

## RELEVANCE

4-H Agriculture and Natural Resources projects are an important component of the county 4-H program in Texas. Currently, sixty three percent of Texas 4-H members are enrolled in a livestock project. These projects provide youth with subject matter education, as well as valuable learning experiences, character education and leadership skills critical for youth.

## RESPONSE

Adult volunteer engagement is critical to administer the program and expand the outreach. As today youth are further removed from farming, many do not understand the importance of agriculture and how it impacts their daily lives. This plan included a path to the plate program component as a stand alone educational event (1,231 attendees). The plan also included monthly veterinary science sessions using a directional specific curriculum intended to provide education to achieve Veterinary Assistant Certification. The objective of the plan was to provide 4-H members with excellent learning opportunities within the ANR project areas. This plan utilized a 4-H Livestock Project Coalition to provide direction and support for the programs and events conducted. The following activities were implemented during 2021-2022:

- Livestock Clinics (beef, poultry, swine, goat/lamb) (October - January).
- 12 Veterinary Sessions (Monthly).
- Ag in the classroom (4 sessions, 1,231 participants).
- Livestock County Show (Feb, 2022).
- Dairy Livestock Show (June, 2022).
- Participation in all major livestock shows.
- Validation of steers, heifers, goats, lambs, swine and broilers.
- 42 home project visits.
- 25 Press release related to Livestock Youth Projects.

## VALUE

Character and Leadership  
 Development

Texas A&M AgriLife Extension's 4-H Youth Development Program teaches participants leadership skills and character traits. Participating youth become mentors, role models, and leaders in their schools and communities.

63%

4-H members participate  
 yearly in livestock projects



## RESPONSE

As communities grow and separate from actively engaging in agriculture, the gap between the knowing where food comes and consumers widens. The Hopkins County 4-H Youth Coalition partnered with schools and community associations to provide learning opportunities in food production and livestock showing for youth during 2022. More than 300 youth projects were validated and shown in two livestock shows in Hopkins County. Educational sessions were implemented to support these projects and promote leadership development in youth.



## Evaluation Strategy

Retrospective post evaluation surveys were utilized to measure knowledge gain and adoptions of best practices for the evaluated programs.

- 100% (76/76) responded to the evaluation instrument (Path to the Plate Expo).

## RESULTS

### 2022 Ag in the Classroom

- 80% (61/76) indicated a better understanding of the path food production takes to get to our plate.
- 70% (53/76) Indicated a better understanding of the way farmers and ranchers produce the food that we eat.
- 78% (59/76) indicated a better understanding of the connection between agriculture and health.
- 82% (62/76) learned the value of agriculture in daily life.
- 83% (63/76) learned the importance of eating a healthy diet and a variety of food.



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## RELEVANCE

Livestock and forage production are a 3.96 billion dollars industry in the Central Region. Livestock and forage enterprises are affected by climate and market variability. Hopkins County currently has more than 100,000 head of cattle with 27,000 head of dairy cattle. Due to environmental requirements of federal and state authorities, Hopkins County dairy operators must maintain environmental requirements for operation.

## RESPONSE

This plan collaborated with dairy (Dairy Farmers of America, Southwest Dairy Museum) and beef organizations (NETBIO) to determine and conduct educational efforts needed for the successful operation of livestock farms and ranches. This plan had the goal of providing educational experiences to 350 beef producers, 150 private applicators, 60 dairy producers and 60 landowner seeking private applicator accreditation.

The plan included the following activities:

- Hopkins-Rains Hay Show (with Soil Conservation Board) (15 Participants).
- Prairie Day (150 participants)(Presenter)(Yantis Texas).
- 4 New Pesticide Applicators Trainings (quarterly)( 36 participants).
- Cattle Trail in Beef Day (111 Participants).
- Dairy Outreach Fall Conference (13 Participants).
- Pesticide Private Applicator CEU (82 Participants).
- 34 Press releases (digital and printed media).
- Result Demonstration in pre-conditioning of beef cattle.
- 1,455 Telephone consultations.
- 423 Site visits.

## Evaluation Strategy

Retrospective post evaluation surveys were utilized to measure knowledge gain and adoptions of best practices for the evaluated programs.

- 100% (111/111) participants completed the evaluation for the Cattle Trail.
- 38% (5/13) participants completed the evaluation for the Dairy Outreach Fall Conference.
- 85% (70/82) participants completed the evaluation survey for Pesticide Private Applicator CEU.

## VALUE

### Livestock Production

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

**\$3.96 billion**

Generated by the beef industry in Central Region.

**1K**

Beef producers consigned pre-conditioned cattle in Hopkins County

## RESPONSE

The Hopkins County Beef Program Area Committee successfully designed and implemented a livestock and forage plan for Hopkins County. The plan included educational activities for forage producers (hay show, field day, pesticide applicators trainings) and educational opportunities for dairy and beef producers. During 2022, the plan included a consumer awareness component (cattle trail) to increase consumers awareness of the economic and environmental impact of the beef industry in Hopkins County. Because of the constant growth of the Beef Industry, thirty-four mass media press releases were published covering beef and forage education topics using social and printed media to educate county residents.

## RESULTS

### 2022 Cattle Trail

- 100% (111/111) have a better understanding of the steps beef goes before consumers.
- 100% (111/111) have a better understanding of the different parts of beef.
- 100% (111/111) have a better understanding of the importance of ranching in Texas.
- 100% (111/111) have a better understanding of products made of beef.
- 99% (110/111) have a better understanding of the economic impact of beef in their county.

### 2022 Dairy Outreach Fall Conference

- 60% (3/5) attendees indicated economic benefit from this activity.
- 100% (5/5) attendees indicated this activity to be valuable to network with experts and other participants.
- 100% (5/5) attendees indicated to be completely satisfied with the activities presented in this conference.

### 2022 Pesticide Private Applicator CEU

- 93% (65/70) plan to take actions or make changes as a result of the knowledge gained during the conference.
- 93% (65/70) anticipate benefitting economically as a direct result of what they learned from this activity.



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## RELEVANCE

The 4-H program in Hopkins County is multi-faceted. 4-H members and leaders participate in a variety of educational events, projects and activities. Youth gain leadership skills as they participate in youth based programs. The goal of this plan is to promote youth development in to responsible, contributing members of the society. Integration of members taking active role in leadership and public speaking events will be promoted. The enrollment goal for 2021 was 200 youth.

## RESPONSE

County Staff implemented the 4- H and Youth Development Program in Hopkins County including communication with Club Managers, County 4-H Council, volunteer leaders, record book training, special events. FCH and Ag related 4-H Projects will be covered in discipline specific plans.

The Hopkins County Youth Program Area Committee provided leadership for the planning and implementation of this plan. Promotion of projects and events was conducted using technology based platforms (youtube, facebook, newspaper, radio, 4-H gazette) by program participants.

The following activities were conducted during 2021-2022:

## VALUE

Character and Leadership  
Development

Texas A&M AgriLife Extension's 4-H Youth Development Program teaches participants leadership skills and character traits. Participating youth become mentors, role models, and leaders in their schools and communities.

189

members enrolled  
Hopkins County 4-H  
(2020-2021)

- Quarterly 4-H Council Meetings.
- Bimonthly 4-H Gazette.
- School ISDs Networking with school board participation.
- District Work Days.
- National 4-H Week.
- 4-H Project Show.
- 4-H Recognition Banquet.
- Hopkins County Christmas Party.
- 4 Program Area Committee Meetings.
- Cumby Education Initiative Meetings.
- Rural Student Services Initiative meetings.
- 4-H Club Chartering.
- Multi-County Camp planning sessions.
- Hopkins County 4-H Round-Up.
- 4-H Record Book training.
- United Way Support preparation.
- TSC clover campaigns.
- Hopkins County 4-H Project Tour.

## Results

Programs and activities were evaluated based on members participation and direct feedback. Since many activities were planned and implemented by Council members, their opinion during the planning process was included. Five clubs were chartered and populated during 2021-2022. All planned activities were well attended (more than 50% expected attendance).



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## RELEVANCE

Recently new trends in property size and smaller tracts of land have created a new landowner and small acreage ranching/farming enterprises. Many new landowner/small acreage landowners are looking into agriculture as an alternative for tax exemption. Due to changes in lifestyle new landowners might have little or no understanding of agriculture and need basic information to engage in farming.

## RESPONSE

Press articles covering topics related to new landowners were released to mass media (newspaper, radio station and social media sites) as following:

- Soil diversity in Hopkins County
- Pesticide uses in small acreage
- Pond management
- Drought Response for small acreage 1
- Drought Response for small acreage 2
- Drought Response for small acreage 3

## RESULTS

All submitted articles were published either by print (news paper with 25,000 printed copies) or by local social media outlets (frontporch news, ksst) for a total estimated reach of 180,000 contacts.

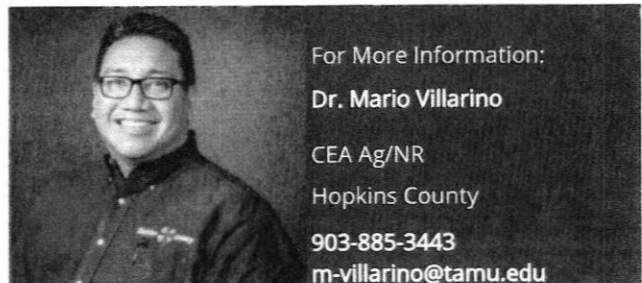
## VALUE

600,000

People move to Texas  
 every year

180K

New Landowner  
 Contacts in this plan



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[AGRILIFEEXTENSION.TAMU.EDU](http://AGRILIFEEXTENSION.TAMU.EDU)

### RELEVANCE

Horticulture and gardening more specifically is a enjoyable activity with significant effect in the individual. The Hopkins County Sheriff Department is currently working with local PAC to create a horticultural program for the trustees in Hopkins County. The issues to address during the implementation of this plan included the training of female trustees to gain work skills for a successful re-introduction to society.

### RESPONSE

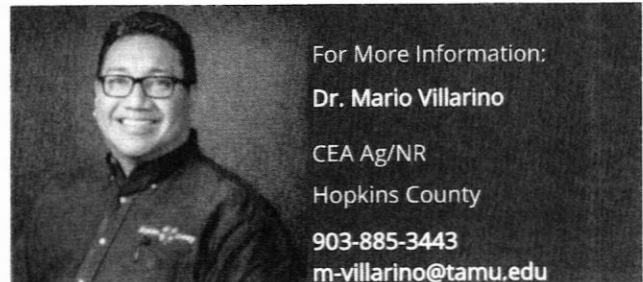
Two educational series (4- 5 sessions back to back) were prepared and presented to female trustees (Face to Face) during February -April 2022 covering the following topics:

- Soil diversity in Hopkins County
- Water/Soil
- Plant Propagation.
- Plant Selection.
- Entrepreneurship

### RESULTS

More than 60 female trustees attendent the series. Several technical topics intendent to adapt horticultural crops to the weather seasonality were included . The female population of trustees proved to be an attentive, curious and excited population during the trainings.

8,856  
Female  
Population  
in Jail in Texas



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## RELEVANCE

The Centers for Disease and Control (CDC) defines chronic diseases as those lasting longer than 1 year resulting in continued medical care or limited daily activities, including type 2 diabetes. Currently, in Texas approximately 2.83 million (12.2%) adults have diabetes with 621,000 (21%) of those being undiagnosed in 2021.

In Hopkins County:

- 12% of the adult population have been diagnosed with diabetes, as compared to 12.2% in Texas and 8.5% in the country
- 32% are reportedly physically inactive
- 37% of the county adult population are obese

Diet related chronic diseases such as type 2 diabetes related to poor nutrition and physical inactivity can be better managed with dietary and self-care management, increased physical activity, and maintaining or achieving a healthy weight.

Education is an integral component in managing the prevalence of diabetes and hypertension in Texas.

"Do Well, Be Well with Diabetes" is an Extension Program designed to reach clientele with research and evidence-based interventions. Unlike other chronic diseases, people with type 2 diabetes can learn to manage their disease by following a healthful eating plan, participating in regular physical activity, and developing skills needed to assist in controlling their blood glucose, rather than medication dependency alone.

"Cooking Well with Diabetes" offers practical dietary and self-care management focusing on healthy cooking alternatives.

## RESPONSE

The Hopkins County FCS Committee and Master Wellness Volunteers saw the need to continue diabetes education in the county. The following were presented:

- Do Well, Be Well with Diabetes 5- lesson session held face-to-face
- Cooking Well with Diabetes 4-lesson series held face-to-face
- Six individuals reached through one-on-one consultations
- National Diabetes Awareness Month exhibit
- Mass media contributions focusing on chronic disease management

### TARGET AUDIENCE

Individuals with type 2 diabetes and their families

### PARTNERSHIPS & COLLABORATORS

- Texas Diabetes Council, American Diabetes Association (materials)
- Master Wellness Volunteers (marketing, registration, tray preparations)
- Diabetes educator and pharmacist served as speakers for certain sessions

## VALUE STATEMENT

### 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.

**12.2 %**  
**2.83 MILLION**

Texans with  
diabetes

**12%**

Hopkins County residents  
with diabetes (4,477)

**37%**

Obesity among Hopkins  
County adult population

## RESPONSE continued:

- 9 graduated from the DWBW Spring series; 10 graduated from the fall CWWD series; Six one-on-one consultations
- DWBW sessions included: Recognizing carbohydrates, Meal Planning, Diabetes & Physical Activity, Diabetes & Medications, Managing Complications
- CWWD sessions included: Carbohydrate Foods, Making Recipes with Fat Better for You, Reducing Sodium & Fat/Increasing Fiber, and Celebrating Sensibly with Diabetes. Cooking demos and recipe sampling were included.
- Participants were given a copy of the power point as well as handouts supporting the lessons.
- Visual aids, food models, and supplementary materials were also used as teaching aids.
- Walk Across Texas was implemented throughout the year as a way to encourage physical activity. Due to the success of that program, a separate summary has been prepared.

### Clientele quotes:

- *This course has taught me so much! I have a much better understanding of diabetes.*
- *These classes were a good eye opener for me. I don't have diabetes now but was warned by my doctor to change my diet.*
- *Loved sampling the recipes – they were healthier while still being tasty!*
- *Great information!*

## Evaluation Strategy

Pre- and post-surveys were distributed to all participants.

- ❖ Do Well, Be Well with Diabetes – 9 of 9 completed both surveys
- ❖ Cooking Well with Diabetes – 10 of 10 individuals with diabetes completed the survey (3 additional individuals attended 3 or more sessions in support of their loved one)

## RESULTS

### Do Well, Be Well with Diabetes:

- 9 of 9 (100%) indicated learning the connection between carbohydrates and blood glucose
- 9 of 9 (100%) reported increased confidence in achieving 30 minutes of physical activity most days
- 9 of 9 (100%) learned how to prevent blood glucose from dropping during exercise
- 7 of 9 (78%) reported gaining confidence in managing diabetes
- 6 of 9 (67%) reported improved overall health (3 remained the same at "good" or "very good")
- 6 of 9 (67%) reported increased confidence in spacing carbohydrates throughout the day.
- 6 of 9 (67%) increased frequency of checking feet (3 remained the same)
- **Economic impact: \$261,242**

### Cooking Well with Diabetes:

- 10 of 10 (100%) indicated that the series met or exceeded expectations
- 8 of 10 (80%) indicated reducing added salt at the table
- 7 of 10 (77%) reference MyPlate for meal planning
- 7 of 10 (70%) indicated increasing amount of fiber when cooking
- 6 of 10 (60%) increased vegetable consumption

## Summary

The economic impact of Do Well, Be Well with Diabetes is: \$261,242

The two series have proven over and over that diabetes education is beneficial to participants.

Mass media submissions during National Diabetes Awareness month gained additional interest from clientele.

My contributions to revising Cooking Well with Diabetes garnered a national award and a nomination for the 2023 Superior Service Award.

***"It's ok to get off track every now and then – just be sure to get back on!"***

## Marketing

The diabetes series were marketed through the following entities:

- Sulphur Springs News Telegram
- Front Porch News Hopkins County Facebook page
- KSST radio website
- KSCH radio
- Community Chronicle newspaper
- Hopkins County Family and Community Health Facebook page

Elvers distributed



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## RELEVANCE

According to <https://nccd.cdc.gov>, Hopkins County has a population of approximately 37,211, with 19% of children living in poverty. Additionally, 32% of adults are physically inactive, and 12% of the adult population has been diagnosed with type 2 diabetes which can have a negative effect on youth health and wellness.

According to the Centers for Disease Control and Prevention, an average of 21% of youth ages 6-19 are overweight. Additionally, approximately 24% achieve 1 hour or less moderate physical activity; an average of 45% consume less than 1 serving of fruit per day, and 50% consume less than 1 serving of vegetables per day.

Other factors that can be a detriment to youth health and wellness include:

- adult obesity (32% of Hopkins County population)
- adult smoking (20%)
- uninsured (24%)

## RESPONSE

The Community Health/Wellness Alliance and Hopkins County Master Wellness Volunteers identified the need to continue addressing childhood health in the areas of nutrition, physical activity, and well-being. This was accomplished by partnering with the Sulphur Springs Independent School District 2022 summer day camp program. Cumby ISD also added a summer camp involving Extension.

### TARGET AUDIENCE:

- Sulphur Springs students in grades 1-5 (Day Camp)
- Cumby school students in grades 1-5 (Day Camp)

### PARTNERSHIPS & COLLABORATORS

- Department of State Health Services (session on water/sun safety)
- United Healthcare (session on dental care)
- Northeast Texas Child Advocacy Center (sessions on stranger danger)
- Barbara Bush Primary Campus (facilities for sessions)
- League Street Church of Christ (facilities for hands-on cooking session)
- Cumby School campus (facilities for sessions)
- Hopkins County Master Wellness Volunteers

### NUMBERS:

- Four sessions for Sulphur Springs School (45 minutes each)
- 1 hands-on cooking session (2 ½ hours)
- Five sessions for Cumby School (45 min. – 3 rotations each)

## VALUE STATEMENT

### Obesity Prevention and Reduction

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 healthcare costs, and increased productivity.

21%

Youth ages 6-19 are overweight

32%

Achieve 1 hour or less physical activity

50%

Consume less than 1 serving of vegetables daily



## Response continued:

- 285 students in grades 1 thru 5 reached with quality educational information ~25 per session
- 25 adults – teachers, presenters involved
- Sessions included: physical activity at each session, “Color Me Healthy” curriculum, importance of breakfast, MyPlate, sun safety, water safety, stranger danger
- Hands-on cooking session on reading and following a recipe, food safety, hand hygiene, and kitchen safety.
- Four issues of *Color Me Healthy* newsletter for each campus included recipes, tips for healthy eating, suggestions for incorporating physical activity into daily life, and more.
- Coverage on Sulphur Springs Independent School District social media page, Hopkins County Family & Community Health page, Front Porch News Hopkins County social media page, Cumby ISD social media page, Sulphur Springs News Telegram.
- Incentive items were distributed to reinforce information learned: MyPlate plates, exercise bands, MyPlate flying discs, sports bottles, aprons, and more.



## Evaluation Strategy

A retrospective 11-question post survey was distributed to 2 Sulphur Springs classes (30 returned) and 14-question post survey to 2 Cumby classes (20 returned)

Surveys included multiple choice questions, true/false questions, and intent to adopt practices learned during the sessions.

## RESULTS

Students indicated learning:

- 100% (50/50) were able to identify dairy products from a list
- 100% (50/50) were able to identify recommended number of minutes of physical activity
- 100% (50/50) were able to identify the best beverage for hot days
- 90% (45/50) were able to identify what to do in the event of severe weather
- 88% (44/50) were able to identify sedentary behavior vs. physical activity
- 88% (44/50) were able to identify foods in the protein group

Intent to adopt practices:

- 100% (50/50) indicated that they will drink more water and fewer sweetened beverages
- 96% (48/50) indicated that they plan to eat breakfast every morning
- 88% (44/50) indicated that they plan to eat more fruits & vegetables

## Summary

The SSISD Elementary Curriculum Coordinator and Summer Day Camp Coordinator both stated that they received very positive input from students and parents and welcomed our partnership for the second year.

The partnership with Cumby school was very successful. The school hopes to continue the summer day camp program in the future.

## Kids' Comments

- *Thank you! I love cooking!*
- *Thank you for letting us make apple pancakes!*
- *Thank you for taking your time.*
- *I love you!*
- *Apples and bananas pancakes – I like!*
- *Games were fun.*



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## RELEVANCE – Outreach Plan

Primary program areas for FCH agents are health, nutrition, family well-being, and food safety. There are numerous programs available for implementing at the county level. However, there is a limit to the amount of programming one person can implement. Volunteers contribute greatly to the FCH program and can further extend education into the community.

A group of trained volunteers serve as advocates for Texas A&M AgriLife Extension Service and substantially increase the scope and impact of the FCH program.

The Master Wellness Volunteer program provides volunteers with 40 hours of health and nutrition education. In return, volunteers give back 40 hours of service during the first year and 10 or more hours each year thereafter.

### NUMBERS:

- Hopkins County has 14 trained volunteers.
- During 2022, all volunteers were active and reported hours of service.

## RESPONSE

- 1) Three volunteers took training in January, 2022
- 2) Seven planning meetings
- 3) Eight issues of Volunteer Connection newsletter
- 4) Professional development opportunities provided
- 5) Three recognition events given to honor Master Wellness Volunteers
- 6) Volunteers contributed 1,431.5 hours in 2022
- 7) Volunteers reached 7,365 individuals

### PARTNERSHIPS & COLLABORATORS

- Specialist, Andy Crocker
- Retired Teachers' Association
- Senior Citizen's Center
- Cumby & Sulphur Springs ISD's

## VALUE STATEMENT

### Master Wellness Volunteers

Master Wellness Volunteers leverage Texas A&M AgriLife Extension Service's outreach and education related to health, nutrition, food safety and family wellbeing in the communities where they live and work.

14

Trained volunteers  
in Hopkins County

1,431.5

Hours contributed in  
2022

7,365

Individuals reached



## Evaluation Strategy

Trained volunteers are expected to give back 10 hours of service. Professional development is also expected, which is often provided in the way of assignments for research, reading reputable articles, and visiting reputable websites. The new volunteers gave back 40+ hours, as required.

## RESULTS

Master Wellness Volunteers served as presenters in the following:

- Summer Youth Day Camp sessions – Sulphur Springs and Cumby
- Head Start Walk & Talk Nutrition sessions
- Annual Christmas Joys Holiday program
- Leadership Advisory Board meeting reports for MWV's
- Retired Teachers program
- Walk Across Texas (served as team captains)
- Walk Through Texas History (served as team captains)

Planning meetings:

- Hopkins County Fall Festival Creative Arts Contest
- Do Well, Be Well with Diabetes series (registration, survey distribution, refreshments)
- Cooking Well with Diabetes series (tray preparations/assistance, registration survey distribution)
- Marketing for programs
- 4-H Foods Project meetings
- 4-H Clothing project meetings
- Food and product collections
- Ag-in-the-Classroom
- Summer youth day camp
- Meal-a-Day and Meals on Wheels

Networking:

- Dress a Girl Around the World
- Stitchin' Heaven
- Senior Citizen's Center

Other:

- Covered front Extension lobby in absence of secretary
- Researched benefits of various spices

Value of volunteer hours: **\$27,200**

### Recognition

Awarded the Master Family & Consumer Sciences Volunteer Program Award at the National Extension Conference in Raleigh, North Carolina for impacts in developing outstanding 4-H programs during COVID 19.

### 2022 Results

The 2022 Master Wellness Volunteer Training cohort being offered state-wide was held in Hopkins County. The first and last meetings were face-to-face, and frequent contacts were made with participants throughout the training series. Each of the three new trainees passed the certification exam and completed the 40-hour requirement.

## Summary



Hopkins County Master Wellness Volunteers have formed a strong friendship bond. They are the backbone to effective Extension programming, extending outreach to clientele.

A text or phone call requesting assistance with Extension functions garners a quick affirmative response from volunteers.

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## RELEVANCE

Research shows that a routine of regular physical activity has great benefits to health, including improved thinking or cognition for children 6 to 13 years of age and reduced short-term feelings of anxiety for adults. Regular physical activity can help keep thinking, learning, and judgment skills sharp as a person ages. It can also reduce the risk of depression and anxiety and help achieve better sleep.

Moving more and sitting less have tremendous benefits for everyone, regardless of age, sex, race, ethnicity, or current fitness level. Seven of the ten most common chronic diseases are favorably influenced by regular physical activity.

### NUMBERS:

According to the Centers for Disease Control, in Hopkins County:

- 32% (11,907) are reportedly physically inactive
  - 37% (13,786) of the county adult population are obese
  - 22% (8,186) of adults report being in poor or fair health
  - 12% (4,477) of the adult population have been diagnosed with diabetes, as compared to 12.2% in Texas and 10.7% in the country
- Texas A&M AgriLife Extension has played a key role in helping individuals achieve a more healthy lifestyle by implementing programs promoting physical activity.

## RESPONSE

The Hopkins County Health/Wellness Alliance and Hopkins County Master Wellness Volunteers have been instrumental in planning and implementing key programs to help improve physical activity among residents. Programs implemented include:

- 1) Walk Across Texas
- 2) Walk & Talk
- 3) Walk Through Texas History

### TARGET AUDIENCE

- Community members/Master Wellness Volunteers
- County employees
- Head Start parents
- Retired Teachers' Association

### PARTNERSHIPS & COLLABORATORS

- Sulphur Springs Head Start Coordinator (marketing/recruitment of parents, weekly social media posts)
- Representative from Hopkins/Rains Retired Teachers' Association (recruitment of team members)
- Master Wellness Volunteers
- Media (marketing, wrap-up celebration)

## VALUE STATEMENT

### 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 the 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.

32%

12,600

Hopkins County residents  
report being inactive

37%

Obesity rate in Hopkins

8,186

Report having poor or fair  
health



## RESPONSE continued

### Walk Through Texas History

- 4-week program, spring, 2022
- 510- mile goal per team
- 4 teams
- Weekly newsletter
- Total miles logged: **2,455.4**

### Walk Across Texas

- 8-week program, fall, 2022
- 832-mile goal per team
- 3 teams
- Weekly newsletter and recipe provided
- Incentive items provided at Extension Office
- Total miles logged: **4,418.2**

### Walk & Talk

- 2 Head Start parent teams
- Fruits & vegetable focus
- Weekly nutrition lesson and cooking demonstration and/or recipe sampling
- Master Wellness Volunteer and college intern assisted with sessions
- Incentive items provided to reinforce topics covered in the series
- Total miles logged: **1242.96**



## Evaluation Strategy

Walk Across Texas and Walk Thru Texas History participants registered on-line with health information. Wrap-ups were also done by the individual.

Walk & Talk participants received a registration survey at the beginning of the series and a wrap-up/post survey at the conclusion of the series.

## RESULTS – Grand total miles: 8,116.56

Impact for Walk Through Texas History: (4-week program)

- 4 team
- Each team exceeded the 510-mile goal
- Walkers learned about various Historic sites across Texas with each historic marker reached.
- Total miles: 2,455.4

Impact for Walk Across Texas: (8-week program)

- Economic impact: **\$100,037** (includes potential savings for Cardiovascular disease and diabetes savings if they continue to practice regular physical activity)
- 3 teams of retired teachers
- One team was comprised of two sisters, each logged over 400 miles
- Each team exceeded the goal of 832 miles per team (7,884 combined miles)

Impact for Walk & Talk: (8-week program)

- Each team exceeded the goal of 832 miles per team (2,634 combined miles)
- 10 of 12 (83%) attended 6 or more sessions
- 11 matched pre/post surveys returned
- 8 of 11 (72%) increased days of physical activity
- 11 of 11 (100%) indicated benefiting from the program
- 7 of 11 (64%) increased consumption of vegetables

## Summary

Participants in the three series verbally expressed the physical benefits of walking, camaraderie, being more aware of intentional steps, and enjoying the recipes. The weekly newsletter served as an incentive to keep walking. "Pushed me to get more miles, allowing us as a family to spend quality time together." "Enjoyed the benefits and bonds created. Great recipes & incentive items!"

"Excellent program!"  
"Helped me exercise more!"  
"Made me more aware of how eating and physical activity go hand in hand!"



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## RELEVANCE

In Hopkins County, approximately 4,021 receive supplemental nutrition assistance program (SNAP) benefits according to <https://hhs.texas.gov>. Research suggests that SNAP and other limited resource audiences consume diets that are not in agreement with the current dietary recommendations, potentially increasing the risk for development of chronic disease. Food insecurity, obesity, and lack of access to healthy food are other issues that impact this audience and have strong potential to negatively impact health.

Obesity among adults in Hopkins County is 37% of the population. Similarly, 32% reportedly are physically inactive. The Texas A&M AgriLife Extension Service provide timely, practical educational programs and resources.

To help address these issues, the Community Health/Wellness Alliance, Master Wellness Volunteers, and Family & Community Health Committee assisted in planning, marketing, and presenting programs.

## RESPONSE

The following programs were offered:

- Walk & Talk
- Healthy Snacking for preschoolers
- Better Living for Texans newsletter
- 55+ Health Fair on food budgeting and physical activity
- Be Well, Live Well series for 55+ group
- Newspaper columns on food safety, saving money at the grocery store, and meal planning

### TARGET AUDIENCE

- ❖ Walk & Talk was targeted toward Head Start parents/grandparents
- ❖ Healthy Snacking was targeted toward Head Start students
- ❖ 55+ Health Fair was targeted toward that specific age group
- ❖ Be Well, Live Well series was targeted toward 55+ age group
- ❖ BLT newsletter is sent to Head Start campus, local day care centers, Senior Citizen Center, CAN Help

### PARTNERSHIPS & COLLABORATORS

- Sulphur Springs Head Start staff is instrumental in promoting programs to parents
- ROC (Recreational Outreach Center) allows us to use their facility for programming purposes
- Master Wellness Volunteers and Healthy Texas Youth Ambassadors assisted with programming for kids and adults

## VALUE STATEMENT

Better Living for Texans

These nutritious programs teach low-income audiences to prepare nutritious meals, stretch their food resources, improve their food safety practices, and participate in regular physical activity. This not only improves the quality of life and reduces the risk of chronic disease for participants, but also lowers public health care costs.

**4,010**

Receive SNAP benefits  
in Hopkins County

**21%**

Hopkins County Children live in  
poverty

**37%**

Adult obesity



## RESPONSE

### Walk & Talk 8-week series:

- 2 teams
- Fruits & Vegetables focus
- Weekly nutrition lesson and cooking demonstration and/or recipe sampling
- Incentive items were provided to reinforce topics covered in the series
- Information sheets and recipes distributed weekly
- Master Wellness Volunteers and Tarleton State University student intern assisted in programming

### Healthy Snacking Teach Piece:

- Head Start students were provided with activity sheets, MyPlate toss up balls, coloring activities
- The program used group participation

### 55+ Health Fair:

- BLT programs were promoted (Fresh Start and Walk & Talk)
- Fruit and popcorn were provided for fair-goers as a healthy alternative to cookies and candy
- Provided display on fast food, nutrition labels, and programs

### Be Well, Live Well Series:

- 5-lesson series
- Focus on healthy aging for 55+ age group



## Evaluation Strategy

**Walk & Talk** series included in-person registration and wrap-up surveys. Weekly mileage for participants was reported.

**Healthy Snacking** used verbal feedback and direct observation with the students.

**Be Well, Live Well series** included pre-and post-surveys

## RESULTS

### Walk & Talk

- 2 teams of Head Start parents/staff
- Teams achieved 2,634 miles
- 10 of 12 (83%) attended 6 or more sessions
- 11 matched pre-post surveys returned
- 8 of 11 (72%) increased days of physical activity
- 11 of 10 (100%) indicated benefiting from the program
- 7 of 11 (64%) increased consumption of vegetables

### Healthy Snacking Teach Piece:

- 175 Head Start children reached
- Incentive items were provided
- Interactive method was used

### 55+ Health Fair:

- Approximately 250 senior adults attended
- 85 small bags of popcorn and 30 pounds of apples and oranges were distributed
- Five attendees signed up for Be Well, Live Well series

### BLT Newsletter:

- 10 issues prepared
- Provided to 28 outlets for distribution to clientele reaching approximately 5,000 households

### Be Well, Live Well Series (BWLW):

- 7 participants; 2 volunteers
- 7 (100%) completed pre- and post-surveys
- Surveys indicated: increased fruit & vegetable consumption (6 of 7); increased physical activity (5 of 7); referring to nutrition facts label (7 of 7)

### Clientele Quotes from BWLW:

"I use less sugar in a variety of foods and drinks."  
"Being prepared and planning meals were two things I need to work on."  
"Portion sizes and physical activity are important!"



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## RELEVANCE

The Texas 4-H Youth Development Program exposes 4-H members to the academic discipline of family and community health (FCH) and helps youth gain valuable skills and knowledge that they can apply to daily life. The FCH program area represents many disciplines to which youth are exposed through projects such as clothing and textiles, food and nutrition, consumer education, health, housing and home environment, and safety. Through these projects youth also gain valuable citizenship and leadership skills.

One of the top 4-H projects in Hopkins County is Foods & Nutrition, followed closely by Fashion & Interior Design (Clothing). During workshops, contests, and other functions, 4-H members are given leadership and community service opportunities.

Project volunteers assist with workshops and other project meetings, and are trained on the guidelines for contests in the areas of FCH 4-H.

## RESPONSE

Based on 4-H enrollment in Hopkins County, project workshops focused on the two primary FCH- related interests – Foods & Nutrition and Fashion & Interior Design.

Additionally, community service and leadership opportunities were provided to Hopkins County youth.

Two new Hopkins County senior 4-H members were selected to serve as Healthy Texas Youth Ambassadors. Another was selected to serve on the Texas 4-H Council further advancing project work and leadership skills.

### TARGET AUDIENCE

- 4-H members; Clover kids (with adult supervision)
- 4-H project leaders

### PARTNERSHIPS & COLLABORATORS

- Master Wellness Volunteers
- 4-H Foods and clothing leaders
- Sulphur Springs Middle School
- Healthy Texas Youth Ambassador coordinator, Julie Gardner
- Community Chest
- Alliance Bank

## VALUE STATEMENT

### 4-H FCS

The 4-H program encompasses many projects. Everyday life skills can be attained by participating in workshops, events, and projects. Family & Consumer Sciences is a viable endeavor to teach youth competencies that can be carried throughout the life span.

**500**

Pounds of food collected

**75**

Items collected for Communities in Schools

**95 hours**

Contributed by Healthy Texas Youth Ambassadors



## RESPONSE

### **Sewing Fun Day "Love Bugs":**

- Provided the opportunity for 4-H members to create love bug pillows
- Stations included: assortment of fabrics, cutting stations, ironing stations.
- Participants were able to keep what they sewed. All materials were provided, and eight sewing machines were available for the 4-H'ers to use.

### **Foods Fun Day, "Grilling 101":**

- Provided the opportunity for participants to learn how to cook steaks on a grill
- Eight work stations were set up with grills, charcoal, utensils, seasonings
- All steaks provided by NETBIO
- Participants were able to enjoy their steaks with sides provided by Extension.

### **Product Drive:**

- Month-long community-wide collection sponsored by 4-H Council
- 75 items were collected for the Sulphur Springs Middle School Communities in Schools

### **4-H Project Tour Day:**

- Included tour of Sulphur Springs Municipal Airport (aeronautics/STEM), Animal Shelter (Dog/companion animal), and Municipal Water Treatment Plant (natural resources/STEM)
- **Souper Bowl of Caring**  
Collected over 500 pounds of food for NE Texas Food Bank



## Evaluation Strategy

Verbal feedback and direct observation were used to assess effectiveness of the project workshops. Several 4-H members participated in District Food Show, Fashion Show, record books, Public Speaking, and Consumer Decision Making.

## RESULTS

### **Sewing Fun Day:**

- 27 members participated
- 6 volunteers assisted
- All participants completed at least one Love Bug pillow
- Learned to shop coordinate fabrics and sew on buttons

### **Foods Fun Day "Grilling 101":**

- 21 members participated
- 4 volunteers assisted
- All cooked their own steaks
- Learned to use outdoor grill
- Learned skills for determining doneness levels
- Several signed up for Rib-eye Steak Cook off

### **4-H Project Tour Day:**

- 19 participants
- Learned how water is treated for consumption, learned about simple aeronautics, learned how to approach an animal
- Donated food and bedding to animal shelter

### **Healthy Texas Youth Ambassador: (two new ambassadors)**

- Assisted with 4-H events on county, district, state levels
- Assisted with summer youth camp program
- Assisted with Extension Leadership Training

### **County-Wide 4-H Christmas party:**

- 75 4-H members participated
- Included community service project (Christmas cards for nursing home residents)
- All youth created their own slider sandwich and decorated cookie
- Games led by County 4-H Council members

### **Food & Toiletries Drives:**

- 500 pounds of food collected and donated to local food bank
- 75 items collected for Sulphur Springs Middle School Communities in Schools

### **State/National Recognition of 4-H members:**

- 1<sup>st</sup> place state record book and Fashion Show Contest
- 4-H member selected to serve on State 4-H Council



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## RELEVANCE

Many valuable educational programs are conducted that may not be captured in other reports. These efforts still have a major impact in the community.

Partnerships with other agencies, networking, and resource provision are seen as strengths in the Family & Community Health area.

Participation on various boards which have proven to be valuable assets in Hopkins County include:

- School health advisory councils (SHAC) for Sulphur Springs and Como-Pickton School districts
- Community Resource Coordination group (CRCG)
- Community Chest Board
- Chamber of Commerce
- Como-Pickton School Career & Technical Advisory Committee
- Eclipse 2024 Committee (Chamber of Commerce)

Weekly Mass Media contributions are made to:

- Sulphur Springs News Telegram
- KSST Radio website and KSCH Radio
- KSST News Notebook (cable network)
- Community Chronicle Newspaper
- Front Porch News Hopkins County Social media page
- Hopkins County Family & Community Health social media page

The need for educational programming on various topics has been addressed through workshops, one-shot sessions, and health fairs. Master Wellness Volunteers and Family & Community Health Committee serve as a sounding board, but also assist with planning and implementing these programs.

## RESPONSE

### PARTNERSHIPS & COLLABORATORS

- Independent school districts
- Southwest Dairy Museum
- Senior Citizen's Center
- Chamber of Commerce
- Downtown Business Alliance

### Workshops Provided:

- 49<sup>th</sup> Annual Christmas Joys Holiday Management Program
- 55+ Health Fair

## VALUE STATEMENT

### Family & Community Health

The Family & Community Health area covers a vast array of educational opportunities for all ages which enhance the overall wellbeing of individuals. Through resources, collaborations, and partnerships, Extension Family & Community Health agents reach a large audience with valuable information for daily living.

**250**

Senior Citizens reached through 55+ Health Fair

**168**

Reached with holiday management resources

**\$180**

Couples saved on Marriage License fees



# RESPONSE

## Workshops continued:

- Together in Texas Marriage Education
- 3-day Summer Sewing Workshop

## Mass media:

- 52 weekly columns (newspaper and radio website)
- 20 special media contributions (newspaper)
- 250+ social media posts
- Quarterly contributions to Texas Extra newsletter (TEAFCS e-newsletter)

## One Shot Programs:

- Hopkins/Rains Retired Teachers
- Alpha Delta Gamma Teachers' Sorority
- Canning lid testing and guideline distribution
- Rotary Club
- Heritage Park Historical Society
- Lone Star Quilt Guild
- Extension Leadership Training - personality styles

# Evaluation Strategy

Together in Texas used verbal feedback from participants  
One-shot programs used clientele verbal feedback

# RESULTS

## Together in Texas:

- Three couple (six individuals) completed the materials
- Savings for couples - \$60 upon applying for a marriage license (state portion of the fee for a total of \$180)
- 100% (6 of 6) indicated learning skills for conflict resolution
- 83% (5 of 6) indicated that the money management section would be most beneficial in their marriage

## Summer Sewing Workshop:

- 37 adults & youth participated in the 3-day workshop
- 100% completed three or more projects
- Daily make-and-take projects were provided

## Christmas Joys Holiday Management Program:

- 2 sessions held
- 168 people attended
- Local businesses donated door prizes
- Southwest Dairy Museum provided product sampling
- Four Hopkins County Master Wellness Volunteers assisted in presenting the sessions

## 55+ Health Fair

- 250 senior citizens reached with health & nutrition info
- Seven signed up for Extension series (Be Well, Live Well)



**"We have the BEST Extension Agents  
in the state! When do you sleep?"**  
Quote by Hopkins County Judge  
Robert Newsom

## State/National Recognition

- TEAFCS: 1<sup>st</sup> place Healthy Texas Better Living for Texans
- TEAFCS: Commissioners' Court Award
- NEAFCS: 1<sup>st</sup> place Master Family & Consumer Sciences Volunteer Program Award
- National Priester Award: Cooking Well with Diabetes
- Extension Superior Service Award: Cooking Well with Diabetes



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## 2022 Family & Community Health Highlights

Prepared by Johanna Hicks, FCH Agent—Hopkins County

### Do Well, Be Well with Diabetes

- 5-lesson series
- 9 graduates improved self-care
- 6 individual consultations

### Cooking Well with Diabetes

- 4-lesson series
- 10 graduates (13 attendees)

**Economic impact:** \$109,997

### National Diabetes Awareness Month

- Mass media & display



- 4-H State Council member
- Grilling 101 —21
- 1st place state record book
- 4-H Sewing Fun Day and spring break sewing workshop —24
- 4-H Public Speaking
- 4-H Gazette—6 issues
- National 4-H Week; Project Show; supply drive; 4-H Enrollment event
- County Council meetings
- Healthy Texas Youth Ambassador—3
- 4-H Project Tour Day
- 4-H Achievement Banquet
- RSSI campus—Cumby



### Master Wellness Volunteers

- 14 trained volunteers
- Hours logged in 2022= 1,431.5
- **Reached 7365 individuals**
- *Volunteer Connections Newsletter* - 6 or more issues per year
- Numbers as of Dec. 3, 2022



### Be Well, Live Well Healthy Aging

- 5-lesson series
- 8 graduates
- Participants increased fruit & veggie consumption and physical activity

### Healthy Snacking—Head Start Kids

- Materials and educational incentives distributed to 175 students

### BLT Newsletter

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

### 55+ Health Fair (250 reached)

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



### Marriage Education Workshop

- 2 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 for Head Start parents
- 2 teams
- 14 participants
- Nutrition topics, MyPlate, Cooking Demonstrations, food safety & walking included in lessons
- **2,634 miles logged**

### Walk Across Texas

- 8-week program
- 3 teams
- Miles logged: **4,418.2**
- Economic impact: **\$100,037**

### Walk Through Texas History

- 4-week program
- 4 teams, 32 participants
- **2,455.4 miles logged**



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



### Path to the Plate

- Rib-eye Roundup youth contest
- Social media posts
- Ag-in-the-Classroom Dairy segment

### Other Family & Community Health Impacts

- “Christmas Joys” holiday program —168 attendees
- Fall Festival Board— coordinator for Arts & Crafts Show and Creative Arts Contest
- Community Chest Board, Community Resources Coordination Group
- Sulphur Springs, Cumby & Como-Pickton School Health Advisory Council member
- Douglass ECLC Head Start Advisory Board member
- Weekly newspaper columns
- Recipient of 2 state awards;
- Recipient of 1 southern region award
- Recipient of 2 national awards (3rd pending)
- *Texas Extra* column contributor
- Family & Community Health social media posts on nutrition, health, money management, and family/youth development
- Summer Sewing workshop—9 participants
- Member of District, State, and National Extension Association of Family & Consumer Sciences
- Mentor for new Hunt County FCH agent
- 2024 Solar Eclipse committee
- **Total Ag & FCH volunteer hours: 4076, economic impact—\$122076.20**



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

- Partnered with SSISD & Cumby ISD
- 9 sessions
- 285 students in grades 1-5
- Nutrition, safety, physical activity, dental care, and more