



Students in Victoria County participated in MyPI training. Photo submitted by **Abigaill N. in Victoria County**

Welcome to the Extended HTYA Newsletter

HTYA has been busy!

With only 2 full months into the new HTYA year, students have already reported over 2,770 hours of service! Projects range from flood relief efforts, helping dementia patients, teaching food safety, and beyond.

Because so many wonderful things are happening across the state, we have expanded our newsletter to show more of the great work HTYA is doing!

Friendly reminders:

1. [Join Texas 4-H](#)
2. [Report Your Hours](#)
3. [Connect with your local agent](#)

INSIDE:

[HTYA Service Projects at a Glance](#)

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HEALTHY TEXAS
Y · O · U · T · H
AMBASSADORS



Visit our site: healthytexas.tamu.edu



Contact HTYA



At a Glance: HTYA Service Projects



"A group of volunteers in my community decided to put together hygiene packs for the people in Kerr County affected by the flood. They contain items like soap, feminine products, razors, towels, hand sanitizer, deodorant, mosquito repellent, toothpaste and a tooth brush."

Reported by Shelby P. in Victoria County



"Created 20 handwritten cards of support for first responders and community members... and donated 6 HEB gift cards through Brush Country 4-H club to help with Hill Country Flood victims and helpers."

Reported by Dylan K. in Hidalgo County



"Our Healthy Texas Youth Ambassadors came together to pack healthy snack bags for the brave first responders working around the clock during the Texas Hill Country floods. We're proud to lend a hand and support those who are putting others first in this time of need."

Reported by Jesus Angel G. in Starr County



"We conducted a Memory Disco which means that we go to Memory Care facilities with people who have dementia and we play music and allow them to have at least 1/2 of their daily exercise needed. This has had a huge impact on their physical and mental abilities."

Reported by Anika G. in Fort Bend County



"Hosted two Mothing Events with the help of the Elm Fork Chapter of Texas Master Naturalists. The project goal is to get kids spending more time outside engaging in healthy activities and less time sitting inside on screens."

Reported by Madelyn H. in Denton County

At a Glance: HTYA Service Projects



"Brought Construction Jr to Corpus Christi, as a whole the event raised over 15 thousand cans that were donated to the food bank. I also organized a HTYA team and we placed second. Award was a check that the team has donated to HTYA"

Reported by Prax M. in Nueces County



"I went to a foodie camp to teach young kids how to live a healthy lifestyle and learn more about food safety."

Reported by Miley A. in Jackson County



"Helped with the Harrison County Grilling 101 workshop. I led a station teaching about food safety and handwashing. Then, I led a group in grilling a hamburger, showing them how to properly measure the internal temperature." **Reported by Charlie R. in Rusk County**



"We made 30 ham and turkey sandwiches for the Crystal theater health program." **Reported by Elisabeth I. in Gonzales County**



"Grandma's Cooking Camp, where we learned healthy snacks, desserts, and meals that are quick and easy to make at home, as well as widely alterable for a variety of occasions. I also promoted 4-H and the Healthy Texas Youth Ambassador Program, as well as the MyPlate Ambassador



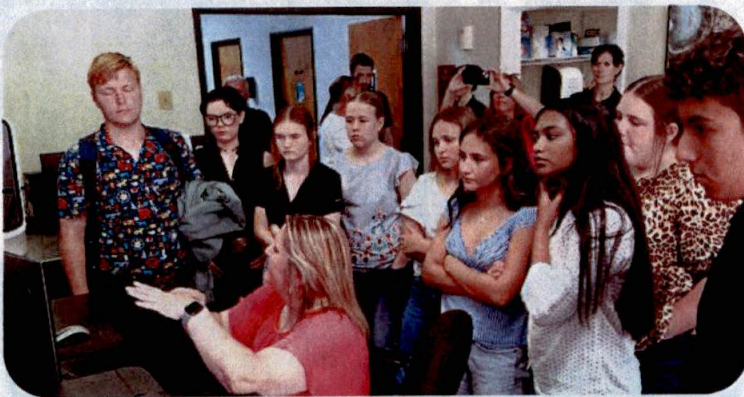
"Day 1 of Kids cooking camp... I assisted my county extension agent plan and run the first day of a kids cooking camp at the county extension office. For this I demonstrated how to make home made butter, helped teach about healthy diets, and made biscuits, jam and omelettes with 7

AUGUST 2025



On the road with food science

Exploring Food Science Industries in the DFW Area



On July 29-31, nine HTYA students participated in "On the Road with Food Science" in the Dallas Fort Worth area.

Participants explored food manufacturing facilities, enjoyed hands-on activities, and learned about careers which bring food to our tables.

Contact your local agent to see what activities are available or to plan an event in your area!



Top of page: Students were given a behind-the-scenes tour of Hanks Brokerage Valdez Spices, and Advanced Spices, where they learned and practiced how spice blends go from an idea to the marketplace.

Top left: On Day 3 of "On the Road with Food Science," students were allowed behind the scenes of an analysis lab at BioChroma.

Bottom left: Students enjoyed an amazing on-site tour at Renfro Foods, virtual tour at Best Maid, and Costco.

AUGUST 2025

Current HTYA Opportunities

Upcoming Events and Contests for HTYA Students



4th annual Youth Grill-Off

Team youth beef burger grill-off competition! The Youth Grill-Off is a state-wide team burger cook-off contest organized by cooperative efforts of the Luling Foundation and tri-county Texas A&M AgriLife Extension offices of Caldwell, Gonzales & Guadalupe County.

Where? Luling Foundation Farm; 523 S. Mulberry St., Luling, TX

When? September 13th, 8:30am-1pm

Who? Youth in 3rd-12th grade- team competition.

Registration: \$20/team. Deadline is September 2nd, 2025.

Prize: Authentic Ranch Dinner at 2-C Ranch in Luling, TX on

September 20th AND each team takes home their Old Smokey grill!

Registration form:

<https://lulingfoundation.org/images/2025YouthGrillOffEntryForm.pdf>



HTYA is Going to Spain!

Indulge in an authentic and delicious taste of Spain, from the modern foodie dishes of Madrid to traditional tapas in the cobblestone neighborhoods of Seville. Marzipan, the famous treat of Toledo, further sweetens the town's Gothic history and towering cathedrals. Discover local life in the charming countryside villages of the Costa del Sol, visit a sheep farm that produces the country's famous Manchego cheese, and enjoy paella as it's meant to be—shared with friends.

For more information:

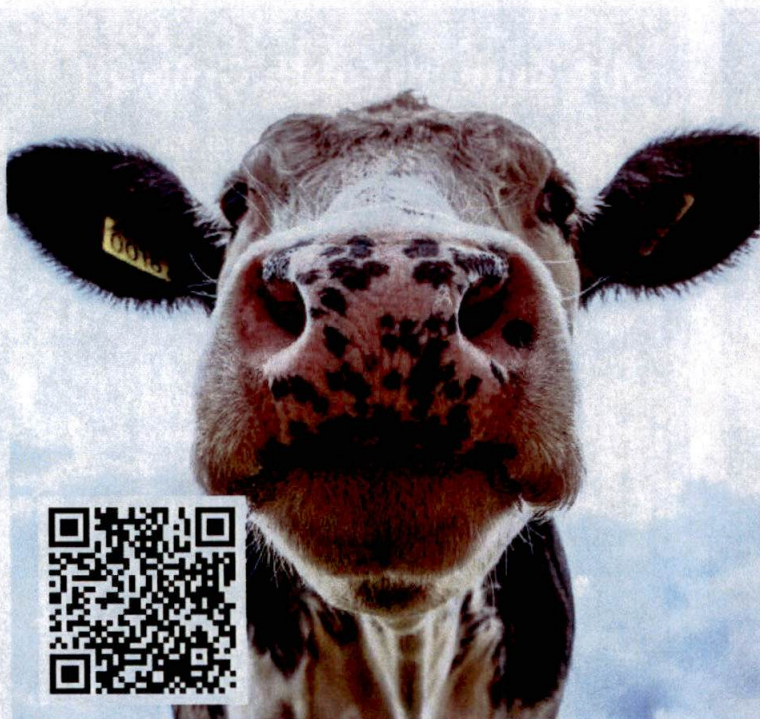
<https://www.eftours.com/tour-website/2877863RJ>

[HTYA Spain Trip Information Recording Link](#)

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Current HTYA Opportunities

Upcoming Events and Contests for HTYA Students



Food Science Competition

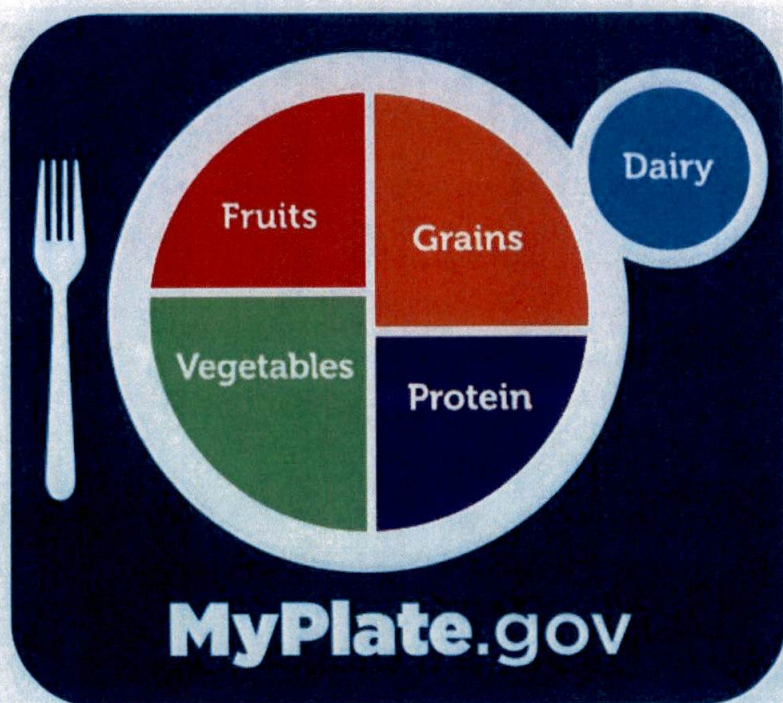
The Dairy Snack Innovation Competition, hosted by Dairy MAX, challenges high school students to develop an original dairy-based snack that appeals to their peers.

Deadline: Sept. 19, 2025

Prizes: Scholarships worth up to \$10,000 for the winning students!

Learn more:

<https://www.dairymax.org/dairy-snack-innovation-competition>



MyPlate Ambassador Program

HTYA Ambassadors can also become MyPlate Ambassadors! Many MyPlate programs can be reported as HTYA hours.

For questions about the MyPlate Ambassador program, please contact Kendra Marstall

- (e) kendra.marstall@ag.tamu.edu
- (p) 972-952-9262

Learn more about MyPlate:

[MyPlate Ambassador Program](#)

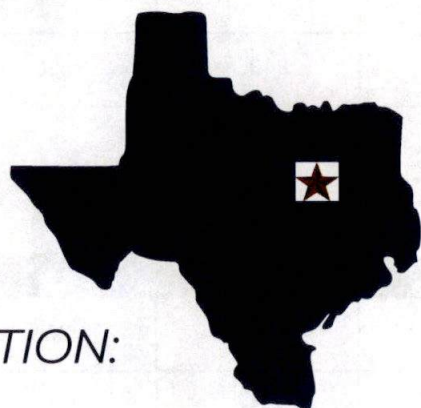


STATE OF HEALTH REPORT

Navarro COUNTY 2025

COUNTY
POPULATION:

56,533



QUALITY OF LIFE



24%

of adults report being in fair or poor health



20%

of adults report frequent mental distress

PREMATURE DEATHS



550

11,420 years of potential life lost before age 75 per 100,000 population

UNINSURED + POVERTY



19%

of those under age 65 are uninsured, compared to 22% in Texas



22%

of children are living in poverty

NUTRITION + PHYSICAL ACTIVITY



42%

of adults are obese



31%

of adults are physically inactive



6.7

county score on the food environment index

NATIONAL + STATE COMPARISONS

MEASURE	DESCRIPTION	U.S.	TEXAS	COUNTY
Health Outcomes				
Cardiovascular Deaths	Total cardiovascular disease deaths per 10,000 population; includes coronary heart disease, heart attack, heart failure, cardiac dysrhythmia, hypertension, and all strokes	43.2	44.3	55
Diabetes Prevalence	Percentage of adults with diagnosed diabetes	10%	13%	14%
Premature Death	Years of potential life lost before the age 75 per 10,000 population	840	820	1,140
Poor or Fair Health	Percentage of adults reporting poor or fair health	17%	20%	24%
Frequent Mental Distress	Percentage of adults reporting 14 or more days of poor mental health per month (age-adjusted)	16%	16%	19%
Health Factors				
Adult Obesity	Percentage of adults reporting a BMI over 30	34%	36%	42%
Adult Smoking	Percentage of adults who are current smokers	13%	12%	42%
Children in Poverty	Percentage of children under age 18 in poverty	16%	18%	18%
Excessive Drinking	Percentage of adults reporting binge or heavy drinking	19%	19%	19%
Food Environment Index	A scale from 0 (worst) to 10 (best), based on the % of the population that is low income and does not live close to a grocery store; and the % of the population that did not have access to a reliable source of food the past year	7.4	5.7	6.7
Median Household Income	The income where half of households in a county earn more and half earn less	\$77,700	\$75,800	59,700
Physical Inactivity	Percentage of adults reporting no leisure-time physical activity	23%	25%	31%
Uninsured	Percentage of population under age 65 without health insurance	11%	22%	19%

PASSENGER SAFETY

Source: <https://cris.dot.state.tx.us/public/Query/app/dashboard-viewer/view/61>



Total crash count:

20



Total number of crash-related injuries:

481

THE CASE FOR PREVENTION

90 percent

of the country's \$4.9 trillion healthcare expenditure is for people with largely preventable chronic diseases and mental health conditions.

At least 7 of the top 10 leading causes of death in the U.S. and Texas are chronic diseases.

Most chronic diseases can be prevented by eating a nutritious diet, being physically active, avoiding tobacco and excessive drinking, and getting regular health screenings.