



Extension Education in Tarrant County

Making a Difference
2013

The Texas A&M AgriLife Extension Service and its partners have long been dedicated to educating Texans. Extension education evolved nationwide under the 1914 federal Smith-Lever Act, which sought to extend university knowledge and agricultural research findings directly to the people. Ever since, Extension programs have addressed the emerging issues of the day, reaching diverse rural and urban populations.

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

EXTENDING KNOWLEDGE *Providing Solutions*

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

Texans turn to Extension education for solutions. Extension agents and specialists respond not only with answers, but also with resources and services that result in significant returns on the public's investment. Extension programs are custom-designed for each region of the state, with residents providing input and help with program delivery. Here are just a few highlights of Extension impacts on this county and its people.

Tarrant County – Summary of 2013 Educational Contacts

Total Educational Programs Conducted	2,846
Total Participants	76,101
Contact Hours	114,914
Office Contacts	908
Site Contacts	10,713
Phone Contacts	9,890
Newsletters / Mail / Email Contacts	165,058

Volunteers:

Master Gardeners:	386
Program Area Committee Members:	119
4-H Adult Leaders:	150
Texas Extension Education Association:	35
Master Wellness Volunteers:	13
Other Volunteers:	213

4-H & Youth Development:

Community Clubs:	20
Club Members:	586
Enrichment Curriculum & Short Term Project Members:	12,977

Agriculture and Natural Resources

Pizza Ranch
Ken Johnson, CEA-Agriculture

Relevance

A basic appreciation for and a lack of knowledge by the consumer on the value of agriculture to their everyday lives is evident by a survey of fourth graders who did not understand the importance of agriculture or the basic concept of agricultural production. The time tested saying, “If you eat, you’re involved in Agriculture” is as true today as it ever was. Pizza Ranch 2013 attempted to educate consumers, youth and adult, about the value of agriculture in their daily lives. Obviously, the food we eat is a direct result of production agriculture, but many consumers do not recognize the benefit we derive from the various by-products of agricultural production and processing, and the economic benefit associated with all the aspects of the food chain.

Response

The Tarrant Area Food and Fiber Committee sponsored Pizza Ranch, a two-day event attended by 3,050 youth and 244 adults, where the attendees learned about the origins of the ingredients which comprise a pizza. An eight-module, 156 page, Teacher/Leader Curriculum was used by classroom teachers and/or adult volunteers either in preparation for or after attending Pizza Ranch to re-enforce the concepts taught during the event. The initial module addresses the Agribusiness Industry detailing the circular flow of economic activity and the percentage amount of a dollar spent on production versus process in the Ag industry. The module also explores various careers related to agribusiness. The next module is Food and Fiber which further details the importance of this industry on the economic well-being of the State of Texas. The third module focuses on our Dairy industry and all the components derived from harvesting and processing milk. Wheat is the next module and it ties in well with the processing of grains which go into making flour which in turn is used to make pizza dough. There are also instructions for the youth to make “bread in a bag” as a classroom activity. The Horticulture



module covers vegetable and herb production and shows where in the state various horticultural products are produced, and their impact on the state’s economy. Beef and Pork are the next two modules and they explain the need for production, processing and consumption of red meat products which benefit each of us in our daily lives. Last but not least is the Food and Nutrition module which utilizes concepts drawn from “My Plate” to teach the youth about healthy eating habits and other positive lifestyle choices.

Results

Teachers report that the curriculum guide is useful in preparing the youth for attendance of the Pizza Ranch event as it allows them classroom time to develop some of the key points which will be addressed at Pizza Ranch. Youth participating in the program have shown an increase in attitude and knowledge as it relates to the importance of agriculture in their daily lives. Five hundred and fifty five (555) youth were randomly selected to participate in a retrospective post evaluation. Significant evaluation responses for 2013:

The number/percentage of students responding positively to the following concepts:

• Fruits and Vegetables Are a Part of a Healthy Balance Diet	525 of 544	95%
• “My Plate” Helps Me Decide What to Eat	445 of 545	82%
• Flour That Makes Pizza Crust Comes From Wheat	464 of 548	85%
• You Should Have 2-3 Servings of Dairy Products Every Day	425 of 548	78%
• Clothes Can be Made From Both Plants and Animals	474 of 548	87%

The students agreed or strongly agreed with the following statements:


• Agriculture is Important to the Economy of Texas	499 of 543	80%
• It is Important for Farm animals to Eat Grass/Grains So Humans May Use Their Meat and Other By-Products to Improve Human Life	482 of 544	87%
• We Enjoy a Safe Abundant Food Supply	492 of 535	89%

Acknowledgements

The Tarrant Area Food and Fiber Committee thanks the following collaborators supporting the 2013 Tarrant County Pizza Ranch: Mark of Excellence Pizza (Domino’s Pizza), Southwestern Dairy Museum, Southwestern Exposition and Livestock Show, Ag Workers Mutual Auto Insurance, Lone Star Ag Credit, Fort Worth Farm and Ranch Club, Cargill – Horizon Milling, Burly Corporation – Sheffield Fence, Oak Farms Milk, Borden’s Milk, Blue Bell Ice Cream, Tarrant Area Food Bank, Silver Creek Materials, Fort Worth Fire Department, Fort Worth ISD, and Better Living for Texans.

VALUE

Science of Agriculture



Texas A&M AgriLife Extension “Science of Agriculture” programs teach youth about the role agriculture plays in the world and in their lives. Through their participation in these programs, youth become better educated voters and consumers.

Agriculture and Natural Resources

Small Acreage Livestock Production
Ken Johnson, CEA-Agriculture

Relevance

Small scale producers (under 50 acres) typically have a negative net cash farm income. The goals for small farm operations may or may not be economically driven to the extent that traditional farm-ing and ranching operation as primary sources of income may be. The availability of educational ac-tivities in small scale farming and ranching enterprises in Texas with diversified goals incorporating possible labor limitations, quality of life goals, and environmental goals balanced by community de-velopment concerns are currently available only as piecemeal segments. The small farmer is a pro-ducer group that is continuing to grow based on Ag census figures.

The Leadership Advisory Board Validation of Stakeholder Input Summary documents New/Small Farm Education as one of the most frequent educational programs for both ongoing and new issues programming for the state of Texas (all disciplines) and one of the top six identified for Ag and Natu-ral Resources. New/Small Farm Education is also the 2nd Ag and Natural issue/program designat-ed for the East Region for ongoing programs and third behind youth and water programs for newly identified issues/programs.

Response

Some of the identified needs of this audience were that they had limited land resources, time was valuable, their knowledge base of available enterprises and production practices was lacking, and they wanted to enjoy the “ag production lifestyle”. Programs were implemented which would appeal to a wide range of diversified agricultural enterprises, along with a result demonstration which ad-dressed fly control in and around agricultural structures such as barns and stables. Additionally three articles were written and published in the “Making A Difference” quarterly newsletter which ad-dressed small acreage production. These were “Livestock for Small Acreage”, “Urban Ag – Poultry” and “Winter Goat Management”.

Two beef cattle meetings were presented, the first covered “Body Condition Scores” and “Mineral Supplementation”, and the second detailed “Where Do I Get Help? – Financial and Information Re-sources”, “Managing the Beef Herd Through Drought” along with “Winter Pastures for Northeast Texas”.

A Small-Scale Poultry Production Seminar was held and covered topics ranging from nutrition, egg and meat production, housing, internal and external parasites, and the regulations associated with the processing and sale of poultry products.

Results

Retrospective Post Evaluations were used in determining participant’s plans to adopt certain practic-es and/or their level of understanding following attending the meetings. Significant results are as fol-lows:

Small-Scale Poultry Production

Number/Percentage of Participants Increasing Their Level of Understanding:

• Poultry Nutrient Requirements	27 of 29	93%
• Poultry Diseases	27 of 29	93%
• Factor Influencing Egg Production	26 of 29	90%
• Managing Fertile Eggs	29 of 29	100%
• Texas’ Rules and Regulations on Sale of Poultry Products	27 of 29	93%
• Internal Parasites of Poultry and Their Control	27 of 29	93%

Beef Cattle and Forage Production

Number/Percentage of Participants Increasing Their Level of Understanding and/or Intent to Adopt:

• Body Condition Scores – Using in Supplemental Feeding	12 of 12	100%
• Using Legumes to Improve Pasture Nitrogen Levels	12 of 12	100%
• Preparing the Cow Herd for Winter	11 of 12	92%
• Management of Forage Legumes	11 of 12	92%
• Educational and Financial Resources Available to Producers	11 of 12	92%
• Testing Hay for Crude Protein and TDN	10 of 12	84%

VALUE

New Landowner



Texas A&M AgriLife Extension Service programs for new and small acreage landowners teach participants the best practices to effectively manage the natural resources on their property. These practices help to conserve water, soil, and wildlife resources for all Texans. They also help to build local tax bases by increasing property values.

Agriculture and Natural Resources

2013 Tarrant County Earth-Kind Program Steve Chaney, CEA-Horticulture

Relevance

The population of Tarrant County has significantly increased over the years at some 10-15% per year and is currently 1,971,033 (projected based on US Census Report 2010). With the increasing population explosion comes an increasing demand on the County Extension Agent with Home Horticulture responsibilities to address clientele needs. We are extremely privileged to have such a large number of Community leaders and other civic-minded individuals who are willing to provide volunteer service to support and provide Extension-sponsored educational programs. We also have seven college campuses located in Tarrant County with several excellent environmental programs that are willing to provide subject matter as well as allow us venues to share the knowledge with the public. The following have been identified as the top Environmental concerns in Texas currently and in the future as well. *Landscape Water Conservation*: Landscape irrigation in Texas accounts for up to 40%-60% of total residential water use during peak summer months. *Landscaping for Energy Conservation*: Conserving energy through the use of EarthKind landscaping principles and practices is critically important to the long term economy and environment of the residents in Tarrant County and the state. This issue is critically important to the residents of Tarrant County due to the ever expanding population in the metro area. Through the issue identification process here in Tarrant County, the following are the results that are tops in the communities for Ag and Natural Resources: water conservation, environmental stewardship, recycling wildlife, locally grown food, pesticide use, preservation of natural resources and native and adaptive plant use.

Response

Pesticide applicators CEU trainings were held with a total of 131 Pesticide Applicators License holders attending for a 5 hour class. These CEU's covered the different EarthKind range of principles from proper plant selection, IPM, organics, turf and weed management, proper fertilization and soil management.

EarthKind principles that encourage water conservation, as well as landscaping for energy conservation, reduction of fertilizer and pesticide use and reduction of yard wastes entering landfills were presented in 62 group educational presentations with over 4,330 participants.

In partnership with the Fort Worth Botanic Garden and the City of Fort Worth there were two Yardsmart seminars held this year; one in the spring and one in the fall with 288 people attending total for 6 hour long classes featuring EarthKind topics such as vegetables, irrigation, herbs, soils, fertilization, mulching, etc. to help reduce water consumption as well as runoff pollution.

A new series of EarthKind Classes were setup for the office on Saturday for 2013, mainly focusing on teachers. We had 12 classes averaging 10 people over the course of the year, these will continue into 2014.

Through a continuing partnership with the City of Arlington, North Richland Hills and Fort Worth a series of EarthKind Classes were conducted on vegetable gardening, composting, soil amendment, drip irrigation, proper plant selection and mulching. There were a total of four classes on Rainwater

Harvesting with a total of 400 barrels made for community members attending. This year one of our largest nurseries, Calloway's, proclaimed an EarthKind Day with speakers in each of their stores.

Results

The Stewardship Program greatly increased number of requests to have speakers on environmentally sound Earth-Kind principles instead of just organic gardening. People in the community have gone beyond just organic, they are now concerned with the environment and sustainability.

Of the over 294 participants who completed an evaluation instrument for the Earth-Kind Classes, those who planned on taking actions based as a result of the class 80% or 236 of 294. Those who answered said they would benefit economically were 34% or 99 of 294 by reducing water use.

In 2013 we began implementing the Texas Water Star Program in the seven urban counties. This should make a large impact in water conservation. Media publications, including a revamped website, and monthly newsletters will be just a few of the ways we emphasize Earth-Kind principles that help preserve and protect our most valuable natural resources. In October we held our first Water Star Conference targeting professionals, listed below are the results of the evaluation given to gauge intentions to adopt:

- | | |
|---|-------|
| • Use 2-4 inches of mulch in planted beds. | 100% |
| • Utilize irrigation evaluations to improve efficiency. | 100% |
| • Harvest rainwater for use in landscape. | 85.7% |
| • Use "cycle and soak" to prevent water loss and runoff. | 100% |
| • Install or retrofit with smart irrigations controllers. | 88.9% |
| • Install rain and freeze sensor in existing irrigation system. | 87.5% |

More attention is being diverted to our Resource Connection Demonstration Garden for Rainwater Harvesting tours, sustainable community gardening, drip irrigation, use of herbs for nutrition and the resurgence of growing fruit in your landscape without a lot of excess spraying of chemicals as previously thought!

Future Plans


Starting in late 2013 the Tarrant County office of Texas A&M Extension Service and the City of Ft. Worth Water Dept. are partnering to do a 2 yr. scientific research study on reducing water use in the irrigation system using the Earth-Kind BMP's. We identified 15 households in traditional high water neighborhoods and used 5 as a control group giving BMP's, 5 as a upgraded controller and rain sensor and 5 as a upgraded system with ET capabilities. We also installed smart meters at their homes so we can monitor water usage from a computer in 15 min. increments. We both feel that at the end of the 2 year study we will have some concrete research as well as conserved a large amount of water.

As 2013 concludes, we feel as a group that EarthKind is the best Environmental Landscape Program in the nation and in fact the EarthKind Team was just awarded a Superior Service Award by Texas A&M University. The testing and research continues to validate this assumption.

The main question we continue to receive is "What's the catch, this is too easy!" My answer is simple, "Why make it hard?"

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.

Agriculture and Natural Resources

2013 Tarrant County Master Gardener Program Steve Chaney, CEA-Horticulture

Relevance

The population of Tarrant County has significantly increased over the years at some 10-15% per year and is currently 1,971,033 (projected based on 2010 census) with over 55% being between the ages of 18-65 years of age! As the population increases it becomes more difficult to reach the public through educational programs. Therefore it is essential that we recruit, train and enable volunteers to assist with education and outreach programs that address pressing horticultural issues. 2013 was an extremely tough year climate wise and will likely continue for several years. We are extremely privileged to have such a large number of Community leaders and other civic-minded individuals who are willing to provide volunteer service to support and provide Extension-sponsored educational programs. The Tarrant County Master Gardener Program is a venue that allows us the opportunity to provide technical and leadership skills to one of the largest volunteer groups in the state, who in turn provide planning and execution of great Research based Horticulture programs throughout the county.

Response

The Tarrant County office of Texas A&M AgriLife Extension welcomed the addition of 46 new Master Gardeners from the Intern Class of 2012. They were brought into the Fold in January of 2013 as well as a Master Gardener Training Course starting in January 2013 with 41 new Master Gardener Interns attending. Twenty one classes were conducted from January through the end of March on Tuesdays and Thursdays from 9am-4pm. A wide variety of teaching methodologies were utilized to conduct this program including using lectures, videos, hands-on demonstrations, powerpoint presentations, tours and lab practicum's. Training classes covered the gamut of basic horticulture, soils and soil fertility, vegetables, pruning, turf management, rainwater harvesting, trees and shrubs, native and ornamental grasses. Volunteer development and leadership were also emphasized along with the great feeling you have when you give back to your community.

Results

- Direct feedback was utilized at the conclusion of each class to assess program quality and to identify areas that can be enhanced. Upon completion of the class, the interns were given a fifty question exam that required a reference to where each answer was found. The interns were required to answer all questions correctly to pass the course and 100% got all correct answers. At six months after beginning the Master Gardener Training course, all participants were invited to complete an extensive program evaluation. Out of 41 interns 66% of the class answered excellent and 34% answered good that their expectations were met.
- At the end of the three-month class, a retrospective post-test was given covering six major areas of knowledge:

Knowledge Gained: Participants who increased their understanding of these concepts:

- | | | |
|---|----------|--------|
| • Soil preparation | 32 of 37 | 86.5% |
| • How landscape design can affect water usage | 31 of 37 | 83.8 % |
| • How to safely use and handle fertilizer | 32 of 37 | 86.5% |

Behavior Changes: Participants who definitely will adopt these practices:

- | | | |
|--|----------|-------|
| • Improve management of Home irrigation system | 16 of 37 | 43.2% |
| • Select plants based on water conservation | 20 of 37 | 54.1% |
| • Use mulches more appropriately | 17 of 37 | 45.9% |

Satisfaction: 97% of the participants in this program (36 of 37) were completely satisfied and would recommend this activity to others. Participant word of mouth is important in marketing Extension programs.

Economic Benefit: 92% of the participants who were asked (34 of 37) said they anticipated benefitting economically as a direct result of what they learned. When asked to quantify that benefit, 92% estimated a benefit of over \$500 per year savings. Applied to all participants 97% or (36 of 37), this would create an economic benefit of \$21,809.

- One of the requirements of the training class is each intern must volunteer a minimum of 72 volunteer hours. As of December 1, 2013 the interns have collectively provided 5981 volunteer hours (average of 146 hours per intern).
- The total volunteer hours for 2013 are expected to exceed the 2012 total of 64,230 hours turned in. The 2012 hours turned in were #1 in the State of Texas and are the equivalent of \$1,300,657.50 based on the nationwide (after-tax hourly wage rate for volunteers of \$20.25) or 30.88 FTE positions.
- In addition the Tarrant County Master Gardeners manned and answered the MG phone line at the office for a total of over 4000 horticulture calls, the Speakers bureau did over 300 talks reaching some 10,000+ people in the community while maintaining 20+ community based horticultural projects throughout Tarrant County. They also maintained an award winning web site TCMGA.org with over 1,021,679 hits during 2013 and sent out a multiple award winning monthly newsletter the Sharecropper to over 400 people each month. In answer to the increasing Social Media craze the Master Gardeners created a Facebook page titled Tarrant County Master Gardener Association. At the end of November there were 35,542 fans - 52.4% women and 15% men. The program had over 385 active volunteers during 2013.

Future Plans

We will continue to conduct our programming efforts to develop and enhance the technical and leadership skills of our Master Gardener volunteers in Tarrant County. Master Gardener projects, programs, expertise and cooperation significantly multiplied the educational outreach of the Tarrant County office of Texas AgriLife Extension in meeting the increasing demand for horticultural and environmental research based information.

VALUE

Water Conservation Education



Texas A&M AgriLife Extension programs that teach farmers, homeowners, and business administrators to conserve water are helping reduce demand on the state's limited water resources. Texans benefit from a safer, more reliable water supply at no additional cost.

Agriculture and Natural Resources

Texas Water Star Program – Tarrant County Laura Miller, CEA-Commercial Horticulture

Relevance

Managed landscapes in Tarrant County require significant inputs of water, labor, fertilizer and pesticides. If managed properly, landscapes can be an important component of a sustainable community. Landscapes can provide habitat for wildlife, improve ground water quality, prevent storm water runoff, serve as buffers between environmentally sensitive areas and urban development, decrease air pollution, reduce urban heat islands, reduce noise pollution, promote economic activity, encourage physical fitness, increase property values, and foster strong community network by encouraging residents to spend time outdoors. In addition to its impact on the environment and quality of life, the economic impact of the landscape industry is significant. In 2011, industry sales in the Fort Worth Metropolitan Statistical Area were \$264,597,319. Nationwide, the landscape industry employs one full time equivalent for every \$49,000 in sales. Applying this average to our area, there are more than 5400 people working as landscape service providers in the for profit sector in the Fort Worth area. In addition to these workers, there are over 750 landscape service providers employed by governmental entities. The potential for educational programming to have a positive impact on this target audience is great. Many people enter the industry with little or no educational background in horticulture. As a result of the 2011 drought, water conservation was the number one issue identified for Extension programming in agriculture both statewide and in Tarrant County. Educational efforts to teach landscape water conservation, integrated pest management, proper use of fertilizers and improved management of landscape waste can result in both environmental and economic impacts. Education for this target audience was the priority for the Tarrant County Texas Water Star Committee.

Response

Texas A&M AgriLife Extension Service and the Tarrant County Texas Water Star Committee in collaboration with the Texas Nursery and Landscape Association (TNLA) Region 5, the Cross Timbers Urban Forestry Council, The City of Arlington Parks and Recreation Department, and the City of Fort Worth Parks and Community Services Department developed the following activities for address these issues:

- **Pros in Parks series Arlington and Fort Worth (8 day long classes in January and February)**
- **Pros in Parks Pesticide Applicator Training (February 7)**
- **North Central Texas Urban Forestry Conference (February 15)**
- **Earth-Kind Landscape CEU Days (March 8, July 12, and September 13)**
- **Texas Water Star Irrigation Workshop (October 26)**
- **Grounds Maintenance Conference (November 13)**
- **Four Quarterly Articles in Making a Difference (Tarrant County Extension)**
- **Three Feature Articles in the Sharecropper (Tarrant County Master Gardeners)**
- **Two Feature Articles in Tree Notes (Cross Timbers Urban Forestry Council)**
- **Invited presentations at the fall Fort Worth Water Department Yard Smart Seminar, the Texas Nursery and Landscape Association Region V February meeting, the City of Grand Prairie Great Landscapes series, Texas County Agricultural Agents Association Annual Meeting-poster presentation, Dallas County Master Gardener**

training, Taylor County Grounds Maintenance Conference and the statewide Earth-Kind Landscape Short Course.

- **Exhibits at the Lone Star Irrigation Expo (January 17) the Texas Nursery and Landscape Expo (August 15-17) and the Harvest Supply Expo (August 26-27)**

Results

To determine program effectiveness, retrospective post surveys with intentions to adopt were administered at each session of the Pros in Parks series in Arlington and Fort Worth, the North Central Urban Forestry Conference, each of the Earth-Kind Landscape CEU Days, the Texas Water Star Irrigation Workshop, and the Grounds Maintenance Conference. A total of 543 individual participants were surveyed. These programs continue to reach diverse audiences. Of the Pros in Parks program participants 42% (72 of 169) were either Hispanic/Latino (28%) or Black (14 %.)

Behavior Changes: Participants who probably or definitely will adopt these practices (excludes those who have already adopted the practice or who responded that it was not applicable to their situation:

- | | | |
|--|-------------------|------------|
| • Use the cycle and soak method to prevent water loss and runoff | 102 of 125 | 81% |
| • Design or redesign landscapes to utilize lower water use plants | 116 of 138 | 84% |
| • Use 2-4 inches of mulch in planted beds | 85 of 96 | 88% |
| • Utilize irrigation evaluations to improve efficiency | 61 of 67 | 91% |

Participant Comments:


- *Very helpful to have hands-on; Information that helps you be a better employee;*
- *Great as usual; I liked the detailed information given; Good balanced program; Awesome teachers and info*
- *Interesting and interactive (indoor/outdoor).*

Economic Benefit: When asked to quantify the benefit of earning CEUs to maintain a license at a pesticide CEU program, 32% estimated a benefit of over \$1000 per year. Applied to all participants (441) in each of the 6 pesticide CEU granting educational events offered in this program, this program creates an economic benefit of at least \$141, 120.

Environmental Benefit: Participants in the Pros in Parks series, the Texas Water Star Conference, and the Grounds Maintenance Conference were asked to report the number of acres of irrigated landscape they managed and to estimate the percent decrease in water use that would result on these properties as a result of adoption of recommended practices. These practices vary in cost and complexity, but participants indicated great enthusiasm for adoption of low cost measures such as evaluating irrigation systems to improve efficiency, maintaining 2-4" mulch in landscape beds and utilizing the cycle and soak method to irrigate clay soils. The total number of irrigated acres managed by program participants was 39,371. Participants estimated percent decreases in water use averaging from 15.5% up to 37.8%. These potential reductions in water use as a result of targeted educational programs are especially impressive when compared to most water management district water use restriction plans that are designed to reduce water use by 5-10%.

VALUE

Water Conservation Education



Texas A&M AgriLife Extension programs that teach farmers, homeowners, and business administrators to conserve water are helping reduce demand on the state's limited water resources. Texans benefit from a safer, more reliable water supply at no additional cost.

Agriculture and Natural Resources

Small Acreage Horticultural Crops Laura Miller, CEA-Commercial Horticulture

Relevance

Demand for locally produced fruits and vegetables is growing and consumers who value local arms are willing to pay more for high quality foods produced with low environmental impact (Local Food Systems: Concepts, Impacts, and Issues, USDA Economic Research Report 97, May 2010.) Local food and direct marketing opportunities, including farmers markets, are one of the fastest growing segments of agriculture. According to the latest Census of Agriculture, direct sales of food products from farmers to individual consumers rose by nearly 50 percent between 2002 and 2007. Worth an estimated \$1 billion in 2005, local food sales grew to \$4.8 billion in 2007 and nearly \$7 billion last year, according to industry estimates. For nearby businesses in major cities across the U.S., having a farmers market nearby means an average increase in sales of anywhere from \$19,000 to \$15 million (Marketumbrella research paper 2012). Production of locally marketed food is most likely to occur on small farms near metropolitan areas. This program's goal is to enable small-scale agricultural operators and commercial producers in urban, suburban and rural areas in and near Tarrant County to become more knowledgeable in effectively identifying and evaluating horticultural diversification strategies for risk mitigation and improved economic sustainability based on total management goals and optimal resource base use. Emphasis was also placed upon education about effective direct marketing options, especially Farmers' Markets and on farm direct marketing on sales. Education for this target audience was identified as a priority by the Tarrant County Commercial Horticulture Program Advisory Committee and Locally Grown Food was identified as a top five priority for Agriculture and Natural Resources programming by participants in the county wide online issue identification forum in 2010.

Response

Texas A&M AgriLife Extension Service and the Tarrant County Commercial Horticulture Program Advisory Committee in collaboration with the North Central Texas Farmers' Market Association, and the Tarrant County Public Health Department developed the following activities to address these issues:

- **North Central Texas Farmers' Market Association Annual Meeting & Educational Program (February 9)**
- **MarketReady with Dr. Marco Palma (April 24)**
- **Good Agricultural Practices with Dr. Juan Anciso at Gene's Greens (June 24)**
- **Strawberry Field Day at Gnismer Farms (November 9)**
- **Two technology assisted hosted webinars featuring Dr. Joe Masabni via Lync**
 - **Starting an Urban Farm with a site visit to Gnismer farms in Arlington (April 12)**
 - **Organic Pest Control Options with three on site speakers (March 15)**
- **Fifteen site visits to ten farms and three farmers' markets (January-December)**
- **Presentation to Tarrant County Commissioners' Court (October 29)**

Results

To determine program effectiveness, retrospective post surveys with intentions to adopt were administered to the participants at the Strawberry Field Day, the MarketReady Program and Organic

Pest Control Options. A total of 89 people participated in one or more of the educational events (including GAP training and Starting an Urban Farm) and 49 of them completed a survey.

Knowledge Gained:

In a retrospective post survey, 23% of participants (4 of 17) rated his or her knowledge of the concepts taught in the MarketReady program as high or very high before participating. After the program, 94% of participants (16 of 17) rated their knowledge of the concepts as high or very high.

In a retrospective post survey, 75% of participants (9 of 12) indicated an increased level of understanding of one or more of the concepts taught at the Organic Pest Management Options class. The largest percentage gains in knowledge were of Organic production practices and integrated pest management practices.

Intentions to Adopt:

- 78% of participants (25 of 32) in the field day said that they definitely will adopt one or more practices taught. Development of water resources, trail of new varieties, and on farm composting were the practices most likely to be adopted.
- 58% of participants (10 of 17) in the MarketReady class planned to adopt one or more practices taught.
- 33% of participants (4 of 12) in the Organic Pest Management Options planned to adopt one or more of the practices taught. Getting a soil test, crop rotation, and mulching were the practices most likely to be adopted.

Participant Comments:

The information that you provided was completely applicable to our operation.

Texas A&M AgriLife Extension is our science and education big brother.

I was not sure what my take away learning would be but I learned so much and this experience was great.

Thank you! For all you are doing to help us.

Satisfaction:

100% of the participants in these programs (49 of 49) were mostly or completely satisfied with the activity they attended. 100% said that they would recommend the program to others.

Economic Benefit:

- 88% of participants in MarketReady stated that they would benefit economically as a direct result of what they learned in this activity.
- 84% of the participants in the Strawberry Field Day said the same, and
- 58% of the participants in the Organic Pest Control Options said that they anticipate benefitting economically as a direct result of the program.

In summary, results indicate that this program has prompted changed behaviors and increased knowledge among participants. In addition, the majority of participants expect to benefit economically from what they learned in these programs. The target audience for these programs is relatively small, but these producers can benefit from both technical and marketing expertise provided by Extension and from networking opportunities.

VALUE

Water Conservation Education



Texas A&M AgriLife Extension programs that teach farmers, homeowners, and business administrators to conserve water are helping reduce demand on the state's limited water resources. Texans benefit from a safer, more reliable water supply at no additional cost.

Family and Consumer Sciences

2013 Financial Literacy in Tarrant County Marian Ross, CEA-Family & Consumer Sciences

Relevance

The importance of financial management/literacy in the lives of individuals and families in Tarrant County is more important than many of the families in need realize. With the high percentages of persons and families living near, at and under the poverty level, Tarrant County has a need to target financial issues that can promote self-sufficiency. For these individuals and families, attempting to make smart money choices is becoming more difficult due to the high costs of items needed for daily living. Financial management education attempts to alleviate negative spending habits of those who are already living paycheck to paycheck by offering them more viable options.

Response

Joining forces with various organizations throughout Tarrant County has not only provided the opportunity to help change their client's financial outlook, but has also fortified solid inter-agency collaboration. Promoting the goals of financial literacy and management ultimately strengthens these partnerships.

Results

The **Financial Management Program** taught at *Habitat for Humanity* produced substantial results. In 2013, 52 individuals participated in the initial workshop. Before attending, 62% of the participants were using a spending plan. From the evaluations, there was a 37% increase in knowledge about the benefits of using a spending plan after the workshop. In addition, 100% of the participants agreed to use a spending plan after the program. Although the participants in the program were expected to know about the importance of their credit and how it can be impacted by choices, before the training 55% of them either were not sure or did not know. In stark contrast, after attending the workshop there was a 98% increase in the number of participants who were cognizant of both the importance of credit and how it is influenced by certain choices.

Learned objectives:

"Being without a spending plan is like collecting water with a broken bucket; Need to save 8 – 9 months in case you lose your job; How to build credit history, Creating a spending plan, and the difference between needs and wants; Pay attention to creditors; Learned the difference between a Roth IRA and a Traditional IRA; A new 90-day follow-up, 81% of the 26 respondents had noticed significant results from their use of a spending plan; 100% agreed to make timely bill payments."

The **Credit Cents Lesson Series** taught to 26 participants at the *Christian Women's Job Corp* yielded the following results: Before the program, 43% of the respondents did not know the importance of shopping around for credit before agreeing to a mortgage, auto loan, or credit card offer. Upon completion of the course, there was a 52% increase in the responses to the same question. Additionally, 100% of the participants agreed to monitor their use of credit.

Learned objectives:

"The advantages and disadvantages to credit; Credit is important; I learned there is a difference between a debit and credit card; [placing] hold on my funds when used at certain establishments; understanding of the [credit] terminology; difference between close-ended and open-ended accounts."

The **Retirement Ready** lesson series had 4 people participate during June to learn how to be better prepared for retirement (PCR), sponsored by the Tarrant Financial Literacy Coalition. The objectives of this lesson series are: increase knowledge employer retirement plan; what investing is and how to find the best investment vehicle for personal risk factor. From the evaluation results, 100% reviewed their retirement plans through their employers and their spouse's employer; 100% discussed with their family (adult children & spouses) about what their future retirement goals; 75% had successful conversations, 25% came back and said their wife didn't want to hear about 'that' yet. After the lesson series, I ran into two participants who were attending the Dinner Tonight Healthy Cooking School in September and they both gave me a full report on their retirement planning. Judy had done the basics that she said she would when it came time for her to finish her financial retirement plan's, she did tell me that she 'looked' into a Roth IRA, but still wasn't sure if she wanted to go that route. Mary on the other hand, did as I suggested and called Tarrant county and she is receiving credit for the years' she spent as a County employee, however, she was serving in the U.S. Navy as a nurse and the retirement program has given her 4 years to pay what they hadn't collected from her while she was serving and they will match that contribution 2:1, yes, 2:1.


The *Spending Plan Class* was taught at CSCD ~ Domestic Relations Office (DRO) for non-custodial parents who are behind in child support payments. There were 171 evaluations received. Before the workshop, 35% of the class did not use a spending or savings plan. Of the participants, only 75% of them knew how to include their child support payments into their regular spending prior to the introduction to more budget savvy practices. After the class, 96% of the class agreed to begin using a spending plan, and 92% decided to incorporate their child support payments into that plan.

Learned objectives:

"The use of the beans (spending plan game) really showed me how to use money wisely; The class was helpful altogether; This is reinforcement of the tools I already have in place; Everything was new and helpful to me – there were things I didn't know; Well presented, very insightful. Try using the budget sheet that was handed out; Make a spending plan before a crisis occurs; Cut-down on spending and eating out every day; Plan for future situations; Use electricity wisely; Make better choices with my money; Quit smoking; Put money in savings; Don't purchase more than income; Save for child support."

New for the DRO program in 2013, a 30–90 day follow up with the participants, this is a self reporting non-requirement for them to complete, we received 15 with usable data, Comments: *"Definitely a plus, keep this class. I'm working hard; It was a great class; Because of my medical situation, I have fallen behind, didn't realize I could lose my job in the medical field because of seizures. I'm trying really hard; I was laid off, making all possible efforts to make a full payment, having a spending plan has worked."*

Tarrant County Financial Literacy Coalition sponsored "My Money, College and I", a program that is to educate families on preparing for college financially. Unity One Credit Union sponsored lunch. Sessions were taught by TG representative Nancy VanBoskirk and Marian Ross, CEA-FCS. What was learned: the need to begin early to plan and follow through with college preparation.

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.

Family and Consumer Sciences

2013 Money Smart in Tarrant County Marian Ross, CEA-Family & Consumer Sciences

Relevance

Basic financial management is a necessity when working with people who have not had the opportunity to have continuous positive reinforcement on how to make the most of what a person has and earns. In Tarrant County, many individuals and families are living paycheck to paycheck and even then, their money does not cover all of their expenses. Working with individuals who are currently recovering from substance abuse, unemployed and looking for work and the working poor, is challenging. The challenges include: lack of education; positive experiences with money/credit; looking for people to give you not a second chance, perhaps a third or fourth chance; and learning to be responsible for oneself and actions can be daunting. Being able to teach and the participants comprehend that where they have messed up with money is fixable, takes trust and understanding.

Response

Working with Volunteers of America (VOA) and Eastside Workforce Solutions – Job Club, provided the opportunity to help change the financial outlook for clients who need to understand the depth of their financial failings. Promoting positive financial management strategies that will lead to financial goals and self-sufficiency, strengthen the financial bottom line of the agencies and Tarrant County. Extension provides the financial management programming so that they can begin to learn and know how to build/rebuild their credit, manage their spending and saving; about new e-financial services, and how to manage other financial related issues that come up.

Results

Money Smart lesson series were held at VOA, EWS- Job Club and AFCT produced substantial results. In 2013, 181 individuals started the workshops, with 91 completing the lesson series of 4 – 6 workshops and 43 of the 91 were paired. These numbers are fabulous for this audience due to their transient nature and the individual's at EWS and AFCT were able to choose if they wanted to attend or not.

Before the workshops, 40% were using a spending plan, after attending the workshops 56% were using a spending plan by the end of the lesson series. Before the workshop, 66% paid their bills on time, after the workshop 74% were paying their bills on time. Before the workshop 57% never saved money, after the workshop 100% saved money or are saving money as often as they can. After the workshops, 90% of the participants have written financial goals to work towards and 89% understood the way they spent their money, would help them to write and follow a spending plan.

Learned Objectives:

Very good teacher, I learned a lot; I have never saved but I'm excited to learn and start to now that I know it doesn't take much; I will be sure to pass this information on to friends and family; You are a very sweet and smart teacher; I am thankful for this class it was very helpful and looking forward until next time. I enjoyed how the instructor interacted with us; Ms. Ross really taught me a lot about saving money and investing. I look at saving a lot different; I really enjoyed my teacher. Saving money is and should be a very high priority in everyone's life.

The different special (saving) accounts; Ways to save money with the bank or without the bank and a little goes a long way; Just having the thought being brought to the front of my mind and not just sitting on my hands doing nothing - start small; Showed me how to save towards my goals for example if something is paid off still continue to put that portion of the money away;

Pay my bills on time; Be more aware when ruining my credit; Don't use payment plans/Keep track of my credit; What I put my name and signature on; I will check credit report regularly; I will start to take care of my credit; Fix my credit and not make it worse; This class has been extremely helpful with my money management; Order my credit report to keep track of everything; Learned how to save and learned how to budget; Always keep receipts and always keep up with credit; Trying to pay off my debt; Get credit report 3 times a year from each reporting agency;

I will remember to divide everything by 4 (meaning) if I have \$100 to spend for the month only spend \$25 a week that helps;

Try to quit smoking; I will look into having a CD; Make more of an effort to save large amounts of money; I will make an effort to save \$10 a week even though we are broke; Look into automatic transfers

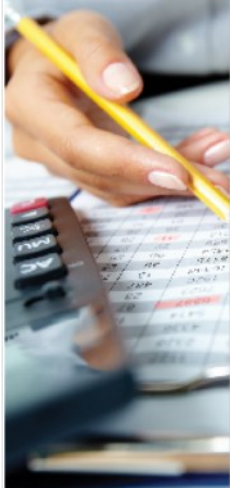
I will save a lot of money if I don't have anything going on important; Less eating out and extra spending;

Go grocery shopping with a list and stop impulse shopping; I will make copies of paperwork and try to budget and also share with 16 year old daughter; Start a budget plan and follow it!!; Stop buying paper goods; When I do finally make money I will know how to manage it; I will stop spending money on things I don't need and save it for my baby on the way; Chart everything I spend no matter how much or what it is on; Keep a calendar of all due dates and pay days/Save some money every pay period no matter how small the amount

I love the way you taught me how to do a budget for my household and more; Gives me new ideas on how to save money; The way to resolve money issues; How much I throw away in leftovers; The clarity in things that were being explained; Learned what fixed expenses are; How the instructor stressed how important saving is; Free tax preparation – VITA.

Future Program Goals and Opportunities:

Continue to market program to appropriate audiences; Continue strategy for evaluation collection; In 2014 convert to using the entire new curricula.

V A L U E	
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.

2013 Financial Care for Family Members Marian Ross, CEA-Family & Consumer Sciences

Relevance

Many adult children are caring for their older family members, parents and other relatives, finances or need to assist with their finances. The need for this continues as our aging population continues to grow and so many elderly are taken advantage of, not only by scams and frauds, also family members. This increases the need for knowing how to communicate with family to be able to manage their family members money and their own and making end of life decisions.

Response

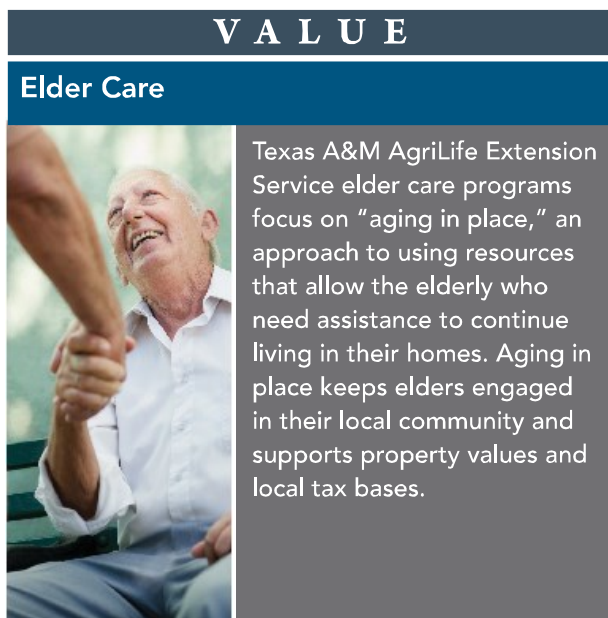
To provide practical information and education for both behavior change and knowledge change for communicating, understanding and being able to provide assistance to family members who need assistance with their finances. This will provide them opportunity to learn practical skills and make a difference in how their family manages end of life issues. The program is being developed as an online program.

Results

Currently, Specialist Dr. Joyce Cavanagh and I are updating the information to be placed on the website. In addition, we are working with Patti Wooten Swanson, PhD from University of California Extension, to link to her website to utilize brochures that are already created to educate families on this life changing issue when you are working with your older adult family members. The information is very thorough and the link with the University of California will expand our reach together. Currently Drs. Cavanagh and Swanson are working out the details between the two universities. The brochures are very well written and thought out, we also thought better to partner and extend what we are doing. The major communication that we want for families to understand is that they are to assist and not take over the daily management of their family members' money. To also, prepare in advance of the crisis so that family members not only know the legal ways to set accounts and documents in order, to also respond to their family member with compassion, love and understanding.

Future Goals and plans:

Reach at least 50 people in 2014 with both face to face and online workshops.



Walk Across Texas Markena Minikon, CEA-FCS / Nutrition & Health

Relevance

According to the Physical Activity Guidelines published by the U.S. Department of Health and Human Services, children and adolescents should do one hour (60 minutes) or more of physical activity every day and adults (ages 18–64) should do two hours and 30 minutes of moderate-intensity, or 1 hour and 15 minutes of vigorous intensity aerobic activity a week (in at least 10 minute increments throughout the week.) There is strong evidence that supports the health benefits of physical activity and shows a decreased risk of early death and chronic health conditions including, heart disease, stroke, Type 2 diabetes, high blood pressure, and other diseases associated with the conditions of overweight and obesity.

According to the 2009/2010 BRFSS Report completed by Tarrant County Public Health, overall, almost half (47.4%) of Tarrant County residents meet the recommendations for physical activity. The greatest number of residents meeting the physical activity recommendations are adults ages 18 – 24 (62.3%). The adult groups reporting lower percentages of those meeting the recommendations are adults ages 55-64 (40.1%) and adults 65 years and older (38.8%). The area of the county reporting the lowest percentages of those meeting the recommendations included the central portion of the county. In addition the Fort Worth Independent School District (FWISD) reports that 32% of their student population is not in a healthy weight range. This is nearly double the national average.

Response

The Tarrant County FCS Nutrition and Health Agent facilitated a Walk Across Texas Site Coordinator meeting to promote the 8-week walking program to area companies and organizations.

Tarrant County and City of Fort Worth Wellness Coordinators promoted and executed Walk Across Texas through their wellness worksite webpages. The website was utilized by team captains to report weekly mileage for their teams and site managers were able to utilize the website to monitor the progress of the teams at their sites.

Results: Worksites included: City of Fort Worth, Tarrant County and North Central Texas Council of Governments.


There were a total of 752 registered participants in Walk Across Texas (WAT), representing 87 teams which reported mileage on the WAT website. Sixty-five teams surpassed the 830 mile challenge. A total of 105,335.53 miles were reported.

Economic Impact:

Potential Economic Impact of Walk Across Texas - 2013			
Total Female Participants	483	Total Male Participants	156
Average Age of Female Participants	44	Average Age of Male Participants	44
Number of Females that could avoid or delay developing diabetes	108	Number of Males that could avoid or delay developing diabetes	30
Net Present Value per Female	\$65,769	Net Present Value per Male	\$59,547
Total Net Present Value for health care cost savings for Females	\$7,093,489	Total Net Present Value for health care cost savings for Males	\$1,767,196
Total Net Present Value for Wages Lost for Females	\$445,418	Total Net Present Value for Wages Lost for Males	\$199,803
Total NVP for Females	\$7,538,908	Total NVP for Males	\$1,966,999
Total Impact		\$9,505,907	

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.

Step Up Scale Down
Markena Minikon, CEA-FCS / Nutrition & Health

- Relevance**
There are a variety of factors that play a role in obesity. This makes it a complex health issue to address. Behavior, environment, and genetic factors may have an effect in causing people to be overweight and obese.
- Overweight and obesity result from an energy imbalance. This involves eating too many calories and not getting enough physical activity.
 - Body weight is the result of genes, metabolism, behavior, environment, culture, and socioeconomic status.

Behavior and environment play a large role causing people to be overweight and obese. These are the greatest areas for prevention and treatment actions.

Adapted from [U.S. Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity, 2001](#)

Overweight and obesity and their associated health problems have a significant economic impact on the U.S. health care system.² Medical costs associated with overweight and obesity may involve direct and indirect costs.^{3,4} Direct medical costs may include preventive, diagnostic, and treatment services related to obesity. Indirect costs relate to morbidity and mortality costs. Morbidity costs are defined as the value of income lost from decreased productivity, restricted activity, absenteeism, and bed days. Mortality costs are the value of future income lost by premature death.

Reference: Finkelstein, EA, Trogon, JG, Cohen, JW, and Dietz, W. Annual medical spending attributable to obesity: Payer- and service-specific estimates. *Health Affairs* 2009; 28(5): w822-w831

Response
Presented Step Up Scale Down overview and goals to the following Wellness Coordinators in Tarrant County:

- Jill Gurtatowski

Teddi Zonker

Mondoe Davis

Michael Whitmarsh

Amber Norris

Vicki Tiezsan

Lisa Webber

Joyce Garcia
- Cook Children's

City of North Richland Hills

JPS Health Network

The "T" Transit

Tarrant County Health/Wellness Department

City of Fort Worth Health/Wellness Department

DFW International Airport Wellness/Risk Management Department

City of Arlington Workforce Services/Health & Wellness

Promotion of program at PAC meetings, share groups, American Heart Association Task Force Committee meetings along with phone conferences and email promotions to Group Exercise Coordinators/ Healthy Lifestyle Programs at YMCAs of Arlington and Fort Worth.

Results


City of Fort Worth and City of North Richland Hills have shared an interest to facilitate program in 2014 to provide the 12-week program at their worksite and fitness center.

Tarrant County Wellness Department will be a target audience to provide Lunch & Learns at various departments in the upcoming year to assist employees with reaching their incentive goals for their health/wellness program outcomes.

Program will be presented at Master Wellness Training to promote program in health ministries, parenting groups and worksite wellness groups to complete 40 volunteer hours.

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.

Youth Outcome Summary Report FY 2012-13

Darlene Myatt, EA-Expanded Food and Nutrition Education Program

Relevance

Fort Worth, the city “*where the west begins*” has over one-half million people with 61% of residents located completely within Interstate Loop 820. While this older, more closely developed area is *rich* in its racial and ethnic diversity, these inner-city communities have the highest percentage of economically depressed, income *poor* households that are predominantly single parent families with young children.

Key findings from a Tarrant County Community Health Needs Assessment reveal heart disease, cancer, stroke, chronic obstructive pulmonary disease and diabetes as the leading causes of death. In general, all mortality rates were higher in inner-city Fort Worth than in the suburbs. The central, southeast and western areas of Fort Worth have the highest needs for health education and wellness; diabetes and heart disease prevention, treatment and education programs; nutrition; obesity reduction programs for school-age youngsters – 28.3% of Fort Worth residents are under 18 years of age. An estimated 20.8% of Tarrant County youth live in poverty.



Response

Through effective collaboration with 13 local agency partners, Expanded Food and Nutrition Education Program (EFNEP) activities for limited-resource youth were conducted year-round in classrooms, as after-school educational activities and summer outreach programs at locations throughout the inner-city communities of Fort Worth.

During FY13, **2,064 group meetings** involved **10,203 youth** and **102 volunteer leaders** who contributed 916 **hours** to the Program. At the Texas rate of \$22.57 per hour, this represents a minimum investment of **\$20,647.12**.

Results

Pre/Post test assessments were used to systematically measure EFNEP's impact on school-age youth. Based on a six lesson nutrition series, data analysis obtained from sample groups indicate:

- 95% (137 of 144) youth improved ability to choose foods according to nutrition knowledge gained
- 46% (66 of 144) youngsters use safe food handling practices more often
- 36% (52 of 144) improved physical activity practices

Customer Satisfaction

"I'm so glad to see your program ... this is wonderful and really needed throughout the district. I am well aware of what many of the children eat here which makes your visits all the more meaningful. Thank you for choosing this campus."

Patricia Hardy

George C. Clarke Elementary School mentor
Texas Board of Education member



"Thank you so much for all your hospitality! This has truly been an amazing learning experience and I wish I didn't have to go!!"

Arianna Ramirez

Tarrant County College Diet Tech Intern

"Each week I hear the students share wonderful stories. This experience and knowledge they learned from EFNEP will last a lifetime. I hope in return you will find reward and satisfaction when sharing your expertise in shaping future dietetics professionals."

Christina Liew-Newville, MS, RD

Tarrant County College Dietetic Technician Director

"Now I've learned a way I can eat spinach!"

Marc G.

Westcreek Elementary 4th Grade Student

"Coach was nice enough to share your recipe with me and my family loved it. Thank you for helping me cook healthier foods that don't taste like Styrofoam!"

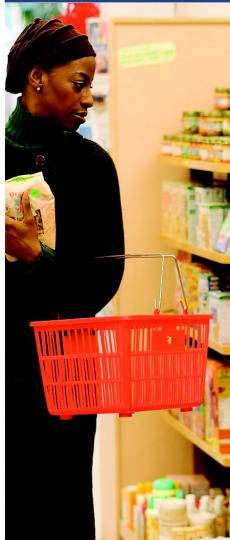
Tamara San Miguel
Cesar Chavez Elementary
First Grade Teacher



Appreciation is expressed to Boys and Girls Clubs of Greater Fort Worth; Congresswoman Kay Granger and District Staff; Congressman Marc Veasey and District Staff; Communities In Schools; Fort Worth Independent School District; Fort Worth Parks and Community Services; Girl Scouts of Texas Oklahoma Plains; Tarrant County College Department of Culinary Arts, Dietetics and Hospitality; Tarrant County Public Health Department; Union Gospel Mission and United Community Centers for their enthusiastic support of these ongoing educational activities.

VALUE

Expanded Food and Nutrition Education Program



These nutrition 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 lowers public health-care costs.

Adult Outcome Summary Report FY 2012-13 Darlene Myatt, EA-Expanded Food and Nutrition Education Program

Relevance

Poor health disproportionately affects low-income and minority populations. Recent research documented people who are most food insecure are at a greater risk for poor health and obesity than those who are food secure. In fact, studies reveal people who run out of food or miss meals because they cannot afford them are the most obese.

The U.S. Census Bureau estimates 20% of Texas families with children under the age of 18 are living below poverty level - a figure above the national average of 16%. Statistics for Tarrant County suggest a poverty rate of approximately 14.2%.

In Tarrant County, an estimated 211,747 individuals receive benefits from SNAP, the Supplemental Nutrition Assistance Program previously known as food stamps.

Research has shown individuals who live in poverty have dietary intakes that are not consistent with USDA's MyPlate or current Dietary Guideline recommendations.



Response

The Expanded Food and Nutrition Education Program (EFNEP) provides education to limited-resource adults with children on topics related to dietary quality, food resource management, food safety, and physical activity through a series of at least six nutrition education lessons.

During fiscal year 2012-13, Tarrant County's ethnically diverse EFNEP faculty enrolled 844 program families representing households of 3,869 individuals.

Approximately three-fourths (71%) of program families were at or below 100% of the federal poverty level with 633 (75%) of them enrolled in one or more Food Assistance Programs, including SNAP, Head Start, TANF (Temporary Assistance for Needy Families) and WIC (Women, Infants and Children) at entry.

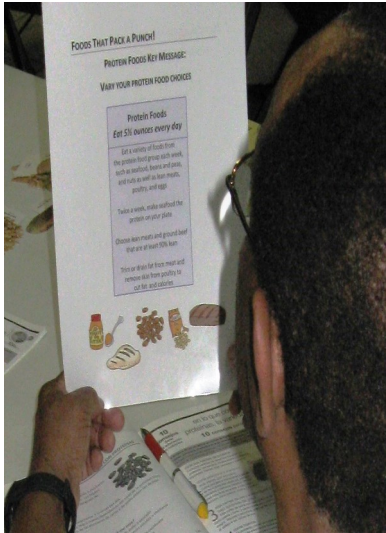


Results

Using “hands-on” experiences in group settings, 515 (61% of 844) participants completed the series of EFNEP learning sessions on stretching food dollars, improving eating habits, practicing food safety principles.

Of those graduates, 308 clients were surveyed to determine the following food and nutrition-related behavior changes:

- 87% (268 participants) showed improvement in one or more food resource management practices – compares prices, uses grocery lists, does not run out of food. Participants reported **average cost savings of \$45 per month** for food.
- 93% (286) showed improvement in one or more nutrition practices – makes healthy food choices, prepares foods without adding salt, reads nutrition labels and has children eat breakfast.
- 72% (222 participants) showed improvement in one or more of the food safety practices – thawing and storing foods properly.



- 99% (305) reported a positive change in any food group at exit from the program. Specifically, EFNEP graduates consumed .9 cups more of fruits and vegetables and 0.2 additional cups of milk after completing the lesson series as compared to entry.
- 42% (129) reported a positive change in physical activity

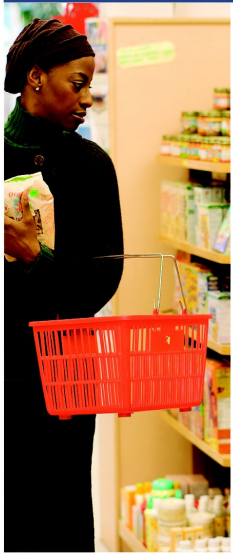
Studies have shown that for every \$1 spent on EFNEP, \$10 were estimated to be saved in health care costs and \$2 saved in food costs by participants.

For Tarrant County, this is **\$2.6 million in estimated health care cost savings and almost \$524,884 in food costs.**

Appreciation is expressed to Birdville ISD; Castleberry ISD; Child Care Associates; Congresswoman Kay Granger and District Staff, Congressman Marc Veasey and District Staff; Eagle Mountain Saginaw ISD; Early Childhood Matters; Educational Employees Credit Union; El Buen Samaritano Church; El Porvenir Panaderia; Fort Worth ISD; Fort Worth Parks and Community Services; Getsemani Baptist Church; Northside Inter-Church Agency; Pregnancy Lifeline Center; Roca Fuerte Church; Rodeo Dental; Seventh Day Adventist Church; Tarrant County College Learning Centers and White Settlement Family Resource Center for their continued support of these educational activities.

VALUE

Expanded Food and Nutrition Education Program



These nutrition 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 lowers public health-care costs.

Back to Basics Better Living for Texans

Relevance

In Tarrant County, an estimated 209,858 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 the *Walk Across Texas* program to promote physical activity.

During 2012, 171 Tarrant County adults completed the BLT *Back to Basics* series and completed the pre and post surveys. This program focuses on meal planning, stretching food dollars, and adopting selected behaviors that can reduce the risk of foodborne illness.

Results

Most of the participants identified themselves as female (n=140; 82%) and from a variety of ethnic/racial backgrounds (33% Hispanic; 33% Black; 44% White). Nearly 66% (n=114) had a high school education or less; 30% however had completed some college or a college degree. Participants had an average age of 41 years and mean household size was 3.3. Nearly 38% (n=65) of the 58 participants received SNAP (food stamp) benefits; 28% (n=47) received free or reduced-price school meals.

Evaluation results

Intent to change behaviors was examined by evaluating the pre and post surveys of those individuals who completed the program series.

Meal Planning and Food Resource Management- intent to change behavior

Upon entry into the BLT program, a majority of the participants reported practicing meal planning, shopping with a list and comparing prices either “always” or “sometimes.” Also upon entry into the program, 125 of the 171 individuals (73%) reported running out of food before the end of the month “always” or “sometimes.” At the end of the program, the percentage of participants who reported intent to practice these targeted food resource management behaviors “always” had increased.

Behavior	Current behavior			Intent to change	
	N	%		N	%
Plan meals in advance					
Always	49	29		109	64
Sometimes	86	50		57	33
Never	32	19		1	1
Not Sure	3	2		4	2
No response	1	1		0	
Shop for food with a list					
Always	56	33		115	67
Sometimes	75	44		53	31
Never	34	20		1	1
Not Sure	4	2		1	1
No response	2	1		1	1

At the beginning of the program, 72% (n=123) of participants were sanitizing cutting boards “always” after cutting up raw meat or poultry. Immediately after the program ended, 91% (n=4155) of participants expressed intent to follow this behavior “always.” Most people were eating or storing prepared foods within the recommended 2 hour upon entry into BLT and this practice was sustained after the program ended. The percentage of participants who “never” thaw food at room temperature increased from 14% upon entry to 33% immediately after the program ended, but 64% of participants continued to practice this behavior “sometimes” or “always.”

Other findings:


Ninety-seven out of 171 participants (56%) reported that BLT was their first exposure to Texas A&M AgriLife Extension Service. This suggests that the program is reaching new audiences who otherwise might not have the opportunity to benefit from Extension programs.

Most beneficial thing clients learned from Back to Basics

- Sanitizing counters
- Recommended temperature for their refrigerators and freezers
- Food storage temperature guidelines

VALUE

Better Living for Texans



These nutrition 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.

Family and Consumer Sciences

2013 Childhood Obesity Prevention
Tiffany Traylor, EA-CEP-Family & Consumer Sciences

Relevance

In 2009 nearly 66.8% of Texas adults were either overweight or obese. The overall prevalence of overweight and obesity in Texas schoolchildren was 42% for fourth-graders, 39% for eighth-graders and 36% for eleventh-graders in 2004-2005.

In Tarrant County, an estimated 211,747 individuals receive benefits from the Supplemental Nutrition Assistance Program (SNAP), historically known as the food stamp program. Research suggests that limited resource individuals consume diets that are not in agreement with current dietary recommendations, potentially increasing their risk for developing chronic disease and are at higher risk for food insecurity and hunger, which also impact health.

Response

During fiscal year 2013, there were 26 programs conducted to help reduce the childhood obesity rates in Tarrant County, Texas. Below are the major programs conducted during the year:

- Childhood Obesity lesson series- This year the “Childhood Obesity Education Package” was utilized to educate parents on the importance of making healthy choices for themselves and their families. The lessons included “The Facts about Obesity”, “Being Wise about Portion Size”, “Healthy Eating Out”, and “Ways to Cut and Burn More Calories”.
- Back To Basics Lesson Series- The Better Living for Texans “Back to Basics” three lesson series was used to also enforce childhood obesity and the lesson included “Reducing Stress Through Meal Planning and Physical Activity”, “Getting More and Spending Less at the Grocery Store”, and “Preparing Food Safely”.



Results

Benefits of the program come from improved dietary intake of participants and increased physical activity, thus leading to reduced risk of chronic diseases including childhood obesity which will result in reduced indigent health care costs and an improved quality of life.

Back to Basics Lesson Series results:

Of the 26 participants evaluated results indicated:

- 31% (8 of 26) of the participants always shopped with a list before the series but upon completion 69% (18 of 26) indicated that they would always shop with a list.
- 38% (10 of 26) of the participants always compared prices when shopping for food before the program but upon completion 62% (16 of 26) planned to sometimes or always compare prices when shopping.
- 100% (26 of 26) of the participants described their ability to cook nutritious meals for themselves and their families as good or excellent after completing the program, whereas only 31% (5 of 26) felt that they had a good ability to cook a nutritious meal for their families before starting the series.

Childhood Obesity Prevention 3-lesson series program results:

Of the 6 participants evaluated results indicated:

- 20% (2 of 6) had an excellent understanding of Overweight and Obesity but after the program
- 60% (4 of 6) had an excellent understanding of Overweight and Obesity.
- 100% (6 of 6) of the participants indicated that they had an increase in understanding of Myplate serving sizes after the completion of the program.
- 80% (5 of 6) of participants indicated that they will definitely control portion sizes

Comments Made By Participants:

- “I really thought I fully understood label reading till today. This was so useful!”
- “I enjoyed all activity I participated in.”
- “The program was very beneficial more for myself as an adult, and a great way to change the lifestyle for the better. Wish it is a bit longer.”
- “Thank you for all of the class.”


References

United States Census (2010). Retrieved from <http://2010.census.gov/2010census/>

United States Department of Agriculture (2012). Retrieved from <http://www.usda.gov/wps/portal/usda/usdahome>

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.

Family and Consumer Sciences

2013 Dinner Tonight Markena Minikon, CEA – Nutrition & Health Tiffany Traylor, EA-CEP Family & Consumer Sciences

Relevance

The percentage of the food budget spent on eating out has increased steadily since the 1970s. In 2010, the average consumer spent \$2,505 when eating food away from home, according to the United States Department of Labor. When dining out, there is a tendency to choose foods higher in calories and large portions are increasingly common. Many people become overwhelmed when they think of menu planning in trying to prepare healthy, cost-effective meals for their families.

Response

The Dinner Tonight weekly video demonstration program was created by a team of agents interested in expanding outreach opportunities through technology. Each Monday, a video demonstration, featuring a quick and healthy recipe is released for the public to view. The Dinner Tonight Healthy Cooking Schools are a method of expanding the original dinner Tonight program and offering a face to face educational method to teach families about meal planning and healthy food preparation. While there are many groups who conduct cooking schools, the Dinner Tonight healthy cooking school has a unique emphasis. The demonstration recipes are cost effective, easy to prepare and fit into a healthy meal plan. The goals of the cooking school are to promote family mealtime while teaching families healthy meal planning and food preparation techniques and create a high-visibility, large-scale event that is fun and informative for participants.

During the year Dinner Tonight weekly recipes were sent to an email blast list. Along with the featured recipe, recipients also received a weekly blog posting that included tips, education, and supplementary recipes designated to pair with the main dish. A Dinner Tonight Healthy Cooking School event was also conducted and was well attended. In addition to the Dinner Tonight weekly e-blast and cooking school, Dinner Tonight was also presented as a poster presentation at Galaxy 2013 which is a national conference that was held in Pittsburgh, PA.



Results

Dinner Tonight Healthy Cooking School results:

Of the 87 participants evaluated results indicated:

- 49% (42 of 87) of the participants indicated that they always or almost always thought about the fat content of the foods that they prepared and upon completion of the event 69% (58 of 87) said that they would always or almost always think about the fat content of the foods they prepare.
- 14% (12 of 87) of the participants indicated that they had an excellent understanding of how meal planning can help to save time and reduce stress before the program and after the program 87% (72 of 87) thought that they had an excellent or good understanding.

- 33% (28 of 87) of the participants indicated that they had a excellent or good understanding of how to modify recipes to reduce calorie count and upon the completion of the event 76% (63 of 87) thought that they had a good or excellent understanding of how to modify recipes to reduce calorie count.
- 89% (75 of 87) of the participants were completely satisfied or mostly satisfied with the overall program.
- 78% (68 of 87) indicated that this was their first year to participate in an Extension activity.

Galaxy Presentation

- Represented Texas during a national conference and presented a poster on Dinner Tonight where we were able to reach over 100 people through handouts, poster presentation, and face-to-face contact

Video Tapings

- Two Dinner Tonight tapings were completed for a total of 4 recipe demonstrations

Weekly Blog

- 39 weekly blog postings were sent to an email list which included a subscription of 156 people

E-Blast List

- 47 Different Dinner Tonight video tapings were sent to an E-Blast list. Links to Dinner Tonight website was sent to a volunteer list that consisted of over 1700 people, and
- E-blasts are accessible to 4000+Tarrant County Employees on the County Wellness webpage.



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.

Youth Leadership Development Program 2013

Cindy Bryant, CEA-4-H & Youth Development

Relevance

Leadership is a key component of the 4-H Club model, developed by the Texas 4-H and Youth Development program leaders. The skills and qualities of effective leadership are taught and demonstrated in a variety of settings. Awareness of the positive traits and processes associated with productive leadership helps one focus on building those qualities while improving effectiveness in communication, teamwork, and goal-setting. Leadership is a developmental process and the successful progression of competencies builds confidence and capacity in today’s youth.

Response	
Training Sessions	50
Practice Sessions	349
Contact Hrs.	12,016

Response

The 4-H faculty and 4-H volunteer leaders in Tarrant County provided a series of trainings and activities for 4-H club youth to learn and develop leadership skills. Trainings were conducted to provide information on leadership qualities, responsibilities, and techniques. Further training was provided through experiential education in the areas of parliamentary procedure, event planning, and teamwork. Participants were encouraged to develop proficiency by utilizing opportunities to implement their newly acquired knowledge and skills.

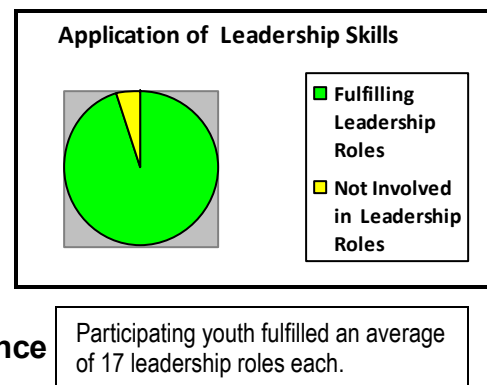
In an active county, vast numbers of opportunities must be provided in order to accommodate the needs of youth desiring to implement their leadership skills. A total of 50 county-level training opportunities were provided, along with 349 club-level meetings (each providing multiple opportunities to practice and develop skills.) A combined total of 12,016 youth contact hours resulted from these efforts.

Focus Area	Number of Sessions	Youth Attendance	Youth Contact Hrs.
Communication Skills	15	247	438
Parliamentary Procedure	15	207	195
General Leadership, Event Planning & Teamwork	20	427	677
Club Meetings, Events, etc. (Opportunities to Practice Leadership)	349	4,299	10,706
Totals:	399	5,180	12,016

Results

The evaluation method utilized was a retrospective post in which the youth rated their level of leadership in eleven areas and reported the number of times they fulfilled a leadership role in each of eight key areas.

- 95% (102/107) reported that they have adopted best practices by actively engaging in leadership opportunities and participating in multiple leadership roles, representing areas such as **Organizational Leadership, Event Leadership, and Educational Leadership.**
- Youth reported that, after participating in the program, they became better listeners and speakers, leading to improved communication skills.
- Respondents stated that the most significant result of the program was increased skills in the areas of **confidence and communication.**



Youth stated that the most significant thing they learned from the program was:

- "I did a lot of leadership classes and have learned to get confidence instead of fear."*
- "Leadership involves being a good listener and motivating others."*
- "Communication is key. You will fall if you cannot communicate."*

Overall analysis of the participants' responses and observable behavior indicates a strong correlation among confidence, communication, and teamwork, with improvements in one area strengthening the other areas. The cumulative effect of a positive environment providing opportunities for growth in these areas provides youth with essential life skills necessary to reach their full potential.

Compilation of data revealed the following:

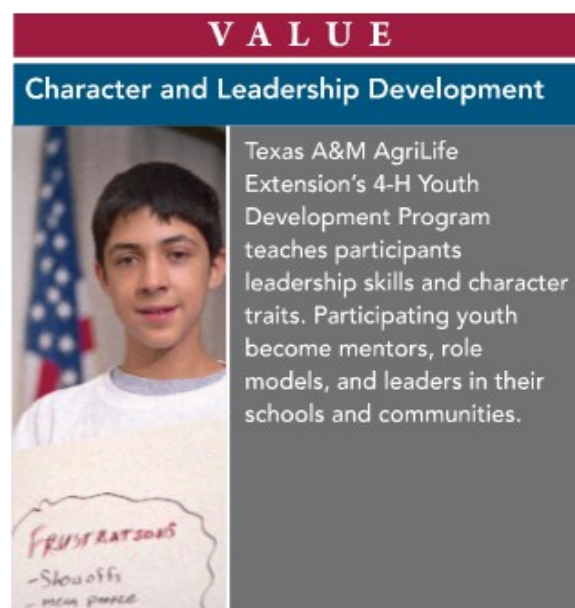
- 99% (106/107) reported an increase in confidence
- 98% (106/108) reported improved communications skills
- 97% (104/107) reported that they now work more effectively in groups

Acknowledgements

Special thanks and recognition go to the Tarrant County 4-H Volunteer Leaders who model the qualities of dedication, responsibility, and teamwork which enable our youth to see "leadership in action". Their dedication to provide countless hours of opportunities are essential to enable our youth to "learn by doing".

Future Opportunities

The 4-H and Youth Development program in Tarrant County will continue to provide leadership training and opportunities for youth in order to enable them to reach their full potential.



Take A Stand Program 2013 Cindy Bryant, CEA-4-H & Youth Development

Relevance

Statistics indicate that approximately 1/3 of school-age youth report moderate to frequent involvement in bullying. While conflict can arise in youth relationships, the escalation to bullying behavior can negatively impact both the target and the aggressor. Long-term exposure to bullying incidents can affect the emotional, physical, or social well-being, resulting in a potentially serious threat to healthy youth development.

Texas 4-H and Youth Development, in partnership with Texas Rural Mediation Services, has developed a curriculum (Take A Stand) to address the bullying issue. The curriculum is composed of a series of lessons and activities designed to equip youth with the tools to handle potential conflicts in a positive manner.

Response

Utilizing input from the Tarrant Youth Advisory Board, the 4-H faculty provided in-service training for afterschool and out-of-school staff of youth program providers. A total of 54 staff, representing the City of Arlington's Parks and Recreation Department, City of Fort Worth's McCray Community Center, and Clifford Davis Elementary School-Clayton Yes program were trained to implement the Take A Stand, anti-bullying curriculum.

Results

In partnership with trained volunteers and the 4-H agent, programs were conducted at McCray Community Center, Clifford Davis Elementary -Clayton Yes, and Parkway Elementary Afterschool Program. A total of 230 youth completed the Take A Stand lesson series. Evaluation data was obtained from 148 youth.

After completing the series students responded to a post evaluation instrument. Results included:

- 92% (134 of 146) stated that they respect others
- 84% (122 of 145) stated that they can work with others to make decisions
- 83% (121 of 146) stated that they can recognize the signs of anger in themselves and others and can control it.

4-H and Youth Development

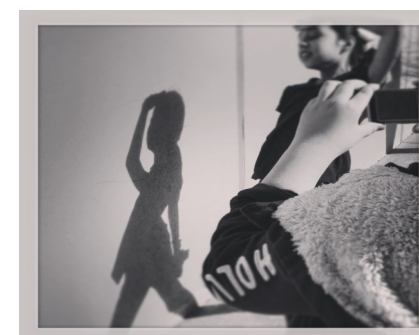
2013 CEP Photo Essentials Shannon Johnson-Lackey, EA-CEP 4-H

Relevance

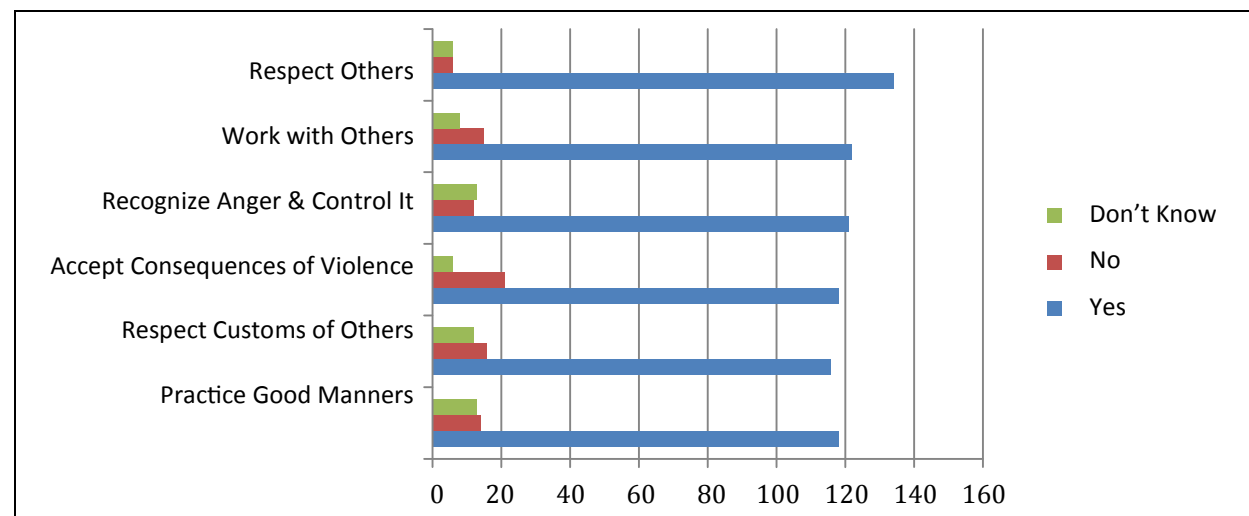
Photography is an expression of one's inner creativity. In an effort to expand 4-H's reach within underserved communities and in order to provide an opportunity for youth to be engaged in a visual arts discipline and to acquire marketable and employable skills a comprehensive photography program was established. The program is known as Photo Essentials. Photo Essentials utilizes various curriculums including the 4-H workbooks, *Focus on Photography* and *Controlling the Image*, as well as other web-based resources, such as the tip sheets produced by Kodak. Photo Essentials addressed the desire of several community partners who wished to expose younger students to the visual arts. The study of photography ranged from the identification of each camera part to the appreciation for sound composition while continuously recognizing the importance of lighting. Additionally, these students will gain skills that could eventually be useful in the workforce. According to a Bureau of Labor's job report from May 2012, "Photographers held about 139,500 jobs". These positions were across a variety of industries, such as newspapers, television, retail or colleges and universities. Also, the job report noted that over 60% of photographers were self-employed. The U.S. Bureau of Labor predicts that jobs for photographers will grow by 13% between the years of 2010-2020.

Response

Photo Essentials for 2013 operated a six-lesson series at several locations beginning in January 2013. I conducted programs with Clayton YES sites at North Hi Mount Elementary and Daggett Elementary. During the summer months, I partnered with the City of Fort Worth's summer programs held at community centers. The community centers that I conducted programs at were: Martin Luther King, and Handley Meadowbrook. I continued programming in September 2013 by continuing my partnership with Clayton YES. The sites where I conducted Photo Essentials during the fall semester were at I.M. Terrell Elementary and Oakhurst Elementary.



Evaluation Data of Youth in Grades 3 - 5



Through participation in the program, students learned how to show respect to others and practice proper manners. As they engaged in teamwork activities, they realized the importance of cooperation and communication. Through discussion and activities, they learned how emotions can affect behavior and how to express emotions in appropriate ways.

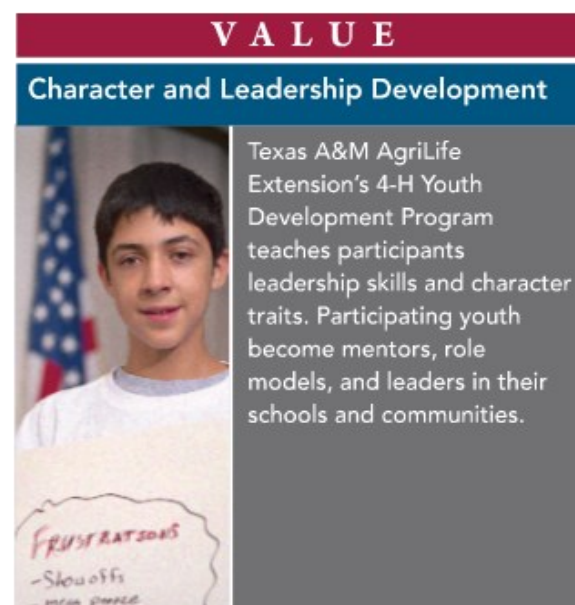
Equipping students in grades 3 - 5 with these skills enables them to develop positive social behaviors and be better equipped to deal with potential conflicts in an appropriate manner.

Acknowledgements

Special thanks to the site directors and staff at the participating afterschool programs. Their implementation of the program and the continued reinforcement of concepts encourages the development of long-term positive behavior traits.

Future Opportunities

The 4-H and Youth Development program in Tarrant County will continue to provide the Take A Stand program through staff training and youth programming.



Results

This year, I utilized a Retrospective Post-Survey to measure knowledge gain, behavior change and engagement in learning. These surveys were conducted with each group that I worked with during the year. I received some helpful feedback from all of the groups. I was also able to determine the activities and lessons that proved to be most valuable for the students. Some notable findings are as followed:

Knowledge Gain [Based on 47 Respondents]

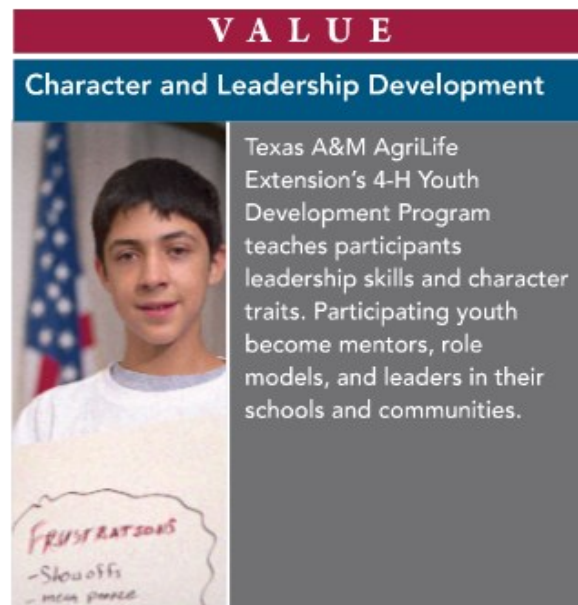
- **55%** of respondents indicated a poor or fair Understanding of Photo Composition **before** the program.
- **93%** of respondents indicated a good or excellent Understanding of Photo Composition **after** the program.
- **66%** of respondents indicated a poor or fair Understanding of Photo Terminology **before** the program.
- **89%** of respondents indicated a good or excellent Understanding of Photo Terminology **after** the program.
- **47%** of respondents indicated a poor or fair Understanding of Photo Lighting Importance **before** the program.
- **96%** of respondents indicated a good or excellent Understanding of Photo Lighting Importance **after** the program.
- **11%** of respondents indicated a poor Understanding of Camera Care and Safety **before** the program.
- **98%** of respondents indicated good or excellent Understanding of camera Care and Safety **after** the program.

Behavior Change [Based on 47 Respondents]

- **85%** of respondents indicated that they care how their photos look.
- **81%** of respondents indicated that they are more confident.
- **37** of the respondents indicated that they were comfortable showing their photography work.

Engagement in Learning [Based on 47 Respondents]

- **37** of the respondents indicated that they agree or strongly agree that adult instructors talked about careers in Photography.
- **98%** of respondents indicated that they agree or strongly agree that they get to take their own photos.
- **83%** of respondents indicated that they got to choose what to photograph.



4-H and Youth Development

2013 CEP Take A Stand Shannon Johnson-Lackey, EA-CEP 4-H

Relevance:

Conflicts among youth and bullying have been increasing. In order to address the increased attention given to the issue of bullying, school districts have been mandated by the Texas Legislature through two bills (House Bill 212 and 283) to adopt and implement a dating violence policy and a discipline management policy. Both bills require training for teachers/staff as well as training/curriculum for youth to address these issues. Currently, there is no standard curriculum being utilized by school districts. Texas 4-H has developed, in partnership with the Texas Rural Mediation Services, a curriculum called Take A Stand! As an added benefit, the Take A Stand curriculum is aligned with the English, Language Arts and Reading Texas Essential Knowledge and Skills (TEKS) Objectives.

Response:

While utilizing the Take a Stand curriculum for 3rd- 5th grade, I conducted a lesson series at **5** locations. They were Charles Nash Elementary, Greenbriar Elementary, Sunrise McMillian Elementary, David L Walker Intermediate and Joy James Elementary. Through these efforts, I reached over **300** youth and collected over **280** evaluations.

Additionally, I conducted **3** teacher/staff trainings on the Take a Stand curriculum. The trainings were conducted with the afterschool staff at Greenbriar Elementary, the City of Fort Worth Summer Day Camp Staff and the Clayton Yes staff for their Fort Worth sites.



TAS Graduation @ Greenbriar



Teacher/Staff Training for Clayton YES

Results:

The Take A Stand curriculum utilizes a post evaluation instrument. The questions focus on identifying signs of anger, respectful behavior, methods of working as a team, understanding other perspectives and cultural awareness. The following results are based on 281 respondents.


Level of Understanding	Percent of Participants Who Understood Behavior
I can recognize signs of anger in myself and others and know how to control it.	55%
I can accept and understand the consequences of violence.	65%
I can explain my point of view or feelings to others.	62%
I can listen to other points of view or feelings.	65%
I can compromise to solve a conflict.	50%
I respect others.	80%
I practice good manners.	66%
I am a good team member when working with a group.	67%
I can work with others to make decisions.	65%
I can identify ways people are alike and different.	59%
I respect customs and traditions of others.	72%
Satisfaction with parts of the program	
Activities were fun	81%
Information was easy to understand	60%
Topics were good	62%
Teacher’s answers to your questions	68%

The results from the surveys collected suggest that youth overall understood most of the topics presented during the program due to the frequency of ratings over 50%. The greatest level of understanding was centered on respect. Both statements containing the word “Respect” earned ratings of 80% and 72% respectively. In the future, more emphasis may want to be given to helping youth recognizing signs of anger, understanding ways to compromise during a conflict and helping them identify ways in which people are alike and different.

Future Plans: To reach 250 youth in grades 3rd–5th as a part of the Urban X 7 (UX7) initiative.

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.

4-H and Youth Development

2013 CEP Youth Water Education
Cassius McAlister, EA-CEP 4-H & CD

Relevance
Water conservation was originally identified as an issue for Tarrant County in 1999 through the TCFF process. This has been repeatedly confirmed through each issue identification process since. The continuing drought trends across the state of Texas have increased the need for our citizens to be educated about water, where it comes from, its uses and how it can be conserved and protected.

Agent McAlister has adopted a model similar to the formation of the Corn Clubs of 1908, “Teach the child. Teach the parent.” The CEP-Youth Water Education program utilizes various curricula including Investigating Water, Wet in the City, as well as other water related resources including the Stream Trailer and EnviroScape Watershed Model to educate youth about conservation and preservation of water. National Youth Science Day Experiments Wired for Wind, National Youth Science Day Experiments Eco-bots, Amazing Polymers, and 4-H₂O serve as enrichment activities.

Response
Agent McAlister has developed a multi-tier approach to marketing and conducting the CEP-Youth Water Education program using both one-shot programs and a five lesson series. These activities are marketed to local ISD’s, Community Centers, Boy and Girl Scout Troops, Boys and Girls Clubs and any community sites where youth congregated.

Special marketing pieces were developed to support the CEP-Youth Water Education program. The bookmark promoting both the program and water conservation is always a big hit. It is most commonly distributed to participants of water programs in large venues. A program flier is more commonly distributed to educators focusing on the five lesson series and the Stream Trailer.

Focus Area	Number of Session	Youth Participants	Adult Participants
4-H ₂ O	5	329	16
Stream Trailer	28	3297	1119
EnviroScape Watershed Model	7	159	78
Five lesson series	8	124	8

Major demonstrations include: City of Fort Worth’s Waterama (2 Day event), 2013 DFW Airport Earth Day (2 day event), 2013 Arlington EcoFest, City of Grapevine Hazardous Waste event), 2013 Cowtown Cleanup and Earth Day event, Tarrant County Public Health Department Earth Day, City of Grand Prairie MayFest 2013, Tarrant County College Southeast Arbor Day Celebration event, Caprock Elementary, Goodman Elementary, Lamar High School, Azle Elementary Career Day and Azle Memorial Library Fall Festival.

Results
A Pre/Post Series Survey was utilized for evaluating this outcome program.

- 40.6% (13 of 32) of the participants responded **true** to Question # 1, removal of soil by wind, water and other factors is called erosion **before** the program.
- 80.8% (21 of 26) of the participants responded **true** to Question # 1, removal of soil by wind, water and other factors is called erosion **after** the program.

- 68.7% (22 of 32) of the participants responded **true** to Question # 2, there is no new water, all water we have is already on the Earth **before** the program.
- 80.8% (21 of 26) of the participants responded **true** to Question # 2, there is no new water, all the water we have is already on the Earth **after** the program.
- 43.7% (14 of 32) of the participants responded **everyone** to Question # 3; water conservation should be practiced by everyone **before** the program.
- 61.5% (16 of 26) of the participants responded **everyone** to Question # 3; water conservation should be practiced by everyone **after** the program.
- 46.9% (15 of 32) of the participants responded **75%** to Question # 8, what percentage of the Earth's surface is covered by water **before** the program.
- 73.1% (19 of 26) of the participants responded **75%** to Question # 8, what percentage of the Earth's surface is covered by water **after** the program.
- 09.3% (3 of 32) of the participants responded **Native** to Question # 9, name class of plants recommended to help prevent erosion **before** the program.
- 38.5% (10 of 26) of the participants responded **Native** to Question # 9, name class of plants recommended to help prevent erosion **after** the program.

Sample of feedback received from educators and clientele:

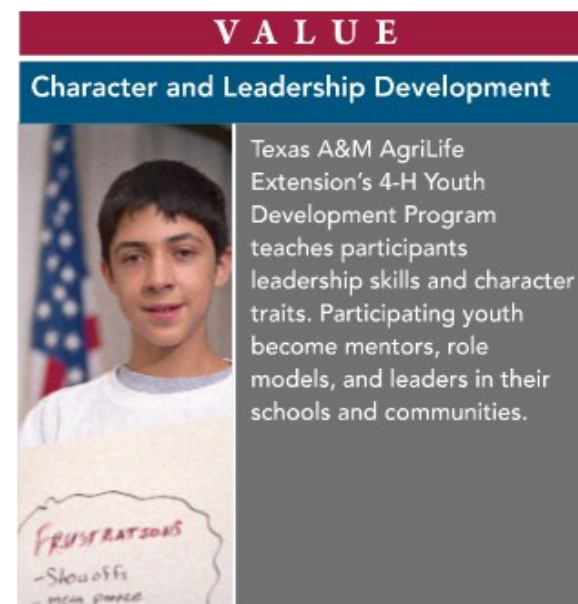
- "Awesome hands-on visual to reinforce classroom discussion"
- "This is our second station students are engaged and intrigued."
- "Thanks for coming out loved the points on watershed."
- "My students really enjoy this and it brings life and relevance to these topics."
- "Excellent demonstration, very informative, loved the connection to real life."
- "This is awesome! I love all of these 4-H programs and my kids get an experience they wouldn't normally have! Thanks."
- "Learned so much! Great lesson with lots of vocabulary"

Acknowledgement

- City of Fort Worth Community Centers and local ISD's – Provided meeting location for the Water lesson series at no cost.
- Urban Solutions Center's Department of Water Education – Provided programmatic lesson support.
- City of Fort Worth, City of Arlington and City of Azle Memorial Library, City of Grand Prairie and DFW International Airport for providing events where one-shot water programs were conducted.
- Tarrant County College South and South east Campuses, City of Grapevine, Texas A&M AgriLife Extension Service, City of Azle's Memorial Library and the Joint Naval Base Library-provided location for one-shot programs.
- Tarrant Regional Water District Maintenance facility for storage of Stream Trailer.

Future Plans

Agent McAlister will continue to educate youth in regards to water issues.



4-H and Youth Development

2013 CEP Take A Stand Cassius McAlister, EA-CEP 4-H & CD

Relevance

Areas of emerging concern focused on Bullying Prevention. Conflicts among youth and bullying have been increasing. House Bill 212 and 283 have mandated that school districts adopt and implement a dating violence and discipline management policy. The White House Conference on Bullying Prevention materials provides the following research statistics:

- 56% of students have personally witnessed some type of bullying at school.
- Bullying takes many forms, with school staff reporting that verbal (59%), social/relational (50%), and physical (39%) forms were of greater concern in their school than cyber-bullying (17%).
- Although school staff reported being very willing to intervene in bullying situations, slightly over half of the survey respondents indicated that there were few formal bullying prevention activities present in their schools, and less than 40 percent were directly involved in these activities.

Currently, there is no standard curriculum being utilized by school districts.

Response

Texas 4-H has developed, in partnership with the Texas Rural Mediation Services, a curriculum called Take A Stand! The program was marketed to local ISD's, Community Centers, Boy and Girl Scout Troops, Boys and Girls Clubs, after school program sites and any other community sites where youth congregated. The curriculum is separated by grade level for elementary (3rd to 5th grade), junior high (6th to 8th grade) and high school (9th to 12th grade). The curriculum objectives are for students to increase knowledge and skills necessary to solve conflict peacefully, for teachers to observe students using skills to work out conflict, for schools to experience a decline in discipline referrals and an overall decline in bullying. During the 2013, the Take A Stand curriculum was implemented with all 3rd graders and up in Tarrant County. The curriculum content consists of 5 lessons addressing the following topics: conflict management/bullying, communication, etiquette, teamwork & cultural awareness.

Series conducted by Agent McAlister included:

- Bullying Intact Series:
 - Azle Elementary 5th grade Communities in Schools (CIS) participants
 - Azle Elementary 6th Grade CIS students
 - David E. Smith Elementary (ASPIRE Afterschool participants)
 - Vision Academy
 - Bishop Elementary (Young Men's' Academy) participants
 - Como Elementary (FWISD Afterschool participants)
 - Diamond Hill Community Center (Afterschool participants)

Results
Agent McAlister utilized a Post-Survey to measure knowledge gained for the “Take A Stand Against Bullying!” curriculum. The following results are based on **83** respondents:

Level of Understanding	Percent of Participants Who Understood Behavior
I can recognize signs of anger in myself and others and know how to control it.	65%
I can accept and understand the consequences of violence.	61%
I can explain my point of view or feelings to others.	61%
I can listen to other points of view or feelings.	64%
I can compromise to solve a conflict.	51%
I respect others.	78%
I practice good manners.	73%
I am a good team member when working with a group.	77%
I can work with others to make decisions.	65%
I can identify ways people are alike and different.	52%
I respect customs and traditions of others.	60%
Satisfaction with parts of the program	
Activities were fun	81%
Information was easy to understand	65%
Topics were good	69%
Teacher’s answers to your questions	65%

The results from the surveys collected suggest that youth overall understood most of the topics presented during the program due to the frequency of ratings over 50%. The greatest level of understanding was centered on respect. The Statement “I Respect Other” statements earned a rating of 78%. In the future, more emphasis may need to be given to helping youth with recognizing signs of anger, working specifically on understanding ways to compromise during a conflict and also helping them identify ways in which people are alike and different and respecting customs and traditions of others.

Acknowledgement


- City of Fort Worth Community Centers
- ASPIRE Afterschool sites and local ISD’s
 - Provided meeting location for the Take A Stand lesson series at no cost.

Future Plans

Agents McAlister will continue the Take A Stand program for 2014 and reach 250 youth in grades 3rd-5th.

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.

Extension Education in Tarrant County

Personnel

Dana Tarter	County Extension Director
Ken Johnson	County Extension Agent, Agriculture & Natural Resources
Marian Ross	County Extension Agent, Family & Consumer Sciences
Markena Minikon	County Extension Agent, Nutrition & Health
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Darlene Myatt	Extension Agent, Expanded Food & Nutrition Education Program
Alba Serrano	Extension Assistant, Expanded Food & Nutrition Education Program
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Laura Miller	County Extension Agent, Commercial Horticulture
Tiffany Traylor	Extension Agent – Cooperative Extension Program – FCS
Shannon Johnson-Lackey	Extension Agent – Cooperative Extension Program – 4-H
Cassius McAlister	Extension Agent – Cooperative Extension Program – 4-H
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Melissa Hernandez	Nutrition Education Assistant - Adult
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Veronica Cabral	Receptionist
Tanica Bell	Administrative Assistant – Family & Consumer Sciences
Nanci Swindle	Administrative Assistant – 4-H
Sonia Benavides	Administrative Assistant – Agriculture & Community Development
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