Program, Mar. 2, 8:00 a.m.—2:00 p.m.
- JMG Gardening Fun Day—Mar. 13, 9:00 a.m.—3:00 p.m.
- FFA Career Dev. Event (Long Acres Ranch), Mar. 19, 8:00 a.m.—2:30 p.m.
- Quail Appreciation Day (Long Acres Ranch), Mar. 21, 8:30 a.m.—3:00 p.m.
- Private Pesticide Applicator Training—Mar. 22, 8:00 a.m. - 5:00 p.m.
- Food Handler Course—Mar. 28, 9:00 a.m. — 11:00 a.m.
- Walk Across Texas Program Begins—Mar. 11 @ 8:00 a.m. Yea!

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

www.facebook.com/FortBendCountyExtension



A Glimpse of Fort Bend County:

The 2018 population has reached 764,828 of which 41.4% are college educated, 88.5% are high-school graduates and earn an average household income of \$118,558. For over 20 years, we have been in the top 20 counties in the U.S. for economic excellence and population growth - and that is by design and not by accident. "Among the largest counties (>250,000 or more in 2015), Fort Bend, was the fastest growing, as we climbed 4.3 % between 2014 and 2015, to 741,237".

Excellent schools, affordable housing, planned communities and extensive recreational facilities have attracted families with impressive demographic profiles. These actions results in a local employment base that provides companies with a diverse mix of professional, technical, skilled, and unskilled labor with the highest educational levels in the region. For more info see: www.fortbendcountytexas.gov/