

STATE OF HEALTH REPORT

Hopkins County, 2018

Quality of Life



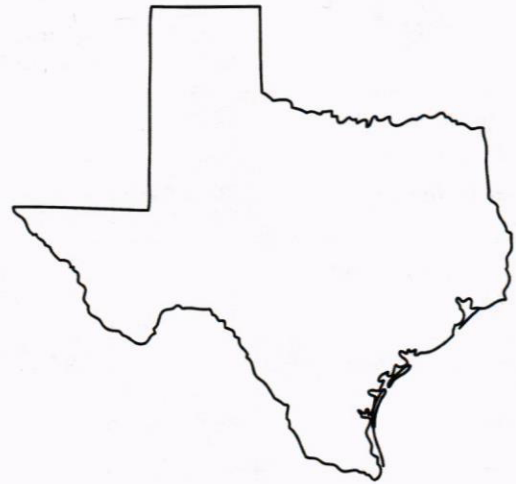
18%

of adults report being in fair or poor health



3.7

the average number of days per month that adults feel mentally unhealthy



Cardiovascular Deaths



57

Per 10,000 adults compared to 44 per 10,000 adults in TX

Nutrition + Physical Activity



32%

of adults are obese



31%

of adults are physically inactive



6.7

county score on the food environment index

Uninsured + Poverty



21%



of those under age 65 are uninsured, compared to 19% in Texas



24%

of children are living in poverty

National and State Comparisons

Measure	Description	U.S.	Texas	County
Health Outcomes				
Premature death	Years of potential life lost before age 75 per 10,000 population	670	670	836
 Cardiovascular deaths	Total cardiovascular disease deaths per 10,000 population; includes coronary heart disease, heart attack, heart failure, cardiac dysrhythmia, hypertension, and all strokes	42.6	43.7	57
Diabetes prevalence	Percentage of adults diagnosed	8.4%	10%	12%
Poor or fair health	Percentage of adults reporting poor or fair health	16%	18%	18%
Poor mental health days	Average number of mentally unhealthy days reported in past 30 days	3.8	3.4	3.7
Health Factors				
Adult obesity	Percentage of adults reporting a BMI over 30	28%	28%	32%
Physical inactivity	Percentage of adults reporting no leisure-time physical activity	23%	24%	31%
 Food environment index	On a scale from 0 to 10 (with 0 being the worst value), the quality of food environment based on % of population who are low income and do not live close to a grocery store and those without access to a reliable source of food during the past year	7.7	6.0	6.7
Adult smoking	Percentage of adults who are current smokers	17%	14%	17%
Uninsured	Percentage of population under age 65 without health insurance	11%	19%	21%
Children in poverty	Percentage of children under age 18 in poverty	20%	22%	24%

Source: <https://nccd.cdc.gov/DHDSAtlas/Reports.aspx> and [countyhealthrankings.org](https://www.texas.gov/countyhealthrankings.org)

\$ 90%

of the country's **\$2.7 trillion** annual health care expenditures are for people with largely preventable chronic diseases and mental health conditions.

The Case for Prevention

- At least 7 of the top 10 leading causes of death in the U.S. and Texas are preventable chronic diseases.¹
- 80% of chronic diseases could be prevented through FOUR key lifestyle factors: a healthy diet, adequate physical activity, a healthy body weight, and not smoking.^{2,3,4}

Source: 1. CDC (2017). Chronic Disease Overview. <https://www.cdc.gov/chronicdisease/overview/index.html>. 2. Ford, E. S., Bergmann, M. M., Kroger, J., Schramm, A., Weikert, C., & Boeing, H. (2019). Healthy living is the best revenge: Findings from the European Prospective Investigation into Cancer and Nutrition-Potladder study. *Archives of Internal Medicine*, 149(13), 1386-1393. 3. Haddad, S. M., & Poppo, W. W. (1993). Actual cause of death in the United States. *Journal of the American Medical Association*, 270(11), 2207-2212. 4. Moolenaar, W. H., Mank, D. S., Stroup, D. P., & Gerberding, D. L. (2014). Actual causes of death in the United States, 2010. *JAMA*, 311(12), 1238-1245.

Texas A&M AgriLife Extension is an equal opportunity employer and program provider.

For more information, contact your local Family and Community Health Extension Agent:

**Johanna Hicks, jshicks@ag.tamu.edu
903-885-3443**

**TEXAS A&M
AGRI LIFE
EXTENSION**



TEXAS A&M AGRI LIFE EXTENSION



4-H FACTS

What is 4-H?

4-H is a national organization which helps young people develop life-long knowledge and skills to become engaged citizens. Through 4-H, youth are also taught how to meet the diversities and challenges of today's society by bringing together youth and adults to design programs that will teach skills for living. 4-H is truly a model of the "learning by doing" teaching concept. It reaches people in their own communities with delivery methods suitable to their needs. 4-H also helps to provide opportunities for families and communities to develop stronger bonds.

The 4-H program is a voluntary, non-formal, educational program offered to all youth regardless of race, color, national origin, residence, or handicap. The Texas 4-H and Youth Development Program is conducted by Texas A&M AgriLife Extension Service, which is a part of the Texas A&M University System. County and district 4-H programs are directed by Extension staff that also provides training and support to volunteers who work with 4-H members. The Texas 4-H and Youth Development Program serves youth in all 254 counties in Texas.

Young people in 4-H learn about citizenship, leadership, foods and nutrition, healthy lifestyles, veterinary science, shooting sports, horticulture, agriculture, and other subjects. To teach young people about these subjects, the 4-H program uses the learn-by-doing method of instruction. The 4-H projects that each member selects according to his/her interest and ability is the program's cornerstone. The skills and knowledge learned in 4-H project work help members become more engaged individuals and citizens.

What are the four "H's"?

The four "H's" are explained in the organization's pledge, which every 4-H'er should know:

I pledge

*My **Head** to clearer thinking,*

*My **Heart** to greater loyalty,*

*My **Hands** to larger service and*

*My **Health** to better living for*

My club, my community,

My country and my world.

The 4-H Motto is "TO MAKE THE BEST BETTER" and the 4-H Slogan is "LEARN BY DOING".

Who are 4-H members?

You might hear that 4-H is for kids who live on farms. Not true! There are 4-H clubs all over the country with members who have never seen a cow or a chicken!

Today's 4-H'ers are boys and girls between 3rd and 12th grades. They live on farms, in suburban neighborhoods, and in cities. They join 4-H because it is fun, it provides opportunities to work and play with friends, to learn about and do interesting things, and to develop leadership skills.

How much does it cost?

4-H has a enrollment fee of \$20 before November 1st of each year, increasing to \$25, November 1st and after. Some projects might cost something to get started— like, if you want to do photography, you'll need a camera and money to get pictures developed.

How do you join 4-H?

Call your county office of Texas A&M AgriLife Extension - they can tell you what to do. Or, go to: <http://texas.4honline.com> . Your local contacts for Texas A&M AgriLife Extension are as follows:

Hopkins County Extension Office:

Johanna Hicks – County Extension Agent – Family and Community Health
jshicks@ag.tamu.edu
Mario Villarino – County Extension Agent – Ag and Natural Resources
Mario.Villarino@ag.tamu.edu
Barbara Sanders - Office Administrator
bsanders@ag.tamu.edu

Phone Number: 903-885-3443
Office Address: 1200-B W. Houston
P.O. Box 518
Sulphur Springs, TX 75483

4-H Clubs in Hopkins County: (You may choose the one that best suits you! Meeting days TBA)

- Dike 4-H: meets each month at Dike Community Center
 - Contact Margaret McDonald – 903-945-2623
 - Kelli Ebel – 903-945-172
- Infinity 4-H: meets each month at the Hopkins County Extension Office,
 - Contact Jeremy Bridges – 903-439-4658 or
 - Kathy Lennon – 903-440-2452
- Miller Grove 4-H: meets each month at Miller Grove School,
 - Contact Farri George – 903-485-3041 or
 - Cherri Bessonett – 903-459-3730
- Paws 4-H: meets at the Sulphur Springs Elementary School (grades 4&5), 3:30 p.m. - Contact Shelby Gibson – 903-243-4249
- Arbala Harvest 4-H: meets 3rd Monday at the Arbala Community Center,
 - Contact Ginger Bartley – 903-438-6126
 - Lindsay Chamness – 903-348-6432

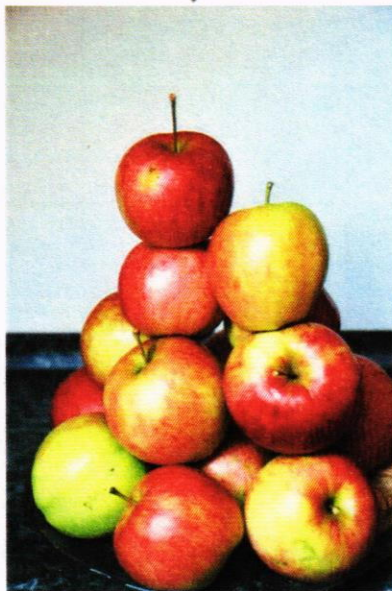


TEXAS A&M
AGRILIFE
EXTENSION

4-H Foods Fun Day

Please call 903-885-3443
if you plan to attend by
September 5

- When: Saturday, September 8, 2018
- Where: Extension Office, 1200 W. Houston Street, Sulphur Springs
- Time: 1:00 p.m. (we'll end around 2:30 p.m.)
- What: hands-on fun and gift-giving ideas
- Lots more!



Cooking Well with Diabetes

A cooking school designed to help people with diabetes and anyone that prepares food for them

Sessions Include...

Carbohydrate Foods

**Recognizing carbohydrate in recipes
and using sweeteners effectively**

Make Recipes with Fat
Better for You

Healthy fats & fat substitutions

Double Pleasure Side Dishes

**Reducing sodium and
increasing fiber**

Celebrating Sensibly

**Special event recipes that
are healthy and delicious**

“Cooking Well with Diabetes”

is a series of four, fun,
interactive classes packed
with research based
information and delicious
diabetes friendly recipes.

**Mondays & Thursdays,
September 10, 13, 17, 20, 2018**

1:30 p.m., repeated at 6:00 p.m.

Contact Johanna Hicks to
register:

903-885-3443

jshicks@ag.tamu.edu

<http://hopkins.agrilife.org>



**DO WELL
BE WELL**

TEXAS A&M AGRILIFE EXTENSION

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



TEXAS A&M AGRI LIFE EXTENSION

Free Marriage Education Workshop 2018 Schedule

When: **Saturday, August 25**

- Where: Texas A&M AgriLife Extension Office
1200-B W. Houston Street
Sulphur Springs, TX 75482
- Time: 8:30 a.m. to 3:30 p.m.
- Who can come: married couples, engaged couples,
seriously dating couples
- Facilitator: Johanna Hicks, Extension Agent
- Must call to sign up: 903-885-3443

Lunch Provided!

**Engaged couples will receive a certificate to save
\$60 upon applying for a marriage license.**

Communication

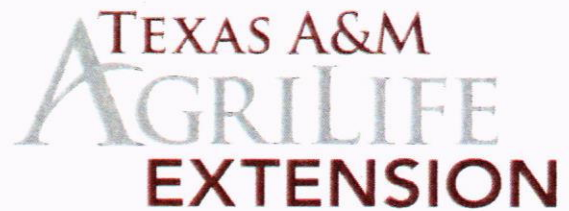
Marriage Expectations

Goal Setting

Conflict Resolution

Money Management

Individuals who require an auxiliary aid, service, or accommodation in order to participate are encouraged to contact the Hopkins County Extension Office at 903-885-3443 for assistance.



August 27, 2018

Dr. Mario A. Villarino

County Extension Agent for Ag NR

Hopkins County Extension Educational Priorities for Ag NR

- Constituents Education (site visits, telephone consultations, e-mail).
- Youth Development (4-H Program).
- Water Conservation.
- Beef and Dairy Producers Education.
- Consumers Education.
- Landscape education.
- Hopkins County Conservation and Beautification.

Important Upcoming program dates for Ag NR

- Homeowner Maintenance of Aerobic Treatment Units- September 14, 2018- Extension Office.
- Ribeye Round Up- October 5, 2018- Downtown Square with NETBIO.
- Ag in the Classroom- October 9-10, 2018- Regional Civic Center Arena. With ISD's and Farm Bureau.
- Basic Tree Care Training- November 1, 2018- Extension Office with HC Master Gardeners.
- Private Applicator Credits- November 7, 2018, Regional Civic Center with NETBIO and TDA.
- Leaders and Volunteers recognition banquet- November 8, 2018- League Street Church.
- Food Safety Rules Training for Producers- November 14, 2018- Extension Office.



Homeowner Maintenance of Aerobic Treatment Units

September 14, 2018

Hopkins County Extension Office

1200B Houston Street, Sulphur Springs, Texas.

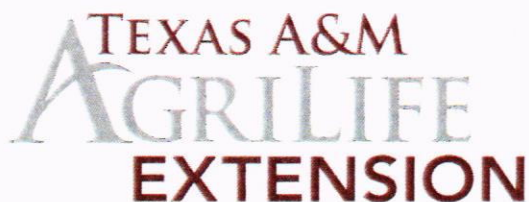
**8:30 AM to 3:30 PM \$100 with Lunch and teaching materials included
Limited 50 participants/class - Minimum 10 participants for each class to make**

Directed to the homeowner, this session provides a basic training in proper evaluation of structures, equipment and operation of already installed aerobic septic systems in homes. A certificate of attendance will be provided.

Organized by Texas A&M AgriLife Extension Services in Hopkins County

Register by September 7, 2018 by calling 903-885-3443.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion national origin, age, disability or veteran status. Individuals who require an auxiliary aid, service, or accommodation in order to participate are encouraged to contact the Hopkins County Extension Office at 903-885-3443 for assistance.



Northeast Texas Fall Dairy Conference

October 31, 2018

Southwest Dairy Museum

1200 Houston Street

Sulphur Springs, Texas

4 DOPA CEU's

9:30 to 3:00 PM

Cost \$10.00

9:30 AM to 10:00 AM- Registration

10:00 AM to 11:00 AM - [Trucking Laws & Regulations Associated with Manure Hauling](#)-Dr. [Jennifer Spencer](#)- Dairy Specialist, Texas A&M AgriLife Extension

11:00 AM to 12:00 PM - Ag Engineering Update in nutrient management - by Dr. Zong Liu, Assistant Professor & Extension Biological & Agricultural Engineering

12:00 to 1:00 PM Lunch Sponsored by the Southwest Dairy Museum

1:00 to 2:00 PM - Lagoon Treatment & Management Technology by Dr. Zong Liu, Assistant Professor & Extension Biological & Agricultural Engineering

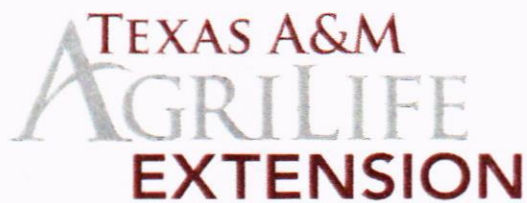
2:00 to 3:00 PM -Weed Control, Herbicides & Potential Herbicide Residuals in Manure by Dr. Vanessa Olsen, Forage Specialist, Texas A&M AgriLife Extension.

Program Organized by Hopkins, Wood and Rains Counties

Please register by calling the Hopkins County Extension Office at 903-885-3443 by October 16th, 2018

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



Basic Tree Care Training

November 1, 2018

6:00 PM

Cost \$10

Hopkins County Extension Office

1200B Houston Street

Sulphur Springs, Texas

*

Soil Preparation/Site Selection

Tree Varieties for Northeast Texas/Tree Care

Presented by

Daniel Duncum

Texas A&M Forest Service Arborist

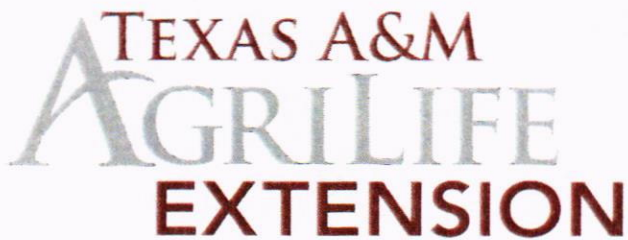
Hosted by

The Hopkins County Master Gardeners

2 CEU for Master Gardeners

Register by calling the Hopkins County Extension Office at 903-885-3443 by October 19, 2018

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COURSE #

**Private Applicator Credits
Hopkins County Regional Civic
Center**

**Wednesday November 7, 2018
10:00-4:00 PM**

(1 law and regulation, 2 IPM and 2 gen CEU's)

09:30-10:00 Registration Opens

10:00-11:00 Update on Laws and Regulations- Paul Weiser- TDA

Paul Weiser will address regulatory procedures during inspection, pesticide complain process and Record Keeping.

11:00-12:00 Pond weed control – Ken Hale- Boatcycle Inc.

Mr. Hale will address pond weed management including biological control using fish.

12:00-01:00 Hamburger Cook-Off catered by Andy Wright

01:00-02:00 Management of native grassland – Karl Ebel- Nat GLC. Mr. Ebel will address alternative methods of weed management in native pasturelands.

02:00-03:00 IPM for small grains for forage and grain– Dr. David Drake- TAMU. Dr. Drake will discuss IPM management in small grains for forage production.

03:00-04:00 Bermuda grass management update- Dr. Allen Knutson- TAMU. Dr. Knutson will discuss pesticide application considerations to protect/reduce insect infestations in Bermuda grass- based forage production systems.

The cost of the seminar is \$30 (Lunch included)

Please register by October 19, 2018 by calling 903-885-3443

Program organized by Texas A&M AgriLife Extension in Hopkins County

Program partially sponsored by NETBIO

Individuals with disabilities who require an auxiliary aid, service, or accommodation in order to participate in this activity are encouraged to contact the Hopkins Extension Office at 903-885-3443 for assistance by October 15, 2017. Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

**FOOD SAFETY RULES
TRAINING FOR PRODUCERS
11-14-2018**

**Hopkins County Extension Office
1200b West Houston Street, Sulphur Springs, TX 75483**

- 8:30 AM Registration and Refreshments
9:00 AM Welcome and Introductions
9:30 AM Module 1: Introduction to Produce Safety
10:15 AM Module 2: Worker Health, Hygiene, and Training
11:15 AM *Break*
11:30 AM Module 3: Soil Amendments
12:15 PM *Lunch*
1:00 PM Module 4: Wildlife, Domesticated Animals, and Land Use
1:45 PM Module 5: Agricultural Water – Part I: Production Water
2:30 PM *Break*
2:45 PM Module 5: Agricultural Water – Part 2: Postharvest Water
3:45 PM Module 6: Postharvest Handling and Sanitation
4:45 PM Module 7: How to Develop a Farm Food Safety Plan
5:15 PM *Final Questions and Evaluations*
5:30 PM *Participants Adjourn*

Fee: \$40 (non-refundable). Lunch and snacks included.

Register online at <https://agriliferegister.tamu.edu/ProduceSafety>

Register by phone: 979-845-2604

For questions or additional information, contact Dr. Joe Masabni at jmasabni@ag.tamu.edu



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Produce Safety
ALLIANCE