



Making a
Difference

in *Navarro*
County

TEXAS A&M
AGRI LIFE
EXTENSION



PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES

Cooperative Extension Program

October 2024

Extension Newsletter for County Commissioners Court

Fostering Health & Wellness

The goal of AgriLife Extension Family and Community Health (FCH) programs is to foster health and wellness through educational program delivery to reduce the risk of chronic disease and for the management of targeted chronic diseases.

This is done through educational programs developed by subject matter experts and delivered locally by Extension Agents and trained volunteers in District 8. The primary focus of FCH programs is human nutrition, active living, chronic disease prevention, food safety, mental health and wellness, and community safety.



Program Accomplishments

Chronic Disease Management and Prevention

The Chronic Disease Management and Prevention program area includes education related to diabetes, cardiovascular disease, coping skills, and food selection and preparation. Of those participants who completed evaluations at the conclusion of the educational series the following results were most significant:

- Increased confidence in managing their blood glucose levels
- Improvement in daily physical activity, at least 30 minutes per day
- Upward trend to improve control of dietary and self-care behaviors

15 Counties Involved: 13,172 Educational Contacts; 303.15 Contact Hours

"This program was very useful in helping me to understand how to manage my disease and made me feel hopeful that I could get it under control." ~Ellis County Program Participant



Andrew Lewis
CEA - Ag and Natural Resources



Lorie Stovall
CEA - Family Community



Cecily Nors
4-H—Youth Development

Early Childhood Educator Training

Early childhood Educator Training consists of instructor led and real-time webinars. These educational events are focused on provided early childhood educators with the most up to date and research based information to ensure they provide the best care for our tiniest Texans.

Counties involved: 247 educational contacts; 273 contact hours



Walk Across Texas

The Walk Across Texas participants included adults and youth as well as those participating in the Walk Through Texas History program. There were 1,101 adult and 507 youth in Walk Across Texas and 179 participants in the Walk Through Texas History. A total of 222,088 miles were walked which is equivalent to 269 trips across Texas. Walk Across Texas is an 8-week program designed to help Texans establish the habit of regular



physical activity. Each adult team may include up to 8 team members, all working together to walk the 832-mile goal. It is the perfect walking program for beginners!
14 Counties Involved:
1787 participants,
222,088 miles walked

Better Living for Texans

Educational program series provide practical education in the areas of nutrition, food safety, food preparation, gardening and physical activity. Programs help youth and adults make healthy meals, improve physical fitness, save money at the grocery store, grow their own foods, and adopt better food safety habits. These programs reached 582 SNAP eligible participants.

4-H FCH Activities (Participation)

Foods & Nutrition: 5,033

Health & Personal Safety: 3,565

Consumer Education: 929

Agriculture and Natural Resources:

44th Annual Beef Calendar:

1,000 calendars printed and distributed to feedstores, banks, and residents of Navarro, Freestone, and Ellis County. Resource provides information about herd management, forage production, and more. 2X ***State Award Winning***

County Clean Up Day:

In collaboration between the city of Corsicana, & multiple Navarro County Offices. 100 vehicles with 154 participants collected **306** cubic yards of waste. Over **65** Volunteers

County Tire Day:

35 volunteers collected **3 1/2** trailers full of tires.

R.A.C.E Trial:

Replicated Agronomic Cotton Evaluation was planted in April and set to be harvested next week. Reed Agriculture donated acres and equipment and Texas A&M Research provided seed varieties.

Ag Programming

Private applicator training proved it over **30** individuals over the year.

22 in attendance at our hog management training.

16 in attendance at our Beef Quality Assurance Training

Family & Consumer Sciences:

Health and Wellness Education to Prevent Chronic diseases

Walk Across Texas had **118 participants who 19,949 miles logged**

Step upscale Down had **16 participants with a 75% success rate**

Health Talk Express over Diabetes and Heart Health with **50 participants**

Cooking Well with Friends Class with **15 participants**

Tamales and Food Safety class with **23 participants**

Healthy County Wellness Coordinator

Health screenings, TAC programs and Vaccine Clinic reaching **200 employees**

35 County employes participated in Walk Across Texas

Early Childhood Coalition and Education

Quarterly programs with an average **25-30 adults and 15-30 youth**

Early Childhood Training for CPE hours online reaching **64 educators with 258 hours**

Better Living for Texans (BLT)

Growing and Nourishing Healthy Communities **12 participants,**

Safe Food Prep and Canning Basics **12 participants**

400 Holiday Newsletters to Compassion Corsicana Food Pantry

BLT Newsletters and Healthy recipes were distributed with **250 participants**

Souper Bowl Tackle Hunger collected **\$357 cash and 262 food items** for Compassion Corsicana Food Pantry

Youth & BLT Programs w/ Curriculum Coordinator,

Learn Go Eat Go (LGEG) and Early Childhood LGEG at YMCA, **171 BLT graduates**

Walk Across Texas Youth **had 50 student participants.**

Dance Fit had **60 participants,** Mindful Me **had 60 participants**

Healthy Snacking programs and Cooking Camps had a combined total of **130 participants**

4-H and Youth Development:

Navarro County 4-H had **12** clubs during the **2023-2024** enrollment year with **240** youth members enrolled in community clubs and **736 direct and indirect** youth/adult volunteers and adult leaders. A total of **5,827** Navarro County youth have been reached thus far through face-to-face 4-H and curriculum enrichment programming. 4-H youth participated collectively through 4-H membership and various Agricultural literacy and educational programming efforts, including **2 Texas 4-H Shooting Sports Ambassadors, 1 Texas 4-H Fashion and Interior Design Ambassador, 4 Texas 4-H Healthy Youth Ambassadors and 2 Texas 4-H Livestock Ambassadors.**

- **Hatching in the Classroom:** Curriculum enrichment program brings biological and life sciences into the classroom providing hands-on experience of incubating and hatching chicks over a 3-week period. Allows students to learn the basics of life cycles, animal care, and responsibility. **1,660** youth in grades Pre-K-3rd and **75** adult volunteers participated in the program during the **2023-2024** school year that included **9 school districts** across Navarro County.
- **Water Education:** This curriculum enrichment program provides instruction and hands on opportunities to learn about water conservation, erosion, runoff, the effects of pollution, the water cycle and much more, while also providing teachers with TEKS aligned classroom resources to reinforce key points of information that students are required to know for the Science STAAR assessment. **139** 5th grade students, **12** teachers/paraprofessionals, and **34** adult and youth volunteers participated in 3 hands-on/visual education days, also including another outside educational program.
- **Food and Fiber Round-Up:** In cooperation with the Navarro County Farm Bureau, Southwest Mobile Dairy, NRCS, PR Equipment, and 4th grade students from across Navarro County learn about different agricultural products, services, and commodities. The program involved **681** students and **100** adult and youth volunteers.
- **Other:** **12** youth submitted record books, **2** state qualifiers, **41** youth and **5** adult volunteers participated in leadership camps, and **300** youth and **70** adult volunteers participated in summer workshops, fun days, and activities including sewing and crafts, cake decorating, STEM, BBQ Camp, Zoo trip, outdoor education, and more.
- **Youth Involvement:** National 4-H Congress – 1; Texas 4-H Congress – 1; Texas 4-H Roundup – 21; State 4-H Fashion Ambassador – 1; State 4-H Healthy Texas Youth Ambassador – 5; State 4-H Youth Livestock Ambassador – 2; State 4-H Shooting Sports Ambassador – 3; State 4-H Shooting Sports Games – 6; District 8 Ag Product ID Contest – 4; District 8 Food Show/Food Challenge Contest – 48; District 8 Fashion Show – 6; District 8 CDM Contest – 32; District 8 Livestock Skill-a-thon- 3; District 8 Quiz Bowl- 8; District 8 4-H Roundup – 15; District 8 SURGE Camp – 6; District 8 4-H Record books – 12; Southeast District 8 County Camp – 35; Navarro County 4-H Recognition Banquet – 75; Navarro County 4-H Kick-off Event – 125; Navarro County 4-H Ambassador Team – 10; Navarro County 4-H Christmas Party – 55; Souper Bowl of Caring Event- 12; Texas 4-H Scholarship recipient- 1 • Navarro County Rabbit Clinic- 25

Thanks for allowing me the opportunity to update you on the Extension educational programming in Navarro County and the efforts being made by your county Extension agents Andrew, Lorie, and Cecily. They continue to provide programming which is in tune with our mission which is to provide quality, relevant outreach and continuing educational programs and services to the people of Texas. If you ever have any questions, comments, or concerns, please do not hesitate to give me a call at 254-968-4144 or email at jay.kingston@ag.tamu.edu

