



**Hopkins County  
Livestock and Forage  
Education**



**Hopkins County  
Agricultural Plan**



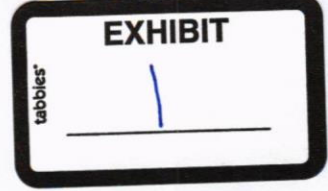
**Hopkins County  
4-H Grows**

- 4 Private Applicator Trainings
- 42 Newspaper articles.
- Private Applicator Newsletters.
- PAT CEU (Nov) (91 Attendees).
- DOPA Training (4 CEU).
- 4 Planning Meetings
- Homeowner Septic System Training.
- 12 Master Gardener Meetings
- Implementation of CARES ACT (Producers).
- Beef Day (October)(100 attendees)(2,500 event).
- Grassland Tour Day (October)(25 attendees).
- Manejo Lechero Podcast Series.
- Plan interpretation.

- 12 Veterinary Science Sessions (Monthly).
- 10 newspaper articles.
- 2 State Heifer Validation.
- NETLA Steer Validation.
- 3 Coalition Meeting.
- NETLA Swine Validation (Nov).
- District Dairy Judging Contest (April).
- NETLA Project visits (36)
- NETLA Junior Livestock Show (Feb).
- Goat and Lamb Showmanship Clinic
- Poultry Clinic (Nov)
- NETLA Dairy Show (June)
- Plan Interpretation
- United Way Support.
- 4-H Gazette.
- TSC Paper Clover Campaign.
- National 4-H Week.
- School networking.
- Club chartering.
- Volunteer Trainings.
- 4-H Recognition Banquet (August).
- Christmas Party (December).
- Plan interpretation.



**NEW  
LANDOWNERS  
OF HOPKINS  
COUNTY**





**2021 Family & Community Health Highlights**  
Prepared by Johanna Hicks, FCH Agent—Hopkins County

**Do Well, Be Well with Diabetes**

(on-line in partnership with 3 other counties) - January, 2021

- 5-lesson series
- 6 graduates improved self-care

**Cooking Well with Diabetes (in-person) - October, 2021**

- 9 graduates (12 attendees)

**National Diabetes Awareness Month**

- Mass media



- 4-H Foods Fun Day—14
- 3 record books qualified for district; 1 placed 1st in state
- 4-H Sewing Fun Day—11
- 4-H Public Speaking
- 4-H Gazette—6 issues
- National 4-H Week; Project Show; Food Drive; 4-H Enrollment event
- Foods project leader training
- County Council meetings
- Healthy Texas Youth Ambassador & presentation
- 4-H Project Tour Day
- 4-H Achievement Banquet
- RSSI campus—Cumbly



**Master Wellness Volunteers**

- 11 trained volunteers
- Hours logged in 2021 = **824** as of November 3, 2021
- Reached **3464** individuals
- *Volunteer Connections Newsletter*



**Fresh Start to a Healthier You**

- 4-lesson series
- 9 on-line graduates
- Participants increased fruit & veggie consumption

**Healthy Snacking—Head Start Kids**

- Materials and educational incentives distributed to 175 students

**BLT Newsletter**

- 8 issues
- English & Spanish
- Reaches 5,000 households with each issue

**55+ Health Fair**

- Healthy snacks
- Info on nutrition and Be Well, Live Well series
- 200+ attendees



**Marriage Education Workshop**

- 3 couples completed the materials
- Topics covered: marriage expectations, communication, conflict resolution, money management, goal setting
- Savings to couples: \$60 each



**Walk & Talk**

- 8-week series
- 3 teams
- 18 participants
- Nutrition topics, MyPlate, Cooking Demonstrations, food safety & walking included in lessons
- Total miles logged after 7 weeks = **2,633.44**

**Walk Across Texas**

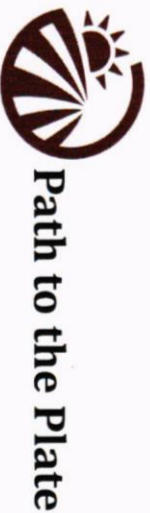
- 8-week program
- 8 teams
- Miles still being logged for 2021 **7,883.44**

**Walk Through Texas History**

- 4-week program
- 3 teams
- **1597.69** miles



- **Social Media Posts** featuring tips, recipes, and food safety



- Better Living for Texans program
- Social media posts
- Ag-in-the-Classroom Dairy segment



**Kids' Camp: Fun, Food, Fitness**

- Partnered with SSISD
- 226 students in grades 1-5
- Color Me Healthy nutrition, safety, physical activity, DanceFit, dental care, and more

**Other Family & Community Health Impacts**

- "Christmas Joys" holiday program—210 attendees
- Fall Festival Board—coordinator for Arts & Crafts Show and Creative Arts Contest
- Community Chest Board, Community Resources Coordination Group
- Sulphur Springs, Cumbly & Como-Pickton School Health Advisory Council member
- Douglass ECLC Head Start Advisory Board member
- Weekly newspaper columns
- Recipient of 3 state awards; Excellence in Teamwork, Innovation in Youth Programming, School Wellness Award
- Served on National Marketing/Communications Committee
- *Texas Extra* column contributor
- Family & Community Health social media posts on nutrition, health, money management, and family/youth development
- Spring Sewing workshop—6 participants
- Member of District, State, and National Extension Association of Family & Consumer Sciences
- Mentor for new Hunt County FCH agent
- Childcare conference—PJC partnership