



Helping Texans
Better Their Lives

Extension Education in Fort Bend County

*Making a difference
in 2019*

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AgriLifeExtension.tamu.edu

In Texas, all 254 counties are served by a well-organized network of professional Extension educators and some 100,000 trained volunteers. Extension expertise and educational outreach pertain to the food and fiber industry, natural resources, family and consumer sciences, nutrition and health, and community economic development. Among those served across the state are hundreds of

thousands of young people who benefit annually from Extension's 4-H and youth development programs.

Fort Bend County, TX

County Seat – Richmond

Population – 764,828 (2018)

College Educated: 41%

\$118,558



Educational Sessions Conducted – 1,607 (920 for youth)

Technology Assisted Programs - 29

4-H Clubs - 35; 4-H Club Members - 622; 4-H Adult Leaders - 89; Youth Leaders - 97

Youth Curriculum Enrichment Participants – 23,242

4-H Special Interest/Short Term - 12,886

Master Volunteers - 309

Texas Extension Education Club Members - 39

Total of Volunteers – 1,097

Total Volunteers Hours in Support of AgriLife in Fort Bend – 94,492

Value of Volunteer Hours to Fort Bend Citizens - \$2,402,932

Direct Contacts (office/site visits & phone calls) – 5,599

Indirect Contacts (mass media—television, radio, newspaper) – 62,040

Newsletter/Mail/E-Mail Contacts – 132,667

Social Media Posts – 6,005

Social Media Followers – 221,532

eXtension ('Ask the Experts') - 847 Total

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In 2019

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Helping Texans Better Their Lives

2019 Agriculture Base Program - Fort Bend County

Developed by Derrick Banks, Extension Agent – ANR - CEP

RELEVANCE

Fort Bend County limited resource producers and beginning farmers and ranchers face many challenges with funding being the number one issue to start and maintain a profitable agriculture operation. On average, The Fort Bend County Extension Office conducts at least 15 site visits each month to help limited resource producers and beginning farmers and ranchers determine what funding resources may be available to help them promote better agricultural management practices. Agencies such as the United States Department of Agriculture, Farm Service Agency, Natural Resource Conservation Service, Texas Department of Agriculture, and Sustainable Agriculture Research Education all provide funding resources for limited resource agriculture producers, but often times limited resource producers have a variety of obstacles which create great challenges while trying to obtain available resources and knowledge in agriculture funding provided by government, state and local entities.

RESPONSE

This program targeted limited resource producers and beginning farmers and ranchers to provide them with the necessary training and knowledge to obtain agriculture funding to start or maintain their operation. The Fort Bend County Sustainable Agriculture Committee met 3 times during 2018 to plan and evaluate The Government Assistance Overview for Ag and Youth Ag Producers, The Micro Loan Workshop, and The Business Planning Workshop. There were a total of 20 contacts were made during these meetings. Each meeting focused on program planning, development and implementation to ensure limited resource producers and beginning agriculture producers were presented with the opportunity to apply for available resources in which they qualified for. The Government Assistance Overview for Ag and Youth Producers focused on providing producers with education on NRCS Resources, Loans and grants provided by the USDA, Funding opportunities provided by SARE, The Beginning Farmers Grant and other funding opportunities provided by Texas Department of Agriculture. The Micro Loan Program Focused on educating producers on the proper steps of the Micro Loan application process, considerations were made to producers on marketing strategies and maintaining a profitable Agriculture Operation. The Business Planning Workshop focused on the business plan and presenters educated producers on the necessary components of the business plan, and how to properly design a business plan. Information on funding resources, presenter's office contact information was implemented into Cooperative Extension Program Newsletters, which allowed Limited Resource Producers and Beginning Agriculture Producers who could not be in attendance the opportunity to benefit from the program. Two Articles were in the Prairie View

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A&M College of Agriculture and Human Sciences' Monday Minutes Newsletter. A Field Day was conducted to introduce producers to prior applicants who utilized funding resources to start and maintain successful agriculture operations. Mentors were also provided to producers since mentorship is one of the requirements to receive some of the agriculture loans available. The Micro Loan Program was also added as a component 2 other program series, to show livestock and Horticulture producers how to obtain a Micro Loan to assist with finances within their established operation.

RESULTS

Forty-two applicants were asked agriculture related questions pertaining to educational and resource needs provided by government, state, and local entities. Participants indicated their level of knowledge before and after the program. A total of 30 consultant meetings with youth ag producers has resulted in 17 of those producers applying for the \$5,000.00 youth loan provided to active 4-H and FFA members by the USDA. A total of 70 consultant meetings with limited resource producers and beginning agriculture producers, in which 48 of the applicants have applied for funding through a federal, state, or local entity. A total of 26 program participants have applied for Micro Loans for a total of \$1,000,000 in funding applied for. A total of 6 producers have applied for the Macro Loan through USDA for a total amount of \$600,000. A total 9 participants in the program have applied for a total of \$12,000 in funding provided by SARE. A total of 11 Participants have applied for cross fencing funding and High Tunnel Funding through the NRCS. A total of 91% participants expressed knowledge gained from the program, and a total of 33% applicants expressed they would change behavior as a result of the information presented on effective marketing strategies. A total of 6 producers have entered the Agribility Program in conjunction with Texas A&M AgriLife Extension and The National Agribility Project, in which they have received help with financial advisement, marketing advisement, and one on one consultation with various agriculture advisors all free of cost.

FUTURE PLANS

Create a resource guide for Producers to access online to easily obtain funding resources, Develop and train more producers to become mentors, create more educational opportunities for limited resource producers to ensure they maintain a profitable operation, incorporate this program into the Cover Crop Program.

THIS IMPACT PLAN IS SUPPORTED BY:

The National Agribility Project, Natural Resource Conservation Service, United States Department of Agriculture, Farm Service Agency, Texas Department of Agriculture, and Sustainable Agriculture Research Education.

CONTACT INDIVIDUAL:

Derrick Banks, Extension Agent, Cooperative Extension Program, Fort Bend County.

Helping Texans Better Their Lives

2019 Feral Swine Plan – Fort Bend County

Developed by Derrick Banks, Extension Agent – CEP- ANR

RELEVANCE

Fort Bend County feral swine damage is an ongoing and increasing issue among our producers, and landowners. On average, the Fort Bend County Extension Office conducts at least 15 site visits per month in rural development communities to meet with farmers and ranchers about feral swine damage prevention. Often times the hogs are living along the river system in heavily wooded or overgrown areas where they multiply through prolific reproduction rates, while causing serious damage to agriculture crops in the area, and causing serious accidents with motor vehicles on the roadway. Feral swine have been seen sharing water sheds with domestic livestock midafternoon, when these animals are typically nocturnal. Among their many superior traits adaptability has proven to be one of their strongest. Fort Bend County has approximately 567,000 acres of land, and of this amount there is a considerable amount of undeveloped acreage which allows feral hogs to reproduce at an uncontrollable rate.

OBJECTIVE

The Feral Swine Program in Fort Bend County was started to address the issue the feral swine infestation in the county, where feral swine are in a competition for territory due to rural and urban development. This program targeted landowners within areas where feral swine were considered to be an infestation across Fort Bend County. Landowners were worked with on a one-on-one basis to provide information on how to trap, prevent, and eliminate feral swine issues. The Feral Hog Coalition met a total of 3 times in 2019 to plan and implement the Fort Bend County Feral Swine Processing and Sausage Making Program, The Fort Bend County Trapping Program and demonstration, a Feral swine awareness meeting, and The Fort Bend County Basic Biology of Feral Swine and Control Methods Program. By partnering with various agencies such as Texas Parks and Wildlife, Texas Animal Health Commission, Texas Farm Bureau, The Feral Hog Coalition, Fort Bend County Master Naturalists Volunteer group, and the Feral Swine grant provided to the Cooperative Extension Program through APHIS; traps were set in various areas throughout the county to collect data. A result demonstration using applied research was conducted using different trapping methods. This demonstration included a corral trap, a step by step guide on how to select a trapping site, a guide on how to construct the trap, methods on how to trap the hogs, and contact information for feral hog removal. The Boar Buster and Jager Pro feral swine trapping systems were also replicated during these trials to determine the most effective means for trapping an entire sounder of feral swine.

The infestation sites were scouted for damage and baiting stations were set up to start training the feral swine to return to a particular site to feast. Game cameras were set up to monitor the sounder's activity and strategies practices in which the landowners could adopt. Traps were then built based on the environment, and hogs were removed from the trapping sites, transported to (TDA certified) buying stations (holding sites) where they were weighed. After the hogs are weighed at the TDA certified holding area, the live hogs are

then purchased and shipped to a USDA certified processing plant for an average of .20-.35 cents per pound, which is a decline from the previous market price of .45-.60 cents per lb. Feral Swine are picked up from the buying stations and transported to a processing plant where they are then slaughtered, processed, packaged, and shipped for consumption. Some of the meat is shipped as far as Europe where this meat is in high demand.

RESULTS

As a result of the feral hog programs being provided by the Cooperative Extension Program, producers in Fort Bend County are becoming more successful, aware, and efficient in managing feral swine issues on their property. Cooperative Extension Program conducted quality In-depth programming efforts by hosting multiple trapping workshops, programs on the basic biology of feral swine, sausage making/processing programs, and educating producers on proper ways to handle feral swine meat while avoiding contamination. As a result of the Fort Bend County Trapping Demonstration 88% of the participants will change their current environment to prevent feral swine damage, 96% increased their knowledge gained, 87% of participants increased their skill level in feral swine prevention, 96% of participants increased interest in subject matter, 96% percent of participants gained a new opinion about feral swine trapping, 93% of participants adopted new practices presented, 100% would make better informed decisions, 100% would participate in more feral Swine programs, 100% of participants economic conditions would change. As a result of the Feral Swine Processing and Sausage Making Program 41% of participants will now change their behavior in Feral Swine processing, 59% will use the new eradication methods presented, 45% will change behavior in using advanced technologies for trapping, 59% will change behavior when consuming feral swine meat, 35% will seek funding from USDA/other agencies to control Feral Swine, 52% will participate in county efforts to control feral swine, 14% will change behavior in trapping feral swine for profit, 43% will implement a feral swine management plan. Also as a result to programming efforts, 33% gained knowledge in feral swine processing techniques, 33% gained knowledge in eradication methods, 66% gained knowledge in Technology advanced hog trapping equipment, 66% gained knowledge in feral swine marketing and profits, 33% gained knowledge in feral swine diseases and contamination, 66% gained knowledge in feral swine biology, 66% gained knowledge in state regulations for feral swine, 66% gained knowledge in trap types, 33% gained knowledge in safe consumption of feral swine meat, 33% gained knowledge in USDA and other funding sources for feral swine control, 33% gained knowledge in county efforts for controlling feral swine.

With the funds provided by the Feral Swine Grant, more traps were built in other areas to show producers various trapping methods that can be used to prevent feral swine damage. The project still has ongoing research that will be used to continue providing the public with resources they need to become aware of feral swine damage and/or control. Since the inception of this program, more than 700 feral hogs were trapped in 2 years, and the Feral Hog Coalition have built 20 traps at multiple sites throughout Fort Bend County and across the state of Texas.

This program and demonstration is still ongoing. It was determined through research, demonstration, and programming efforts that trapping feral swine in a corral style trap is the most efficient way to remove a large sounder. When trapping hogs it is imperative to trap the entire sounder. Monitoring your game cameras gives you a better idea of what's going on in and around the trap. Keep your trap filled with bait is imperative if you want to keep the hogs coming back to the trap. You must have a quick efficient plan to remove the hogs from the trap before trapping them, as they will get stressed and cause damage the trap, or even worst be inhumanly kept for any period of time. Hogs cannot be legally relocated to any site other than a holding site certified by the state of Texas. Bait used inside feral swine corral traps varied from a vegetable compost mix soaked in molasses to whole dried corn, and damaged bags of feed from local feed stores and grocery

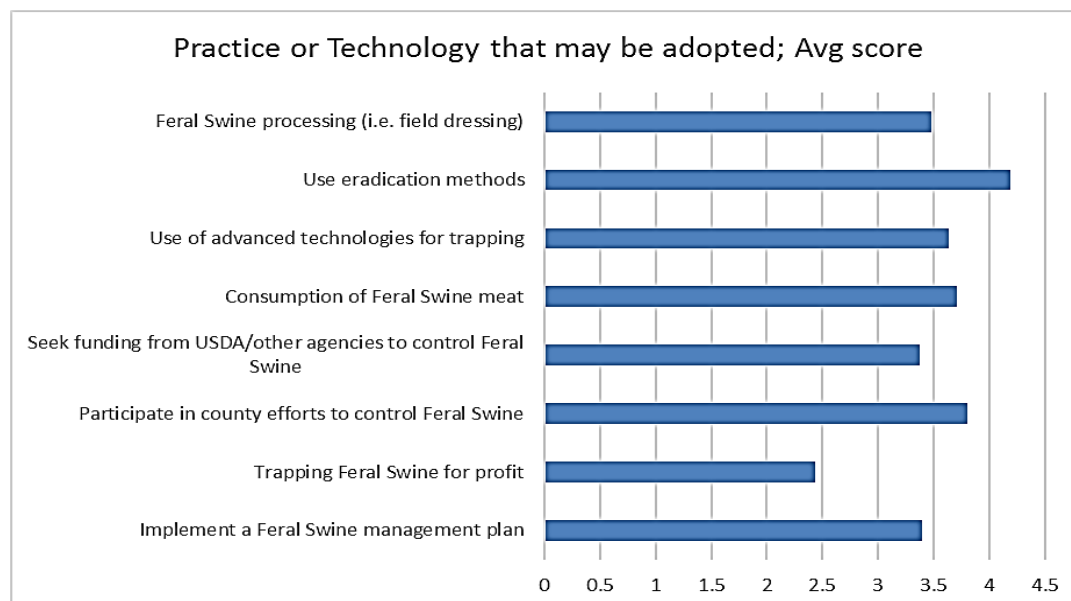
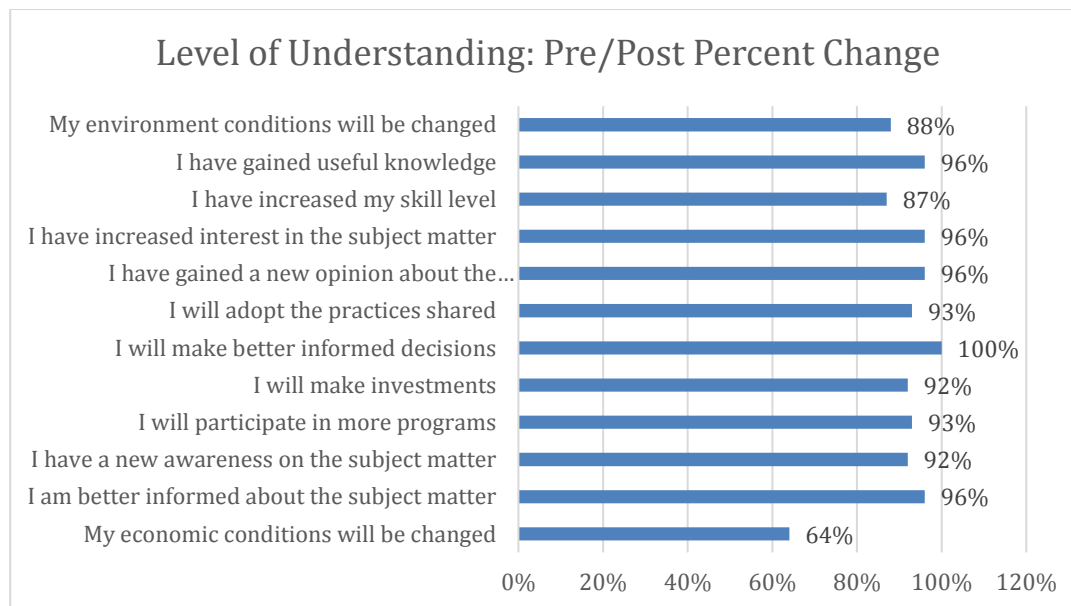
stores (City Farmer, Tractor Supply Co., HEB, Kroger and Walmart). We saved an average of \$100.00 per trap, totaling over \$1700.00 by utilizing donated baiting/feed sources.

FUTURE PLANS

Conduct trapping demonstrations with new trap models, work with government agencies such as USDA to seek more funding to continue research in feral swine eradication. Work with Texas Animal Health Commission and the soil and water conservation district to start testing water sheds in hog infested areas.

IMPACT PLAN SUPPORTED BY:

The Fort Bend County Feral Hog Coalition, the Livestock Coalition, the Sustainable Agriculture Committee, Texas Farm Bureau, Texas Parks and Wildlife, APHIS, Texas Animal Health Commission, Walmart, HEB, Kroger, Tractor Supply Co., Rosenberg City Farmer.



Helping Texans Better Their Lives

2019 Small Scale Horticulture Production - Fort Bend County

Developed by Derrick Banks, Extension Agent – ANR - CEP

RELEVANCE

Fort Bend County has a major difference in soil profile and type depending on where you are in the county, and is an ongoing and increasing issue among our beginning producers and landowners. On average, the Fort Bend County Extension Office conducts at least 6 site visits per month in rural development communities to meet with farmers and ranchers about specialty crop production, and small scale horticulture production. Fort Bend County has approximately 567,000 acres of land, and of this amount there is a considerable amount of undeveloped acreage which is being turned into smaller plots of agriculture production land, and residential neighborhoods at an uncontrollable rate. Specialty crop production and cover crop production are among top priorities for local limited resource vegetable producers and beginning farmers, and vegetable producers. Vegetable production in Fort Bend County and has the most problems among growers due to differences in soil type, pest control, and nutrient deficiencies.

OBJECTIVE

This program targeted limited resource producers to work with on a one-on-one basis to provide information on how to test your soil, site selection, weed and pest prevention, and adequate watering cycles. The Sustainable Agriculture Committee met 3 times during 2019 to plan and implement the Cooperative Extension Program Soil Testing Campaign, The Cooperative Extension Forage Testing Campaign, and to participate in the planning of future cover crop trials and programs in Fort Bend County. A total of 62 contacts were made during these 3 meetings. Presenters with the Natural Resource Conservation Service educated limited resource producers on how to properly take a soil test to improve overall soil health, and maximize production. Fort Bend County Master Gardeners Volunteer group were able to assist in training beginning farmers ranchers over best management practices for vegetable production. The Cooperative Extension Program provided result demonstrations, and educational programs on specialty crops such as Sorrel production, in order to increase the knowledge and awareness of limited resource producers growing a variety of specialty crops for additional streams of income. Producers were educated on best management practices for producing sorrel and other specialty crops. Soil test demonstrations were conducted at 3 different sites in Fort Bend County to accommodate limited resource producers in different parts of the county. Members from The Southern Cover Crop Board met 2 times and made a total of 17 contacts during these meetings. The Cooperative Extension Program and The Southern Cover Crop Board provided education on planting, maintaining, and harvesting; cover crops and identified 10 producers in Fort Bend County to participate in a 2 year ongoing cover crop study to help promote cover crop planting, increase soil fertility, identify vigorous plant species to tolerate heavy clay soils, and other soil types across the region. A result demonstration using applied research was conducted using 2 different

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producers' plots to grow Jamaican Sorrel, grafted cucumbers, and pomegranates which limited resource producers in Fort Bend County were able to view specialty crop production sites, attend grafted vegetable trainings, weed identification training, and pest control methods in vegetable gardening hosted at Prairie View A&M University with Dr. Kesha Henry, Dr. Ming Gao and Dr. Peter Ampiem. A total of 30 contacts were made during the Sorrel production demonstration, in which producers were able to randomly view the grow sites. A step by step guide on how to select a grow site for Sorrel production, a guide on how to conduct a soil test before planting and after harvest, methods on weed and pest control, and contact information for farmers markets and local surplus buyers in the area, to ensure limited resource producers and underserved populations had access to resources to help sale their produce. An ongoing specialty crop study was conducted by Cooperative Extension Program in which 16 producers in Fort Bend County were selected to participate in specialty crop education trainings in order to promote specialty crop production in Texas, in which 30 contacts with limited resource producers were made. The Fort Bend County Feral Hog Coalition met a total of 3 times to plan and implement The Fort Bend County Feral Hog Program, in which 70 limited resource producers and beginning ranchers learned about modern trapping methods, basic biology, and control methods in Fort Bend and Surrounding counties. With the funds provided by Sustainable Agriculture Research Education (SARE), more plots were put in other areas to show producers various gardening methods that can be used to increase yields, and lower pest and disease issues. The project still has ongoing research that will be used to continue providing the public with resources they need to become aware of factors that contribute to successful Specialty Crop Production.

RESULTS

Upon uploading the continuing research from the ongoing cover crop trial; producers have access to the data in implementation of these practices on their property. 100% of producers who attended the Sorrel production training gained knowledge on benefits of using Jamaican Sorrel, 100%, 100% of the participants gained knowledge on How to grow rootstock seedlings, 100% of the participants gained knowledge on how to grow and harvest Sorrel. 100% of the producers who attended the grafted cucumber workshop intended to adopt new practices learned, 100% of the participants gained knowledge on how to attach a scion onto rootstock, 100% of participants gained knowledge on how to prepare planting medium/soil for growing after procedure, 100% of the participants gained knowledge on how to care for plants after grafting procedure to ensure growth, 100% of the participants intended to Replicate grafted vegetables procedures on your own farm, 100% of the participants would recommend grafted vegetables to others, 100% of the participants intend to grow grafted vegetables. As a result of the soil testing campaign, a total of 50 contacts with limited resource producers were made. 100% of the participants in the soil testing campaign effectively learned how to conduct a soil test. 100% of the participants have adopted the practice of taking soil tests before planting and after Harvest.

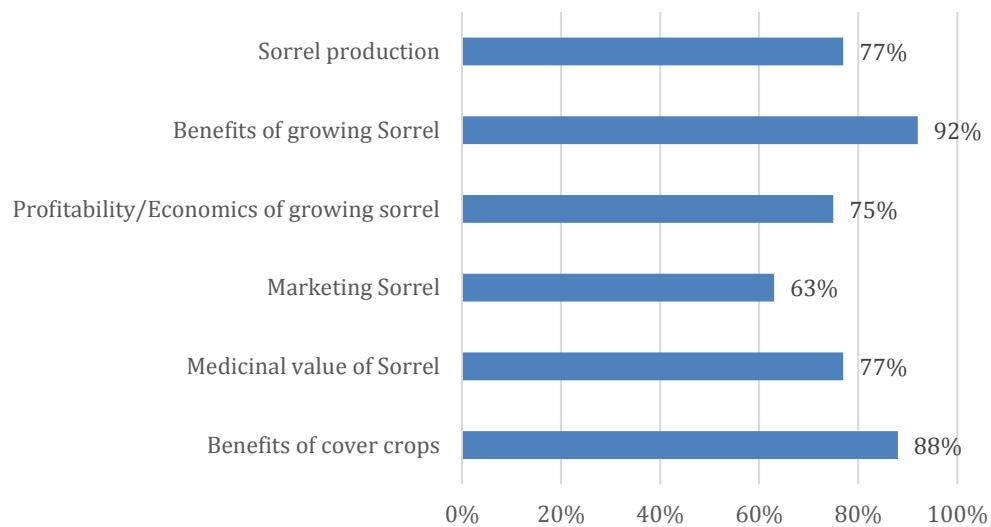
ACKNOWLEDGEMENTS:

Fort Bend County Master Gardeners, Fort Bend County Feral Hog Coalition USDA-NRCS, Fort Bend County Master Naturalists Group, Fort Bend County Sustainable Agriculture Committee, Attack Poverty, Houston Food Bank.

Contact Individuals:

Derrick Banks- Extension Agent; Fort Bend County, Agriculture and Natural Resources Cooperative Extension Program- Prairie View A&M University.

Knowledge Gained per Activity



Helping Texans Better Their Lives

2019 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 3 percent growth rate, our 2019 population is estimated to be at 820,000 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 (69,000), Rosenberg (38,000), and Sugar Land (119,000). 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.

VALUE

Earth-Kind® Landscaping



The Earth-Kind® program teaches participants how to care for gardens and landscapes with environmentally friendly, research-proven techniques. Instructional topics include water conservation, responsible fertilizer application, and non-chemical options for controlling pests. Use of Earth-Kind® practices benefits Texas by saving water and protecting surface and groundwater resources from potential contaminants.

RESPONSE

Texas A&M AgriLife Extension 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 and established homeowners, we adopted two program series, one focused on home food production and the other focused on landscape management. The Grow Your Own series consisting of six classes was delivered on Saturday mornings, aiming to attract a similar group of participants through the complete series. The Landscape Success series, a partnership with the Harvest Green community, was held on Tuesday evenings and similarly, participants attended the complete series of six classes.

RESULTS

135 registered guests participated in both 2019 programs, **70** of which attended a complete series of 6 classes. Results gained through formal customer satisfaction evaluations and verbal feedback confirm that these programs were well received and that people are eager to see continued efforts and new offerings in the future. The below evaluation results from Grow Your Own shows the need for and success of these courses.



Activity Title: Edible Garden Planning

Activity Date: February 16, 2019

Number of Participants: 59

1. Overall satisfaction with this activity.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Completely	30	66.7	71.4	71.4
	Mostly	10	22.2	23.8	95.2
	Somewhat	2	4.4	4.8	100.0
	Total	42	93.3	100.0	
Missing	System	3	6.7		
Total		45	100.0		

2b. Satisfaction with accuracy of the information.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Completely	36	80.0	81.8	81.8
	Mostly	7	15.6	15.9	97.7
	Somewhat	1	2.2	2.3	100.0
	Total	44	97.8	100.0	
Missing	System	1	2.2		
Total		45	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	41	91.1	91.1	91.1
	No	1	2.2	2.2	93.3
	Not sure	3	6.7	6.7	100.0
	Total	45	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	29	64.4	70.7	70.7
	No	12	26.7	29.3	100.0
	Total	41	91.1	100.0	
Missing	System	4	8.9		
Total		45	100.0		

Specific noteworthy data from above include: 1. **66.7%** complete satisfaction of program, 2b. **80%** state the the information accuracy, 4. **91.1%** plan to make changes as a result, and 5. That a total of **64.4%** 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 these series and to expand program opportunities. To increase participation in our Landscape Success series, we plan to identify a municipal partner and open enrollment to the general public. To increase value in our 2020 program, we will 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.

EXTENDING KNOWLEDGE
Providing Solutions

Helping Texans *Better Their Lives*

2019 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 Task Force

Serve as advisor and assist to implement annual fruit and nut 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.

Fort Bend County Master Gardener Association – Advisor and Program Lead

67 Speakers Bureau presentations given in 2019, reaching total audience of 2,539.

Sustainable Agriculture Efforts - Southern SARE and Southern Cover Crops Council

Serve and provide input for future State-wide and multistate programming efforts.

Houston Food Systems Collaborative – Houston Food Bank

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

Houston Area Urban Forestry Council

Active member and serve on Board of Directors as Education Chair.

Partnerships with Local Government

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

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

Social Media Education and Marketing

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

eXtension Ask the Expert Online Questions

Respond to an average of **25** Ask the Expert questions per month throughout the year, adding additional Fort Bend Master Gardener account to expand our abilities.

Helping Texans Better Their Lives

2019 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 to conduct educational programming to inform the community about acceptable horticultural practices and consequences of the use of improper practices.



Sharing Knowledge

The Texas Master Gardener Program

What sets Master Gardeners apart from other home gardeners is their special training in horticulture. In exchange for their training, persons who become Master Gardeners contribute time as volunteers, working through their Extension office to provide horticultural-related information to their communities.

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. **Thirty-one** individuals enrolled in the Fort Bend County Fall 2019 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 to become a certified Texas Master Gardener.

Beyond the annual training of new master volunteers, we build better value into keeping Master Gardeners as active volunteers within the program. With an ongoing attrition rate of **88%**, we continue to hold a complete active membership of **195** Fort Bend Master Gardeners. To continue this level, we offer 6 recertification trainings specifically for active members, to help expand their knowledge and confidence, and to encourage them to contribute in more meaningful ways.

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Established in 2016, we have continued a monthly Lunch & Learn program series of recertification training for our members. These programs, each averaging a length of one hour, 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 **Thirty-one** individuals enrolled in the Fort Bend County Fall 2019 Master Gardener class will contribute in minimum of **920** 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 2019, if all remain active, would contribute an additional minimum of **1211** 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 2019 was the continuation of both the Grow Your Own and Landscape Success program series'. Each of these 6 class series were 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 2019, the Fort Bend Master Gardener Association has **65** (up from 45 in 2017) members certified and active as Advanced Trained Master Gardeners. 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 participant 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 advanced trained volunteers to assist in the planning and implementation of additional educational programs within our community.

Helping Texans Better Their Lives

2019 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 10 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.

VALUE

Crop and Forage Production Education



Extension programs in crop production promote best practices that lead to reduced irrigation, safer pest management, and improved profitability of agricultural enterprises. This benefits Texas as a whole by contributing to the quality and quantity of water resources and enhancing both agricultural competitiveness and rural economies.

RESPONSE

Texas A&M AgriLife Extension, 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 Festival. We successfully completed the fourth year as the core educational partner of the

Richmond Pecan Harvest Festival which brought in a total of **5000** visitors overall, **1200** of which directly visited our pecan exhibit and learned about growing pecans in our region. Agriculture partners in this event included Fort Bend Farm Bureau, Texas Pecan Growers Association, and the Texas Department of Agriculture *GO TEXAN!* marketing program.

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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 production efforts and both Stephen Janak and Monte Nesbitt on fruit and nut programs. This includes the continuation of a replicated variety trial on olive and Satsuma citrus. We have also joined the Southern Cover Crops Council in implementing a multi-state winter cover crop seed rate study. Results of this project will help many sustainable farmers across the south.

RESULTS

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

Activity Title: Fort Bend Vegetable Conference

Activity Date: 2/7/19

Number of Participants: 250

Percentages based on 166 respondents to the survey (Response rate = 66%).

Overall:

- 96% 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.
- 62% 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 of guests representing **11 counties**, and a family of farmers visiting from Mexico.

Which county do you garden or farm in?

- | | |
|------------------|-----------------|
| • 98 - Fort Bend | • 21 - Brazoria |
| • 7 - Waller | • 2 - Galveston |
| • 11 - Harris | • 4 - Colorado |
| • 2 - Austin | • 6 - Unmarked |
| • 13 - Wharton | • 6 - Other: |

1 - Madison 2 - Grimes 1 - Jackson 2 - Guanajuato, Mexico

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 2020 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.

2019 Fort Bend County Dinner Tonight Program

*Developed by Leticia Hardy, Fort Bend County Family & Community Health Agent
Boone Holiday, Fort Bend County Horticulture Agent*

Relevance:

The percentage of the food budget spent on away-from-home food has increased steadily since the 1970s. Consequently, the proportion of calories provided by away-from-home food has also increased. When dining out, there is a tendency to choose empty nutrient foods that are higher in calories, and large portions are increasingly common. Many people become overwhelmed when they think of menu planning and trying to prepare healthy, cost-effective meals for their families. Fortunately, county Extension agents have the knowledge and expertise to provide resources that will help encourage at-home and healthy family mealtime.



Response:

The Dinner Tonight! Program encourages family mealtime by providing quick, nutritious, cost-effective recipes to consumers through food demonstrations, via face to face and video based methods. Participants are also able to utilize additional resources such as video demonstrations recently released by a member of the Dinner Tonight! team. The Dinner Tonight Program provided an opportunity to bring people together in a fun environment to learn healthy meal planning and food preparation skills.

Results


As results, Fort Bend County Family & Community Health Agent along with staff members, and volunteers were able to successfully reach 274 participants through the Dinner Tonight Program.

Participants reported the following:

<i>Satisfaction Questions</i>	<i>% in Agreement</i>
Mostly or Completely Satisfied with the Program	99%
Better Understanding Of how food impacts health	87%
Relevance of the Recipes demonstrated	97%
Better Understanding higher sodium content in processed food items.	88.6%
Presenter's knowledge level of meal preparation	100%
Meal prepping saves time and is less stressful	95.1%

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.

Future Plans:

As we strive to have healthier families in Fort Bend County, we will continue to partner with local entities and organizations to conduct programs that help improve the quality of life for families and individuals. We will also continue to partner with Bend Chuck Wagon, Fort Bend County Fairgrounds, and Master Wellness Volunteers.

2019 BETTER LIVING FOR TEXANS – BE WELL LIVE WELL

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 – 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.

During 2019, 61 Fort Bend County adults age 50 and older completed the BLT Be Well, Live Well 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. Be Well, Live Well series was offered at multiple Fort Bend Seniors locations, The Pinnacle Senior Center, UT Physicians, Mamie George Community Center and Fort Bend Gardens.

Results

	Pre survey	Post survey	Was this statistically significant?
How would you, in general, rate your health?*	2.9	2.8	NO
How would you, in general, rate your diet?*	3.2	3.0	NO
How many times a day do you eat fruit?	1.5	1.6	NO
How many times a day do you eat vegetables?	1.7	2.0	YES
In an average week, how many days do you get 30 or more minutes of physical activity?	5.0	4.8	NO

* For these two questions, the 4-point Likert scale ranged from 1=Excellent to 5=Poor. The lower the number, the higher the perceived rating. For those questions where the noted improvement was not statistically significant, trends were made in the right direction so that is good!

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2019 AUSTIN COUNTY-FORT BEND COUNTY CHILD CARE PROVIDER CONFERENCES

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

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

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

Child Care Provider Conference

In 2019, the Texas A&M AgriLife Extension Service of Austin and Fort Bend Counties conducted 4 child care provider training conferences in Rosenberg for 156 child care providers and directors who provide care for 4,201 children enrolled in 42 child care centers or family day homes. One hundred fifty six participants completed a written evaluation of the conference. A total of 624 clock hours of training were provided to child care professionals seeking to meet state mandated training requirements established by the state of Texas. A variety of topics were offered, “Eco-Health”, “Human Trafficking”, “True Colors”, “Discipline and Guidance”, “Professional Behavior”, “Communicating with Diplomacy”, “Literacy”, “Dealing with Daily Challenges”, “Craft Fun!”, and “Building Relationships”.

Results

One hundred forty eight participants completed a written evaluation of the conference. Results indicate that child care providers found the trainings to be very beneficial.

	Yes	No
I learned new information	156	0
I will use the information learned today	155	1
I will use the information now	155	1
I will use the information in the future	154	2
The training will help me become more effective early childhood educator	154	2
The information will help improve the quality of care	151	1
Topics were relevant	151	2
Training was cost effective	152	2
Plan to attend trainings hosted by Extension	149	3

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

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2019 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.
- Collaborated with Fort Bend Environmental Health to market food manager and food handler classes
- Home food preservation classes, 'Salsa and Relish', 'Pickling and Pressure Canning', 'Tomatoes', 'Freezing and Drying' and 'Jams and Jellies' are offered throughout the year.
- Collaborated with Lee County FCH Agent on 7 home food preservation online videos – Storing Processed Jars; Life Span of a Canning Jar; Jams, Jellies and Preserves; Blanching and Freezing; Drying and Dehydrating; Types of Pressure Canners; Storing Your Pressure Canner.
- Received TEAFCS Social Media Online Video Award.
- Continue to offer state approved Prometric Certified Professional Food Manager Exam.
- 3 persons completed the food manager program
- 28 persons completed the food handler program
- 9 persons participated in the home food preservation classes

Results

- Sixty six percent passing rate for Certified Professional Food Manager Exam
- 100% are very likely to practice knowledge and skills learned in Food Manager course
- 57 % (15) change in using a thermometer to check doneness in food after attending the Food Manager Course
- In food handler, overall increase in pre to post test scores of 70.85 to 81.44. 70.4% (19) have had previous food safety training.
- In food handler, handwashing knowledge increased from 78% to 96%
- In food handler, knowledge of temperature danger zone increased from 48% to 67%
- In food handler, the act of removing dirt, soil, food or grease is known as cleaning increased from 56% to 93%.
- In food handler, knowing when to calibrate thermometer increased from 69% to 82%
- Ninety one percent had a better knowledge of how to safely preserve food after the workshops
- 70% (27) will only use tested recipes from approved sources
- 73% (28) plan to preserve foods at home
- 3897 total views of YouTube home food preservation online videos and 2978 views of home food preservation on Facebook.
- “I learned difference between when to use pressure can and when to use bath.”
- “Follow instructions on recipes – don’t add or delete ingredients. What ingredients and why you must use the correct – 2 kinds of preserving canning.”
- “The techniques of pressure canning.”

Future Plans

- Offer Food Manager Class 3 times in 2020. Evaluate marketing as many are taking course online.
- Continue to offer Prometric Certified Professional Food Manager Exam
- Offer Food Handler class 6 times in 2019.
- Offer Home Food Preservation classes. Evaluate marketing of classes to increase participation.
- Add additional home food preservation videos

V A L U E	
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.

2019 FORT BEND COUNTY HEALTHY 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, Cooking Well with Diabetes, Do Well Be Well with Hypertension, Cooking Well for Healthy Blood Pressure and Master of Memory class series of self-care and health-related topics delivered in multiple sessions.
- A Do Well, Be Well with Diabetes series, Do Well Be Well with Hypertension series, Cooking Well with Diabetes and Cooking Well for Healthy Blood Pressure were all taught Mamie George Community Center, The Pinnacle Senior Center and UT Physicians in Rosenberg.
- Third Annual Diabetes Conference presented in collaboration with Mamie George Community Center and UT Physicians. Topics were Medications, Diabetes and Heart Disease, Diabetes 101 and Cooking Well with Diabetes.
- 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 The Pinnacle Senior Center. People can improve their memory with training and practice

Results:


- 88 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.
- 30 persons met the criteria of attended all DWBW sessions and submitting all forms
- After attending the DWBW series 5.4 (mean days) can follow healthful eating plan. Increased from 3.73, showing a statistical significance of .010
- The total economic impact of DWBW is \$564,292
- 45 persons attended CWWHD. Coalition members assisted with marketing, registration, data collection and facilities.
- An increase 21.4% (8) use Nutrition Facts when planning meals after attending Cooking Well with Diabetes
- An increase of 16.7% (7) use MyPlate when planning meals after attending Cooking Well with Diabetes
- 32 people attended the third annual diabetes conference in collaboration with Mamie George Community Center and UT Physicians. Coalition members assisted in planning, marketing, identifying speakers and presenting conference.
- Nearly 100% of Diabetes Conference evaluations rated Good or Excellent in knowledge gained, usefulness and quality of presentation for all speakers
- 44 persons attended Master of Memory at The Pinnacle Senior Center. Executive Director and site managers assisted with marketing, registration and facilities for series
- After Master of Memory, 79% to 43%, 46% change, (15) agreed that Memory loss may be a normal part of growing older
- After Master of Memory, 93% to 100% , 8% change, can name at least two strategies to help remember
- The majority of those attending Master of Memory plan to use the information learned during the series
- 109 persons completed Do Well Be Well with Hypertension
- Eating vegetables two or more times a day increased 3.87 to 4.03 with .282 significance (DWBWHTN)
- Using nutrition facts label to make food choice increased 45% to 77% (DWBWHTN)
- Reported drinking 2 – 3 servings of low fat milk, yogurt or cheese increased 35% to 50% (DWBWHTN)
- 67 persons attended CWWHBP
- After CWWHBP 53% increased the amount of fruits and vegetables at lunch and dinner
- After CWWHBP, moderate or vigorous physical activity increased from 82% to 88%
- After CWWHBP, 41% reported eating fruit more often
- After CWWHBP, 47% reported using herbs and/or spices in place of salt
- After CWWHBP, 47% reported consuming more fat-free or low-fat dairy each day
- 59% reported following DASH after CWWHBP
- Eighteen persons completed Coping to Control

Participant feedback – Diabetes Conference

- Very informative
- Was able to attend after working in food pantry well worth the whole experience

Future Plans:

- Offer DWBW and Cooking Well with Diabetes at several Fort Bend County Locations in collaboration with Coalition
- Work with collaborators to present 3rd Annual Diabetes Conference
- Offer Master of Memory at multiple Fort Bend County locations
- Add Do Well Be Well with Hypertension, Cooking Well with High Blood Pressure and to health related class offerings at multiple locations in Fort Bend County

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

2019 FORT BEND COUNTY HEALTHY FOOD PREPARATION

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

Percentage of food budget spent away from home increased steadily since the 1970's

Relevance

- 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 nonnutritive foods and snacks
- Incorporated Path to the Plate into Cooking Programs

Results

- 96 people attended Healthy Cooking Classes held at Mamie George Community Center and The Pinnacle Senior Center. Executive Director and Membership Coordinator assisted with marketing, registration and facilities.
- Healthy Mexican Cooking program presented at Sienna Branch Fort Bend County Libraries with a total of 12 in attendance. Library program coordinators assisted with marketing, registration, food preparation and facilities
- 20 youth participated in Pantry 2 Plate and Teen Chef Camps. TEEA members, Extension Office Personal and teens served as group leaders.
- 59 persons attended Cooking Under Pressure to learn about Electric Pressure Cooking
- Overall, pre test scores to post test scores increased from 49% to 76%
- Utilized Path to the Plate commodity information on Dairy, poultry and wheat
- Co-facilitated What's Cooking for Southern Region Agents
- Approximately 2500 receive weekly What's Cooking Recipe via email distribution or FBC FYI

Cooking Under Pressure Class Quotes

- “Feel comfortable with level of information.”
- “She did a great presentation. She was fun and very helpful.”
- “Thank you for helping me become more confident in using my instapot.”

Future Plans

- Train the Agent Instant Pot Program.
- Continue collaboration with Fort Bend County Libraries, the Pinnacle Senior Center 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 incorporating Path to the Plate

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.

2019 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.

Texas Extension Education Association of Fort Bend is comprised of 4 clubs with a total of 38 members. The four clubs meet on a regular basis to conduct business and have educational programs. Educational programs hosted by TEEA included: "Perennials by Bradbury", "Pollinators and Honey Bees", and "A Good Nights Rest is Best". An educational tour to Brookwood was organized. At their annual meeting, they were trained to teach the lessons: "Cooking with Pressure", "Indoor Winter Gardening", "Home Safety for All", and "Use It or Lose It: Gaining Flexibility and Strength".

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

They contributed over 1000 hours of volunteer service valued at \$25.43 per hour (\$25,430.00) 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 Burleson County this year. EEA of Fort Bend is hosting the 2020 Spring Conference.

TEEA members participate in the county fair by entering exhibits and volunteering in the Exhibit Hall. They serve as volunteer judges at multiple county fairs, as well. They have numerous committees that meet as needed to conduct the business of the Texas Extension Education Association of Fort Bend.

2019 FORT BEND COUNTY CHILD PASSENGER SAFETY/BOOSTER SEAT CAMPAIGN

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 2019 Fort Bend County Child Passenger Safety Program/ Booster Seat Campaign.

- 527 contacts were reached
- 14 new child safety seats were installed
- 42% of the children arrived correctly restrained in a seat belt
- 2 old/unsafe seats were collected and destroyed
- 20 inspections were conducted
- 100% 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 34 inspections conducted during the 2019 program year is \$67,592.00.

Future:

The main objective is to locate a grant or additional funding source in order to be able to continue providing seats to children that are in need.

Funding Sources: Safe Riders, TXDOT

V A L U E	
Passenger Safety	
	Participants in the Texas A&M AgriLife Extension Service Child Passenger Safety Program learn how to properly restrain their child in an automobile child safety seat, reducing the risk of severe or fatal injury. The program creates public value by saving lives and by reducing health care costs and long-term disability care costs.

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2019 FORT BEND COUNTY FCS 4-H PLAN

Leticia Rolland-Hardy, Fort Bend County Extension Agent- FCH

Relevance - Background:

High quality youth programs such programs help to generate positive outcomes for youth including improved academic performance, social skills, classroom behavior improvement, and self-love and as well as, improvement in general health and nutrition. Communities and businesses also benefit when youth have safe and productive ways to spend their time learning new skills. A primary program area for FCS agents is health and nutrition. There are numerous in-depth and outreach programs available for implementation at the county level. However, there is a limit to the programming one person can implement. Volunteers can contribute greatly to the FCS program and can extend education further into the community. A group of trained volunteers who also serve as advocates for Texas A&M AgriLife Extension Service can substantially increase the scope and impact of the FCS program.

Response - Educational Methods:

The Texas A&M AgriLife Extension Service collaborated with the Fort Bend County 4-H Department and local community businesses, and parents in conducting the Fort Bend County FCS 4-H Plan. Programs that fall under the Fort Bend County FCS 4-H Plan were conducted at the Fort Bend County Extension Office. These projects allow fashion week students and 4-H members to explore the academic disciplines of Family & Consumer Sciences as it relates to Fashion, Art, and Beauty and helps them gain valuable skills and knowledge that can be applied to daily life. Our mission is to inspire fashion creativity among like-minded students who learn from each other, explore their interest, and make new friends. Our goals are to share, explore, and expand ideas about the fashion industry, beauty industry, and art industry as it relates to fashion through field trips, fundraisers, workshops, competitions, and events. We hope that student involvement in the F.A.B. Club will be a positive step in creating lasting change for both our members and our community.

The objectives of the F.A.B Club are:

1. Learn responsibility, teamwork, and set and achieve goals
2. Plan and execute fundraisers
3. Learn about the different aspects of Fashion, Art, and Beauty
4. Learn the basics of sewing, craft making, and product creation.
5. Learn about different careers in the fashion, art, and beauty industry.
6. To develop the ability to speak and act in front of an audience
7. Prepare an educational presentation
8. Increase poise, self-assurance, and confidence

Results - Evaluation:

As a result of this event 152 participants were reached through the Fashion, Art and Beauty Program. There were also 17 youth participants enrolled in the Fashion Art and Beauty program. There were also 26 adult volunteers and 1 youth volunteer utilized in order to conduct this program.

Future Plans:

New programs for 2020 will include more mini sewing camps based on previous program evaluations.

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2019 FINANCIAL MANAGEMENT PROGRAM

Leticia Rolland-Hardy, Fort Bend County Extension Agent- FCS

Relevance:

Consumers awareness of the need for financial literacy education has increased, particularly in the areas of budgeting, saving and cutting back 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 conducted at the Pregnancy Resource Center, Ft. Bend County Extension Office, University Branch Library, and throughout Fort Bend County. The participants each gained knowledge about better managing their finances. The goal of the program is to help adults with low financial knowledge and skills to increase their financial knowledge, develop financial confidence, use banking services effectively and plan to increase adoption of recommended financial management practices. The Financial program was successfully conducted by using the Money Smart curriculum. The Money Smart curriculum consists of 10 1-2 hour modules. Module titles are 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 506 contacts were reached through educational workshops, brochures, flyers, and volunteers. This evaluation analysis will capture the participants' knowledge of financial literacy information retained. (75%) of the participants showed an increase in their understanding of what credit is and its importance. Participants showed a (83%) increase in their learning about using a credit card responsibly and choosing the proper credit card. Participants showed a (69%) increase in knowledge gain about the two types of deposit accounts.

The estimated cost analysis and public value for the Parenting Connections Program is \$6,300.00.

Future Plans:

New programs for 2020 will include more information on living on a fixed income for seniors and couponing based on previous program evaluations.

VALUE

Financial Literacy



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

2019 FORT BEND COUNTY HEALTH & WELLNESS: WALK ACROSS TEXAS PROGRAM

Leticia Rolland-Hardy, Fort Bend County Extension Agent- FCS

Relevance:

According to the Center for Disease Control and Prevention, more than one-third (34.9% or 78.6 million) of U.S. adults are obese. Obesity related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death. Preventable illnesses make up approximately 80 percent of the burden of illness and 90 percent of all U.S. health care costs. Alarming, 25.8 percent of the Fort Bend County population is overweight. According to the data and conditions associated with obesity, these statistics are cause for great concern in the Fort Bend County community. If the problem is not addressed, one third of all children born in 2000 or later will suffer from diabetes at some point in their lives. Whereas others will face chronic obesity-related health problems like heart disease, high blood pressure, cancer, and asthma.

Response:

The Walk Across Texas Program was conducted among Fort Bend County Employees, the Pinnacle Senior Center, and Fulshear ISD in partnership with Michelle Wright, 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 286 participants enrolled in the Walk Across Texas Program for a combined total of 40 teams. Through their 8 weeks of physical fitness; the participants collectively walked a total of 46,769.39 miles. Community-wide programs like Walk Across Texas have been strongly associated with significant increases in physical activity. With regular physical activity, 50% 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: New programs for 2020 will include more information staying hydrated and flexibility based on previous program evaluations.

VALUE

Walk Across Texas



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

2019 PARENTING CONNECTIONS PROGRAM

Leticia Rolland-Hardy, Fort Bend County Extension Agent- FCS

Relevance:

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

Response:


The Parenting Connections Series was conducted at the Ft. Bend County Extension Office and Fort Bend Independent School District 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 to be able to communicate with their children in a more effective manner. The program helped parents learn to increase awareness of the reasons for disciplining children, to learn about the strengths and weaknesses of various disciplinary styles, and to explore strategies for setting and enforcing healthy limits through the lesson on Positive Discipline.

Results:

As a result of this program 218 individual contacts were reached through educational workshops, brochures, flyers, and volunteers. This evaluation analysis will capture the participants' knowledge of parenting information retained. (100%) stated that they felt that the information they received would help them be a better parent. (100%) had a better understanding of what to expect from their child at a certain age. (99%) said that now have a better idea of what they can do as a parent to build a healthy environment for their children. Many of the participants stated that the most useful thing they learned was to be patient and attentive while parenting. The estimated cost analysis and public value for the Parenting Connections Program is \$30,949.46.

Future Plans:

New programs for 2020 will include more information on anger and stress management based on previous program evaluations.

VALUE	
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.

2019 FORT BEND COUNTY TEXERCISE PROGRAM

Leticia Rolland-Hardy, Fort Bend County Extension Agent- FCS

Relevance - Background:

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

Response - Educational Methods:

The Texas A&M AgriLife Extension Service collaborated with the Mamie George Senior Community Center 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 a 6 to 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 - Evaluation:

As a result of this event 54 direct contacts were reached through educational workshops, brochures, flyers, and volunteers. The Texercise program showcased tremendous progress in flexibility and mobility of the participants. This evaluation analysis will capture the participants' knowledge of nutrition education, management of portion sizes, knowledge of reading food labels, food groups, and application of physical activity for healthier lifestyles. Participants completed a self-assessed pre-test prior to the first class, and a post-test after the last session. The evaluation summary is as follows: self-assessed sample Pre-test taken (63%) were overweight, out of the post-tests taken, (59%) said that they did some form of physical activity daily. The post-tests revealed that (80%) improved flexibility, (95%) were able to identify food groups. Over (100%) reported that they were more mobile as a result of the class, (92%) reported that they would continue exercising after the program. (90%) 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 \$2,385.

Future Plans:

This program showed dramatic improvement in the participant results. 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 if the schedule allows.

Helping Texans Better Their Lives

2019 Fort Bend County Active Parenting Series Plan

Developed by: *Courtney Bryant, Prairie View A&M University Cooperative Extension Program Fort Bend County Extension Agent, Family and Community Health*

Relevance: Positive child rearing practices assume a fundamental job in a child's improvement and later life achievement. Guardians are liable for a few key areas to help guarantee that legitimate physical, subjective, social, and passionate advancement happens for their kids. Family financial assets and family structure (e.g., single, two-parent, grandparents raising grandkids) assume a basic job in families. In this way, teaching families about positive child rearing practices and solid family working is fundamental to improving by and large youngster/family wellbeing and prosperity. Research demonstrates that guardians who are warm and friendly, proper monitoring exercises, and offer stability and direction without cruel discipline are identified with positive results for youngsters including scholastic capability, high confidence, positive companion relations, and less kid conduct issues. Positive child rearing practices in the midst of pressure, for example, monetary hardship, separation, or family ailment can regularly go about as a cradle against such stressors and help fabricate children adapting and change aptitudes. Educational plans used to actualize child rearing projects incorporate Active Parenting, Parenting Connections and Strengthening Families Program.

Response: As a response to this identified issue in the county of Fort Bend, a series of classes and workshops were held throughout the year of 2019. The programs that were used this year were the Active Parenting Series and the 4-H Bullying Materials were used. An eight-week class was conducted at the Cinco Ranch Library and a Back 2 School Bash at the Brazos Bend Villas Apartments. A total of 24 participants were reached this year.

Results: As a result of the programs conducted this year individuals learned the importance of effective parenting, parenting and substance abuse, bullying, communication, and discipline.

Local Programing Efforts

Curriculum	Participants	Money Saved
Active Parenting Series	12	\$4800.00
Back 2 School Bash	12	\$3007.00
Total	24	\$7,807.00

- ✓ At least 58% reported receiving information that would assist in parenting practices
- ✓ At least 90% reported a increase in knowledge in effective parenting, communication, and discipline methods

Future Plans: Future plans for the Active Parenting Plan 2020 will be to continue to provide adequate knowledge in the area that increases effective parenting practices and discipline methods.

- I would live to give thanks to all the many volunteers, donations, and support received for this year programming and several organizations (Child Protective Services, Cinco Ranch Library, and Brazos Bend Villas Apartments) who have donated their time, support, and many of the other needs in order to make this year's programming efforts successful.

VALUE

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.

Helping Texans Better Their Lives

2019 Fort Bend County Childhood Obesity Plan

Developed by: Courtney Bryant, Prairie View A&M University Cooperative Extension Program Fort Bend County Extension Agent, Family and Community Health

Relevance: The high occurrence of childhood obesity in Texas and more specifically Fort Bend County of Texas is cause for concern and has been linked to negative wellbeing ramifications for kids and their families. Schools are remarkably situated to positively affect children's information and practices related with obesity. For instance, vegetable introduction in addition to class planting has been appeared to improve utilization of products of the soil. Including increasingly regular and progressively vivacious physical exercises during school has been appeared to improve understudy wellness and weight. The home condition is additionally a significant effect on a children's eating practices. The more prominent the recurrence of vegetable utilization and physical movement by guardians, the more noteworthy the utilization of these nourishments and exercise by their kids. With kid weight rates among low-salary youngsters in Texas extending from 10% to over 20%, connecting with schools and families in anticipation endeavors

Response: The education classes and programs that were provided knowledge to children to address issues such as chronic diseases, increased physical activity, weight loss/management, and etiquette. A series of workshops and classes were provided to limited resource clientele throughout Fort Bend County. The programs that targeted the identified childhood obesity issue were the following: Smart Moves Childhood Obesity Curriculum, Youth of Texas AgriScience Trail, Brazos Bend Villas Apartments, Summer Food, Nutrition and Etiquette Camp, Boys and Girls Club Summer Camp, and Sugarland Parc Center, Missouri City Health and Resource Fair. This summer a total of 947 contacts were reached.

Results: This summer individuals learned the importance of vegetables, how to create healthy snacks, etiquette, and behavior modification techniques.

Local Programing Efforts

Sugarland Parc Center

- 250 total participants
- Youth of Texas AgriScience Trail
 - A total of 150 participants
- Brazos Bend Villas Apartments Summer Camp
 - 15 total participants
- Missouri City Health and Resource Fair
 - 150 total participants
- Stafford Boys and Girls Club
 - 200 Total Participants
- Fort Bend Boys and Girls Club
 - 180 total participants
- Walk Across Texas Planning Initiative
 - 2 total participants

- There was an increase of over 900 participants from 2018

- 44% gained an increase in knowledge of preparing healthy snacks, meals, and smoothies
- 82% reported an increase of knowledge in preparing and eating a variety of vegetables
- 17% gained knowledge in the area of dining etiquette and manners.

Future Plans:

The future plans for the Fort Bend County Childhood Obesity plan will be to continue to provide adequate knowledge in the area that increases physical activity, healthy eating, and family cohesiveness and promote healthy families. A continued focus will be on raising awareness of different forms of physical activities, healthier food alternatives, food safety, and cooking skills.

- I would like to give thanks to all the many volunteers, donations, and support received for this year programming and several organizations (Sugarland Parc Center, Brazos Bend Villas Apartments, Fort Bend ISD, 4-H Youth of Texas, Fort Bend and Stafford Boys and Girls Club) who have donated their time, support, and many of the other needs in order to make this year's programming efforts successful.

Helping Texans Better Their Lives

2019 Fort Bend County Financial Literacy Plan

Developed by: *Courtney Bryant, Prairie View A&M University Cooperative Extension Program Fort Bend County Extension Agent, Family and Community Health*

Relevance: Research shows a continuous rise in individuals, including young adults, and families that live below poverty level. Since 2013 over 40 million have identified a need for government assistance or living in poverty. Another 87.5 million live somewhere in the range of 100 and 200 percent of their destitution edge. In Texas more than 33%, 16% of the populace is underneath the neediness level. Research shows living in destitution is associated with negative results, both for people and society. To help low-salary or monetarily defenseless people in getting financially stable financial education has proven to be the number one way in expanding people's ability to make sound and secure financial decisions for their families to produce better financial outcomes.

Response: As a response to this identified issue in the county of Fort Bend, a series of classes and workshops were held throughout the year of 2019. The programs that were used this year were the Your Money Your Goals Curriculum, Homebuyer Education Curriculum, Senior Savvy, Marriage Survival Curriculum, and 50 Financial Lessons. As a result of these classes participants were able to receive education on the following topics: marriage and finances, senior/older adult money management, building credit, home buyer ownership, down payment assistance, mortgages, different type of loan options. A total of 653 participants were reached this year.

Results: This summer individuals learned the importance of budgeting, credit, communication with partners on finances, home buyer ownership, older adult/ senior management, and loans.

Local Programing Efforts

Curriculum	Participants	Money Saved
Marriage Survival Curriculum	3	120.00
Your Money, Your Goals	24	\$6,168
Home Buyer Education	21	\$2,625
Senior Savvy	5	\$625
50 Financial Lessons	600	\$18,000
Total	653	\$27,538

- ✓ There was an increase of over 50% of participants from 2018
- ✓ 7% gained an increase in knowledge of home buyer ownership, and budgeting preparing healthy snacks, meals, and smoothies
- ✓ At least 10% gained an increase in knowledge in establishing, rebuilding, and repairing credit
- ✓ 95% gained knowledge on mortgage loans, car loans, and what it requires to qualify for bank loans

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- ✓ 97% reported that as a result of the programs conducted, they had believed they would be able to make better financial decisions for themselves, their families, and spouse

Future Plans: The future plans for the Fort Bend County Financial Literacy plan will be to continue to provide adequate knowledge in the area that increases financial wellness and stability. An increase in financial security, assets, and a decrease in debt.

- Special thanks to all the many volunteers, donations, and support received for this year programming and several organizations (Fort Bend County Libraries, Seventh Day Adventist Church, and Brazos Bend Villas) who have donated their time, support, and many of the other needs in order to make this year's programming efforts successful.

VALUE

Financial Literacy



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

Helping Texans Better Their Lives

2019 Fort Bend County Health & Wellness Series Plan

Developed by: *Courtney Bryant, Prairie View A&M University Cooperative Extension Program Fort Bend County Extension Agent, Family and Community Health*

Relevance: As indicated by the U.S. Center for Disease Control and Prevention: One of every four Americans matured 65+ falls every year. Like clockwork, a more seasoned grown-up is treated in the crisis space for a fall; at regular intervals, a more established grown-up kicks the bucket from a fall. Falls are the main source of lethal damage and the most widely recognized reason for nonfatal injury related medical clinic affirmations among more seasoned grown-ups. Falls bring about more than 2.8 million wounds treated in crisis offices yearly, including more than 800,000 hospitalizations and in excess of 27,000 deaths. In 2015, the absolute expense of fall wounds was \$50 billion. Medicare and Medicaid carried 75% of these expenses. The budgetary cost for more seasoned grown-up falls is required to increment as the populace ages and may reach \$67.7 billion by 2020. Falls, with or without damage, likewise convey an overwhelming personal satisfaction sway. A developing number of more established grown-ups dread falling and, thus, limit their exercises and social commitment. This can bring about further physical decrease, melancholy, social disengagement, and sentiments of vulnerability. In addition, research has found that addressing physical inactivity, nutrition, and daily lives help ones to manage the increase in chronic diseases.

Response: As a response to this identified issue in the county of Fort Bend, a series of classes and workshops were held throughout the year of 2019. The programs that were used this year were the Tai Chi for Arthritis by Paul Lam, a Matter of Balance, Master of Memory, weFit Yoga (Worksite Wellness Initiative) and Balanced Daily Living Curriculum were used. These curriculums addressed issues of arthritis, fall risk prevention, time management, stress, mindfulness, nutrition, and physical activity. As a result of these programming efforts a total of 165 participants were reached.

Results: As a result of the programs conducted this year individuals gained an increase in knowledge in fall risk prevention, physical activity, strength balancing, preparing healthy snacks, and living a balanced daily life. Targeting these issues have been associated with the decrease of physical inactivity, less stress, and chronic diseases.

Local Programing Efforts

Curriculum	Participants
Matter of balance	68
Balanced Daily Living	23
Tai Chi for Arthritis and Nutrition Class	3
weFit Yoga	14
Master of Memory	26
School Health Advisory Committee	10

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Gardening	21
Total	165

- ✓ 42% reported an increase in knowledge of fall risk prevention
- ✓ 78% gained an increase in knowledge of the importance of physical activity and incorporating it into their daily lives
- ✓ Thirteen percent gained an increase in knowledge of how to manage stress, time, and good nutrition
- ✓ 15% gained an increase in memory strategies

Future Plans: Future plans for the Health & Wellness Plan 2020 will be to continue to provide adequate knowledge in the area that reduce chronic diseases and promotes physical activity and proper nutrition.

- I would like to give thanks to all the many volunteers, donations, and support received for this year programming and several organizations (Fort Bend County Libraries, Access Health, St. Catherine's Episcopal Church-Sienna Plantation, Fort Bend ISD, Pinnacle Senior Center) who have donated their time, support, and many of the other needs in order to make this year's programming efforts successful.



Cooperative Extension Program



“Making a Difference” Southeast District 9

2019 Fort Bend County Base FCS Outreach Program Summary

Developed by Courtney Bryant, Fort Bend County Extension Agent – Family and Community Health

Program/Issue: This is the base plan summary for all FCS endeavors including plan support and organizational activities used to help streamline programming efforts for 2019. These efforts include coalition meetings, and program area committee meetings with volunteers used to help promote educational programs throughout the county.

Response: The goal of the program area committees is to assist the agent in developing and identifying needs in the county that need to be addressed. This year

Results:

Fort Bend Hope Mentor Workshop: 6
Volunteers

Walk Across Texas Planning Meeting: 3
Volunteers

Brazos Bend Villas Planning Meeting: 2
Volunteers

Sienna Branch Planning Meeting: 1
Volunteer

Fort Bend County Collaborative Planning Meeting: 15
Volunteers

Program Area Planning Meeting: 15
Volunteers

Total Volunteers: 32

Future Plans: Future plans are to increase volunteer participation. As a result of volunteers' contributions through food, venue location, and program assistance an estimated amount of \$813.76. The goal for next year will be to increase volunteers to 60 volunteers.

- Thanks to the several organizations who have made the 2019 year programming efforts successful.



Cooperative Extension Program



“Making a Difference” Southeast District 9

2019 Fort Bend County Base 4H FCS Outreach Program Summary

Developed by Courtney Bryant, Fort Bend County Extension Agent – Family and Community Health

Program/Issue: The 4-H FCS Outreach Plan places extraordinary incentive on the 4-H Family and Community Health (FCH) ventures. These ventures enable 4-H individuals to investigate the scholastic orders of family shopper sciences. The FCH extends in the regions of nourishment and sustenance, wellbeing, style and inside structure, shopper basic leadership and others furnish youth with the chance to increase helpful topic information and get important fundamental abilities. This information and aptitudes will be significant as these adolescents become grown-ups. These ventures will assist them with making educated and insightful choices as they take an interest in related task exercises and challenges and they may likewise affect future choices identified with instruction, profession and family.

Response: The goal of the 4-H FCH plan is to recruit and build capacity among adult and youth volunteers to help guide youth through sequential learning activities that will enhance practical life skills.

Results:

Fashion Storyboard Training

Attack Poverty Planning Meeting

Participants Attended: 9

Participants Attended: 8

4-H Coalition Meeting

Participants Attended: 6

Future Plans:

The Fort Bend County Youth Coalition Brazos County Walk Across Texas taskforce looks forward to planning and implementing more youth entrepreneurship opportunities among Fort Bend County youth. Next year goals will be to increase 4-H membership in the Fort Bend County Production Reel Club to at least 10 members and host more media/film trainings.

- Thanks to the several organizations who have made the 2019 year programming efforts effective (Attack Poverty, Wide School, Fort Bend ISD)

Helping Texans Better Their Lives

2019 Fort Bend County 4-H Grows

*Developed by: Angela Romans, County Extension Agent – Urban Youth Development,
Damion Turner, County Extension Agent – 4-H & Youth Development, 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		
622 4-H Members	89 Adult Volunteers	35 4-H Clubs
County contests – Roundup with 334 entries		
Fashion Show – 8	Photography –220	Consumer Decision Making – 9
Fashion Story Board – 14	Share-The-Fun – 7	Vet Science Skill-a-thon – 1
Food Show – 6	Educational Presentation – 14	Recordbooks – 39
Food Challenge – 16		

District contests - Roundup with 122 entries		
Vet Science Skill-a-thon – 1	Robotics Challenge – 0	Rifle & Air Rifle – 15
Fashion Story Board – 10	Educational Presentation – 3	Duds to Dazzle - 0
Food Show – 2	Swine Quiz Bowl – 16	Consumer Decision Making – 3
Ag Product ID – 3	Horse Judging – 8	Recordbooks – 22
Photography – 20	Livestock Judging - 8	Share-The-Fun – 3
Indoor Archery Contest – 1	Food Challenge Team - 2	Fashion Show - 5
State contests – Texas 4-H Round up 34 entries		
Share The Fun – 1	Educational Presentation – 2	Vet Science Skill-a-thon – 2
Swine Quiz Bowl – 8	Recordbook – 2	Indoor Archery – 5
Livestock Judging – 1	Vet Science Camp –0	State Shooting Sports - 9
Fashion Storyboard -1	Photography-3	
County Project Validations - 168		
Dogs – 4	Horses – 2	Goats – 34
Lambs – 30	Heifers – 51	Steers – 47
Major Shows – 115 entries		
Fort Worth – 5	San Antonio – 38	San Angelo – 0
Houston – 58	Austin – 10	State Fair of Texas – 4
Camps – 88 Attendees		
Robotics Camp – 45	Cooking Camps- 24	Fashion Camp – 19
Curriculum /Group Enrollment – 23,242		
Ag in the Classroom – 20,394	Animals – 386	Biological Sciences – 854
Consumer and Family Science – 18	Environmental Education/ Earth Sciences –323	Food and Nutrition – 635
Health –200	Workforce and Career Preparation – 182	Plant Science – 95
Technology and Engineering – 155		

FUTURE PLANS

Fort Bend 4-H will continue to strive to increase overall membership while promoting a diverse program with various 4-H projects. We will also strive to increase visibility throughout Fort Bend County by creating more partnerships with community organizations and businesses.

Helping Texans Better Their Lives

2019 Fort Bend County 4-H Robotics Program

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

RELEVANCE

There has been a lack regarding computer science classes being available on the middle and high school level in the state of Texas. In the 2014-2015 school year there were only 14 certified teachers to teach computer science courses. The University of Texas – Austin, Center of STEM has created the WeTEACH_CS teacher certification program to help increase the number of certified teachers which is now 210. With the deficit in computer sciences courses, the major group that is lacking representation in computing jobs is 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 is focused on 4-H project growth and community outreach throughout Fort Bend County. Several project leader trainings and summer volunteer interest meetings have taken place with adult volunteers, youth volunteers and community partners to discuss programming and activities to increase awareness in STEM related careers.

Interest Meetings & Project Leader Trainings	Date	Contacts
Robotics Project Leader Training	October 18, 2018	1
Excel Adventist Academy Project Leader Training	January 15, 2019	4
Garica Middle School & Dulles High School – Summer Volunteer Interest Meetings (FBISD)	April 18, 2019 & April 25, 2019	64
Pink Elementary – Career Day	May 30, 2019	55

Several programs were implemented including Spring Break Robotics program, Fort Bend 4-H Summer Workshops, and community and school enrichment.

Workshops, and community and school enrichment.

Program	Date	# of youth	Location	Activity
Robotics 1 EV3 curriculum	Oct. 1, 2018 – Dec. 3, 2018	11	Trinity Lutheran Church – Homeschool Group- Houston	Building and programming EV3 Lego Mindstorm Lego Kits
Ecobot Challenge	Sept. 28, 2018	9	Girl Scouts of America/ HEB- Sugar Land	Constructed ecobot to help toxic waste cleanup simulation
Spring Break Robotics Workshop	March 12, 2019	15	University Library – Sugar Land	Build using NXT Lego kits and STEM activity (baht bombs) -chemical reaction
STEM Activity -Civil Engineering	March 4, 2019	37	Mary Austin Holley Elementary- Houston	Build a stable bridge using gumdrops and toothpicks
Brazos Bend Apartment Summer Program	June 25, 2019	11	Brazo Bend Apts - Richmond	Build and program using NXT Lego kits
Fort Bend 4-H Beginner's Robotics Workshop	July 11 th , July 18 th , Aug. 2 nd , 2019	45	Extension Education Center – Rosenberg	Building and programming EV3 & NXT Lego kits

RESULTS

- New Robotics 4-H club and project group were formed as well as a new Drone 4-H club.

4-H Clubs	# of youth	Location	Activity
Smart Minds 4-H Club	13	Katy, TX	Building and programming EV3 Lego Mindstorm Lego Kits
Excel Adventist Academy -Wiggle and Wags 4-H club	9	Missouri City, TX	Mechanical Engineering and Drone Curriculum
Fort Bend Fresno 4-H club	5	Fresno, TX	Building and programming EV3 Lego Mindstorm Lego Kits

- Fort Bend 4-H Beginner's Robotics Workshop – 40 evaluations were received and there was significant change in understanding on how to program a robot using a computer and how to build a robot. In understanding careers associated with robotics there was a significant change as well. There was also an increase awareness of the importance of teamwork and problem solving.

FUTURE PLANS

Fort Bend 4-H will continue to work on increasing participation in the Robotics project. Our goal for the upcoming year is to have teams compete at the various livestock rodeo Ag Robotics competitions, District Roundup, and State Roundup. We will also like to form partnerships within the county to increase visibility of the Robotics 4-H program.

Helping Texans Better Their Lives

2019 Fort Bend County World of Science

*Developed by Angela Romans County Extension Agent – Urban Youth Development-Fort Bend County,
Derrick Banks Extension Agent, Agricultural and Natural Resources – Fort Bend County,
James Boone Holladay, County Extension Agent- Horticulture-Fort Bend County*

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 has 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

From several teacher trainings held the previous year, we were able to plan for school year 2018 – 2019 with several schools and school districts.

Planning meetings/ Teacher Trainings

Arrendodon Elementary – Teacher Training – Aug. 20, 2018

Quail Valley Elementary – Teacher Training- Aug. 24, 2018

Lamar Consolidated ISD – Science Instructional Coach – Planning Meeting –Sept. 19, 2018

Meadow Montessori School – Teacher Training- Oct. 19, 2019

Learn, Grow, Eat, Go! – Teacher Training – June 12, 2019

We provided four curriculum enrichment programs to provide hands on activities for STAAR testing and TEKS requirement subject matter for Fort Bend ISD, Lamar Consolidated ISD and Needville ISD.

School	School District	Curriculum	Objectives covered
Arredondo Elementary	Lamar Consolidated	Hatching in the Classroom	Life cycle of living organism
Colony Bend Elementary	Fort Bend	Junior Master Gardener	Plant Science
Cora Thomas Elementary	Lamar Consolidated	Junior Master Gardener	Parts of the Flowers/Plant Science
Don Carter Elementary	Lamar Consolidated	Hatching in the Classroom	Life cycle of living organism
The Honor Roll School	Private– Sugar Land	Junior Master Gardeners & LGEG	Plant science
Hubenak Elementary	Lamar Consolidated	Hatching in the Classroom	Life cycle of living organism

Huggins Elementary	Lamar Consolidated	Learn, Grow, Eat, GO!	Garden Setup
Jane Long Elementary	Lamar Consolidated	Hatching in the Classroom	Life cycle of living organism
Meyer Elementary	Lamar Consolidated	Stream Trailer & Junior Master Gardener	Weathering, Erosion, and Deposition & Plant Science
Needville Elementary	Needville	Bunnies in the Classroom	Principles Of Animal's Behavior
Quail Valley Elementary	Fort Bend	Hatching in the Classroom & Bunnies in the Classroom	Life cycle of living organism & Principles of Animal's Behavior
Riverbend Montessori School	Private– Sugar Land	Hatching in the Classroom	Life cycle of living organism
Velasquez Elementary	Lamar Consolidated	Stream Trailer & Hatching in the Classroom	Weathering, Erosion, and Deposition & Life cycle of living organism
Walker Station Elementary	Fort Bend	Junior Master Gardener	Plant Science
WIDE School	Private – Missouri City	Junior Master Gardener	Pollinators

RESULTS

- **Hatching in the Classroom** – we reached **523 students** including partnership with Pegasus classrooms within Lamar Consolidated ISD, Derrick Banks Extension Agent, Agricultural and Natural Resources, provided educational talks to all schools participating in the project.
- **Stream Trailers** – we provided STAAR testing reference for **228 students** in Lamar Consolidated ISD, Derrick Banks Extension Agent, Agricultural and Natural Resources, assisted by providing educational talks to all schools participating in the project.
- **Junior Master Gardener** – our Fort Bend County Master Gardeners reached **1,017 contacts** through their educational programs through curriculum enrichment, Spring Break Fun Day, their annual Earth Kids Kind Kamp and other community outreach programs/activities. They have contributed over **2,010 volunteer hours** to the Junior Master Gardeners program.
- **Bunnies in the Classroom** – we provided **334 students** with awareness of animal behavior and general guidelines of animal care.

FUTURE PLANS & ACKNOWLEDGEMENTS

We would like to continue to branch out, reaching multiple school districts with science enrichment curricula. A special thank you to the listed school districts and Fort Bend County Master Gardener Program for playing an essential role in the implementation of the mentioned curriculum enrichment programs.

Helping Texans *Better Their Lives*

Mindfulness 4-Health – Fort Bend County- CEP

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



RELEVANCE

Through the rise of anxiety, behavior, mood, and substance abuse in youth throughout the United States, the community leaders are coming together to address and identify how to execute an action plan. There has been an increase in mindfulness education for youth in the classroom throughout the U.S... The 2019 Texas Community Future Forum identified youth programs are needed that addresses healthy living, mindfulness, social learning, emotional learning and self-awareness as a need for Fort Bend County. The Mindfulness 4-Health program allows youth to learn in detail about understanding mindfulness and when to use it.

RESPONSE

Mindfulness 4-Health allows students to learn the terminology of meditation, self-care, self-awareness, and mindfulness. Youth participants go through a six-session course and learn breathing techniques, yoga pose, and how to apply to daily life. The target audience for this program is adolescent youth grades 6-12. The Mindfulness 4-Health program used resources from, Amber J Yoga's iMind Youth curriculum, and 4-H's Get Experience in Mindfulness. The key elements of this program allowed youth to really engage in communication on acceptance, vulnerability, gratitude, and evolution. Youth participants are aware of when to recognize triggers of anxiety and use some of the breathing techniques to increase their awareness of feelings and reaction.



RESULTS

The impact of Mindfulness 4-Health program reach out to over 200 youth throughout Fort Bend County. This initiative involves B.F. Terry High School's physical education course. Middle School Day at Prairie View A & M University, Michael E. Debakey High School of Health Professions, and Youth Leadership Lab of Cooperative Extension Program of Prairie View A & M University. All youth participants developed skill sin breathing techniques, mediation, and yoga. Before each session students filled out a pre survey on awareness of mindfulness, self-care, and stress management. After the six session students filled out a post a survey. The outcome determined that participants had a significant amount of knowledge in skills in identifying stress, mindfulness, and self-care. Collaborators include Baylor College of Medicine, The Institute of Spirituality and Health, and the College of Agriculture and Human Science at Prairie View A & M University.





Helping Texans
Better Their Lives



2019 – Heroes 4-Health Program - Fort Bend County CEP

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

RELEVANCE

In Fort Bend County, an increase of summer & after school programming are needed in the areas of humanity, art, and environmental sciences have been identified issues. According to the Centers for Disease Control and Prevention, childhood obesity is more common among certain populations. To address the needs of this issue, the Heroes 4-Health Walmart Grant allows leadership in healthy lifestyles for teenagers while reaching out to limited resourced grade school youth in summer and afterschool programs throughout Fort Bend County. The Cooperative Extension Program of Prairie View A & M University addresses behavior adoption in the 2018 Plan of Work: Outcome 10: - % of limited resource youth adopting behaviors that lead to a healthy lifestyle.



RESPONSE

In Fort Bend County's Heroes 4-Health grant program, we developed a group of teen leaders to go out throughout the county to teach limited resource populations about healthy habits. The Fort Bend County Health Ambassadors (teen leaders) major goals included to increase limited resource youth knowledge about eating healthy, introducing limited resource areas to healthy alternatives, and fun ways to increase physical activities. The Fort Bend County Health Ambassadors trained and developed skills from Purdue University's Choose Health Food, Fun and Fitness (CHFFF) curriculum. CHFFF allowed the ambassadors to implement healthy drinks, whole versus refined grains, increasing color in vegetables on a plate, and cognitively connecting physical activities to the nutrition lesson. For school and community health fairs, ambassadors informed communities for two hours about healthy habits through smoothie bike demonstration. First week of summer break, Fort Bend County Health Ambassadors gain deeper insight on their duty to health at the Perry Abernathy Recreational Center (PARC). Summer camp held through the Boys and Girls Club of Fort Bend County and PARC, allowed the ambassadors a chance to work with limited resource youth on creating

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healthy habits. For six weeks at Lantern Lane Elementary, physical education department would educate students on eating a balance meal and play competitive cooking challenges.



RESULTS

Youth gained knowledge in reading nutrition labels, a balanced diet, increasing vegetable intake in all meals, creating a space for mindfulness, and the importance of physical activity. Youth increased skills in reading ingredients on food labels, building a physical fitness activity regimen, and practicing self-care daily. Youth also gained skills in public speaking, time management, teamwork, and hard work. For the Purdue University's CHFFF curriculum, there were 366 participants from Ft. Bend County over 400 youth participants. CHFFF participants completed surveys. The Lantern Lane elementary cooking teams placed in 3rd and fifth at the 2019 District 9 "Big Time in D9" Food Challenge Competition. Fort Bend had over 30 teen health ambassadors to assist with the youth. Overall outcome has benefited limited resource youth in summer and afterschool programs to adopt healthy lifestyle habits.

Helping Texans Better Their Lives

2019 – 4-H Outreach 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: Derrick Bryant, Extension Agent-CEP Agriculture
Supported by: Courtney Bryant, Extension Agent-CEP FCS

RELEVANCE

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. Fort Bend County identifies issues are afterschool youth activities, generalized health and wellness education, health issues relating to youth, and partnerships between community leaders and youth.



RESPONSE

Fort Bend County 4-H Youth Development work diligently 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. Partnerships between the Lamar Consolidate Independent School District's School Health Advisory Committee (SHAC), Fort Bend County CONNECT, Fort Bend Independent School District (FBISD), Baylor College of Medicine (BCM), The Institute of Spirituality and Health (ISH), Fort Bend Regional Council and Attack Poverty of Richmond/Rosenberg all created opportunities for the limited resource youth of Fort Bend County. In 2019, partnerships led to over 30 volunteers in youth programming. This year healthy habit series, was conducted to introduce and educate youth on the project area in 4-H. Activate Youth Summit, an educational competition on public speaking, leadership, sand entrepreneurship offered youth to learn how to build a business that helps their community.



RESULTS

The impact of the Cooperative Extension Program 4-H and Youth Development program of Fort Bend County has increased the wellbeing of the limited resource youth and families. Because 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, 4-H 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.



Helping Texans *Better Their Lives*

2019 Fort Bend County In-depth Summary

Developed by: Damion Turner, County Extension Agent – 4-H & Youth Development,

Relevance:

Fort Bend County has a constant growing demographic with rapid and constant environmental expansion. We are starting to see a massive shift from the traditional rural demographic into the more urbanized non-traditional demographic. Therefore it is extremely important that we constantly and continue to educate our youth on the vital part agriculture plays in their daily lives.

Target Audience:

This program was targeted toward youth within the Fort Bend County 4-H program with livestock, horse, and shooting sports or interested in the livestock, horse, or shooting sports project areas.

Response:

Fort Bend County Extension Agent-4-h and Youth Development partnered with local adult volunteers, adult parent leader association, local stakeholders, and coworkers to assist with the development. This project area deals with a wide range of subject areas. So therefore it takes a lot of cooperation, organizing and planning to make these events a success.

- Needs assessment survey sent to all current 4-H members and families
- Coordinated with stakeholder and parent leader association for sponsorship funding for future programs
- Coordinate with parent leaders association and club leaders to plan educational events
- Implement educational programs and events with the assistance of parent leaders, co-workers, and adult club leaders.
 - Livestock and horse judging and evaluation workshops and practices
 - All species showmanship, nutrition, and grooming clinics
 - County open shooting competitions, livestock, horse shows and prospect shows
 - Livestock and horse related Quiz bowl and Skillathon workshops and practices
 - Livestock Ambassador Program, Horse Ambassador, Shooting Sports Ambassadors
 - Monthly Shooting Sports/Outdoor skills educational events and trainings
 - Implementation of Horse Advisory Board
 - Monthly Horse Educational Open ride events

Partnerships, Collaborations, & Interpretation

Agent partnered with stakeholders, parent leader association, co-workers and adult volunteers. As the new county 4-H agent I have the privilege to begin building relationships with local organizations and stakeholders. With the assistance of Fort Bend County parent leader association and co-workers we were able to implement successful programming.

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Results

Post surveys were utilized to measure programmatic impact and educational change at multiple events. A customer service and need assessment surveys were created to assist with educational program development and change in program area. Survey was distributed electronically to all leaders and members in good standing through 4-H connect.

Summary of Results

Increasing the knowledge of the youth of livestock as a whole is the most important aspect of the program. Being a new agent to the county it is important that I build relationships and understand the demographic of the county. With the implementation of educational programming and livestock events, this has opened up a pathway to fill an area in Fort Bend County that has been recently lacking.

Acknowledgments

With the assistance of Fort Bend County parent leader association, we were able to put on two prospect shows, and two showmanship clinics. That net approximately \$4500 in proceeds to assist with future program funding. Sponsorships and donations from Capital Farm Credit and Farm Bureau in the amount of \$2000 to assist with program funding. Damon Farm and Ranch donation and sponsorships of approximately \$1500 to assist with program expenses and funding.

Helping Texans Better Their Lives

2019 Fort Bend County Outcome Summary

Developed by: Damion Turner, County Extension Agent – 4-H & Youth Development,

RELEVANCE

Fort Bend County has a huge and diverse demographic, therefore it is important that our program reaches as many of the demographic as possible. We have to make sure that we allow for opportunities with non-tradition programming for those from the urban demographic. With the shift and constantly changing from rural to a more urbanized society. Our program has to make sure we offer program that allow them to participate and have to full 4-H experience.

Target Audience - The program was targeted to 4th grade youth attending schools in three different school districts in Fort Bend County.

RESPONSE

- Letters and informational brochures are mailed out in January to six school districts in Fort Bend County (Brazos, Fort Bend, Katy, Lamar Consolidated, Needville, and Stafford). This is a blanket letter used to promote and market the importance of education and the Ag-tivity Barn.
- This event is a first come first serve basis. Once one list each school is sent and information sheet with arrival and departure time.
- Groups arrive for four hours at the fairgrounds
- Thirteen different project area and workshops related to agriculture and fitness
- The 4th grade educational event is held in conjunction with the Fort Bend County Fair in September for a total of four day. There are a multiple groups and hands on workshops presented by volunteers.
- The AG-tivity Barn area is open to the public every day from 9am to 9pm.

PARTNERSHIPS AND COLLABORATIONS

Partners for the event include the Fort Bend County Farm Bureau – many of its directors and spouses and local Master Gardeners and Master Naturalists. Several of the board members and their spouses serve as presenters on the topics of corn and cotton. The Farm Bureau also provides the mobile agriculture trailer to use as an exhibit. The Fort Bend County Fairgrounds serves as the facility venue for the event. The 4-H Ambassadors assisted with giving presentation and leading groups. The Fort Bend County Master Gardeners volunteer their time to teach the gardening and horticulture sessions. The Fort Bend County Agriculture and Natural Resources Agent and 4-H Agents lead the sessions on fitness, healthy living and livestock. The Fort Bend County AgriLife, Better Living for Texans (BLT)

Assistants, Family Consumer Sciences Agent and EFNEP agent also partner with the 4-H program to count this as a county supported BLT programming effort

RESULTS

With the assistance of the Fort Bend County Fair association and AgriLife staff, we calculated the attendance numbers that participated with the event.

- Estimated attendance with the county fair attendance was in the 90,000 according to the calculations of the fair association
- Estimated 60% of the attendants came through the AG-tivity Barn which puts us at 52,500 viewing the exhibits in AG-tivity Barn
- Total school attendance was 967 students with 138 adults (staff, teachers, parents)

SUMMARY OF RESULTS

Increasing the knowledge of the youth of in agriculture as a whole is the most important aspect of the program. Being a new agent to the county it is important that I build relationships and understand the demographic of the county. With the implementation of educational programming and livestock events, this has opened up a pathway to fill an area in Fort Bend County that has endless possibilities.

Texas A&M AgriLife Extension Service - FORT BEND

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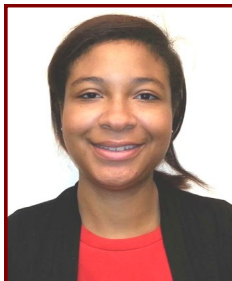
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