Extension Education

Making a Difference in Nueces County 2010
The Texas AgriLife Extension Service has been dedicated to serving Texans for nearly a century. The agency was established in 1915 under the Smith-Lever Act to deliver university knowledge and agricultural research findings directly to the people. Extension Programs have continued ever since to address the emerging issues of the day, serving diverse rural and urban populations across the state.

Through a well-organized network of professional educators and more than 1000,000 trained volunteers, Extension delivers practical research-based knowledge to Texans in all 254 counties. Our 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 those served are the hundreds of thousands of young people who benefit annually from Extension’s 4-H and Youth Development programs.

Texans turn to Extension for solutions. Its agents and specialists respond not only with answers, but also with resources and services that result in a significant return on investment to boost the Texas economy. The agency custom-designs its programs to each region of the state, relying on residents for input and for help with program delivery. Here are just a few highlights of Extension’s impacts on Nueces County and its people.

Nueces County — Summary of Educational Contact

Founded .................................................. 1846
County Seat ........................................... Corpus Christi
Area—Total ........................................... 376 sq mi (145/km²)
Population—(2009) ................................. 323,046
Density ............................................... .872/sq mi (100/km²)

**2010 Contact Summary**
Total Education Programs Conducted ........ 2,138
Total Participants .................................. 120,018
Curriculum Enrichment Participants ....... 13,530
Contact hours via educational program .... 63,619
4-H Members ...................................... 891
4-H Leaders ....................................... 445
4-H Clubs ......................................... 26
Economic impact benefitting clientele ......... $6,972,894.00
Office Contacts .................................. 1,429
Site Visits ......................................... 2,686
Phone Calls ...................................... 4,730
Newsletter/Mail/E-Mail Contacts .......... 23,416
Web Contacts .................................. 5,876
Radio and Television Programs .......... 30
News Releases ................................ 81
Cash and In-kind donations by
AgriLife-Nueces County supporters and collaborators ......................... $1,035,631.00
Plan Title: Enhancing Farm Profitability with Alternative Crops in Nueces County, 2010

Developed By: Jeffrey R. Stapper, County Extension Agent—Agriculture/Natural Resources

Relevance: Agricultural Profitability remains an issue in an industry that generates more than $100 million dollars annually in Nueces County. To remain viable, producers are looking at alternative crops as market prices for commodities change with a changing global economy. The feasibility of different crop options needs to be evaluated so producers can make informed decisions regarding future cropping practices.

Response: Texas AgriLife Extension Service staff in Nueces County, in cooperation with local Field Crops Committee members and AgriLife Research staff, implemented in-depth demonstration and applied research projects along with numerous educational programs to evaluate the feasibility of alternative crops and new emerging agricultural technologies with local farmers.

EDUCATIONAL PROGRAMS AND ACTIVITIES CONDUCTED

- Field Crop Symposium (January)
- Farm Worker Protection Safety Training (February)
- Pasture Symposium (March)
- Wheat and Oil-seed Field Day (April)
- Alternative Crop Option Seminar (October)
- Crop Marketing Seminar (October)
- Pesticide Applicator CEU Conference (October)
- Coastal Bend Farm & Ranch Show (October)
- Coastal Bend Soil Testing Campaign (November)
- Six newsletters were developed
- 54 news articles were submitted
- 14 TV and Radio interviews
- Offered 33.25 CEU’s for Pesticide Applicators
- Offered 21.75 CEU’s for Certified Crop Advisors
- 46 attended Private Applicator Training
- Created Coastal Bend Agriculture Briefs Blog at http://cbagbriefs.blogspot.com/

RESULT DEMONSTRATION & APPLIED RESEARCH PROJECTS IMPLEMENTED

- Spring Wheat Variety Test
- Canola Variety Test
- Flax Variety Test
- Safflower Variety Test
- Camelina Variety Test
- Sunflower Oilseed Variety Test
**Results:** Numerous educational programs were conducted that addressed Alternative Crop Production to some capacity, of which there were more than 450 participants.

Eleven Spring Wheat Varieties were evaluated and produced yields that averaged 50.9 bushels per acre with an $85 per acre difference between the top and bottom performing varieties.

Cool-season oilseed crops showed that canola produced the greatest value per acre with some cultivars producing more than 2,000 pounds per acre valued at $320 per acre. Safflower varieties produced yields ranging from 156 pounds per acre to more than 1,800 pounds per acre, with all spring varieties being the best performers. Flax was hurt by the excessive rain in the early Spring, while the Camelina varieties evaluated produced yields of about 800 pounds per acre.

Four Oilseed Sunflower Varieties were evaluated in the Agua Dulce area and produced yields ranging from 1,554 pounds per acre to 2,095 pounds per acre, with a crop value of up to $335 per acre.

**And the Survey says . . .**

Evaluations of educational programs have been very positive and generate good feed back to plan future programs. Three programs that were evaluated with 282 participants and 49% responding generated the following results:

- 100% of respondents were completely satisfied with the activity
- 72% of respondents anticipate benefitting economically as direct result of what they learned in the Extension programs
- 58% of respondents plan to take action or make changes based on information they learned
- Results of a Retrospective Post Survey show that the level of understanding as it related to best management practices associated with producing a good sesame crop increased by 186%

* “We found Jeff’s work with canola very useful in making our decision on planting this type of oilseed crop and then selecting varieties for South Texas”. Matt Dynash, Nueces County Farmer

**Other Significant Programs:** Rainfed Crop Production and Livestock Management

**Response:** A Crop Tour in June focused on new Ag Technology that Extension staff were evaluating with local farmers. Result Demonstration and Applied Research Projects that were implemented included; Three Grain Sorghum Hybrid Tests, Two Grain Sorghum Soil Fertility Studies, a Grain Sorghum Plant Density Study, Cotton Liberty Link Variety Test, Commercial Cotton Flex Variety Test, Cotton Defoliation Test, and a Cotton Plant Density Study.

A Beef Quality Assurance Seminar in conjunction with the Farm & Ranch Show was held to promote good management practices for cattle producers in an effort to strengthen consumer confidence in beef as a wholesome food product. A Pasture Management Symposium held in March highlighted new forages adapted to South Texas and best management practices.

**Results:** Yield data from test plots revealed that variety selection remains one of the most important decisions a farmer can make in their operation as there was $139/acre difference between the best and worst performing cotton varieties and $233/acre difference between grain sorghum hybrids.

Survey of programs conducted indicate that at least 90% or respondents said that information and programs provided by Extension were quite or extremely valuable to them.

**Future Plans:** Extension staff will continue to work with local farmers and AgriLife Research Scientists to evaluate crop alternatives, new emerging technologies, and promote best management practices that will sustain local farmers and improve farm profitability.
Plan Title: Agriculture Literacy

Developed By: Jeffrey R. Stapper, County Extension Agent—Agriculture/Natural Resources
Talma D. Benavides, County Extension Agent—Family & Consumer Sciences

Relevance: With the growing populations of urban cities and the decrease in the number of farm families, we see a decline in the knowledge of youth about agriculture and its relevance to us all. Many take for granted the food they have to eat and the clothes they wear because they do not know where those products originated from. With a majority of the population of Nueces County living in Corpus Christi, it is of utmost importance to educate our youth of these commodities and agricultural practices so they know the impact agriculture has in their lives and those around them.

Response: Ag Awareness events were held to teach students how agriculture touches our lives daily. Agriculture touches us all day, every day. In 2010, numerous programs were offered to students in Nueces County.

EDUCATIONAL PROGRAMS AND ACTIVITIES CONDUCTED

- March 2010 — Career Day Tuloso Midway High School—Discuss Ag Careers
- March 2010 — Sam Houston Elementary—Discuss Ag Industry in Nueces County
- May 2010 — Career Day Calallen Middle School—Discuss Ag Careers
- June 2010 — Host two College Interns from A&M Kingsville—Review Ag Industry
- September 2010 — Ag in Classroom Teacher Workshop—Develop program with Farm Bureau
- October 2010 — Ag Awareness for 3rd Grade Students at Richard M Borchard Fairgrounds
- October 2010 — Century 21 Group, San Pedro Elementary—Discuss local Ag Industry
- November 2010 — KEDT TV Challenge—Support program with Ag questions
- Oct.—Nov. 2010 — Livestock Project Clinics

In the above programs a total of 2,056 children were reached.
Results: Students now have a better understanding that if you eat, drink or wear clothes, you are involved with agriculture. Moreover, they are also aware that as the population continues to grow the agriculture industry will become more important as their generation must find ways to grow more food on less land. Students were also made aware of the many agricultural careers available and what study track they should pursue to follow their career goals.

Other Significant Programs: 4-H Foods & Nutrition Project

Response: The 4-H Foods & Nutrition Project kicked off with a tour of a shrimp farm in Flour Bluff. Basics of the industry were taught to 29 4-H members who were amazed with the detail involved in raising shrimp. These members then participated in a seafood workshop luncheon, food challenge training which focused on seafood recipes, and presentations on basic nutrition (My Pyramid), food safety, and food label reading. Another 27 4-H members participated in a Dutch oven Cooking Demonstration at a county park. Topics discussed were buying and seasoning Dutch Oven; fire, temperature control, and techniques for successful results; recipes and cooking in your Dutch oven. Excellent stew, cornbread, cobbler and cake were enjoyed.

Canning & Yeast Bread Show had 111 entries proving that both arts are still popular. The project culminated with the county food show and food challenge with 38 4-H members competing in this event. Of these, 12 advanced to district competition and three teams placed at district.

4-H Members Awarded $62,000 in Scholarships

Nueces County 4-H members were awarded a total of $62,000 during the 64th annual Texas 4-H Roundup. Samantha Greenwood and Wade McElroy, both graduates of Banquete High School, and Julie Kircher and Caitlin Lange, both graduates of Tulso-Midway High School, were all awarded $15,000 scholarships from the Houston Livestock Show and Rodeo. Hannah Kaplan, a graduate of Calallen High School, was awarded a Doyle G. Warren Memorial scholarship in the amount of $2000.

The Texas 4-H Scholarship program is the largest 4-H scholarship program in the United States with more than 40 donors contributing to the $2.1 million in higher education scholarships. Scholarships are awarded for youth who have recently graduated from a Texas high school and who will be attending a Texas college or university. Members seeking bachelor’s and technical degrees, as well as former 4-H members who have completed more than 30 college hours, were honored with the more than 210 scholarships ranging in value from $500 to $16,000.

In the 26 4-H clubs, 891 members develop life skills as they:

- serve as officers and learn to conduct meetings.
- handle club funds and facilitate group decision-making.
- give back to the communities in community service projects.
- get involved in volunteer projects to protect the environment.
- mentor younger children.
- help people who are less fortunate.

Future Plans: Extension staff will continue to provide education based programs to the youth of Nueces County to help promote and inform our clientele of the important role that agriculture plays in everyday life, while at the same develop youth leadership skills as they will be the leaders of the future.
Plan Title: 2010 Better Living For Texans Get The Facts Educational Series for Nueces County

Developed By: Talma D. Benavides, County Extension Agent—Family & Consumer Sciences

Relevance: In Nueces County, an estimated 116,689 have incomes that are 185% of poverty or below; 16% of the population receive food stamp benefits. Research has shown that individuals who live in poverty have dietary intakes that are not congruent with current recommendations (i.e. Dietary Guidelines or MyPyramid). The audience may not recognize their risk for food borne illness. Stretching resources so food is available throughout the month is also a challenge.

Response: The Better Living for Texans (BLT) Supplemental Nutrition Assistance Program (SNAP-Ed) project was initiated in 1995 as a cooperative endeavor among Texas AgriLife Extension Service, Texas Health and Human Services Commission (HHSC), and the Food and Nutrition Services (FNS) of USDA. The program is offered in every county that is served by a County Extension Agent - Family and Consumer Sciences (CEA-FCS), including Nueces County.

A component of SNAP, BLT provides educational programs to food stamp recipients, applicants, and other approved audiences to help improve their ability to plan and prepare nutritious meals, stretch food dollars, and prepare and store food safely. In addition, BLT incorporates its programs with the Walk Across Texas program to promote physical activity.

During 2010, more than 220 Nueces County adults participated in the BLT Eat Better to Live Better series. This program focuses on meal planning, stretching food dollars, and adopting selected behaviors that can reduce the risk of food borne illness.

Results: Evaluation of the Nueces County BLT program was conducted via the use of a pre, post, and 30-day follow-up survey. This allowed for the collection of data that reflected current behaviors, behaviors that participants intended to adopt, and extent to which behaviors were actually adopted. The instrument also allowed for the estimated savings in out-of-pocket food expenses that may have occurred as a result of their participation in BLT. This report represents 218 adults who participated in the program and completed the pre, post, and follow-up surveys.

Participant Characteristics: Most participants were female and Hispanic. Nearly one-third of participants had a high school education or less while 1 in 5 had completed college. The average age of participants was 36 years; average household size was 3.3. SNAP and food pantries were programs utilized most often by participants.

Program Impact
To assess program impact, we examined behaviors followed at the time of program entry, intent to change behavior, and the actual adoption of behaviors approximately 30 days after the program ended. This is done by analyzing the data of the 218 participants who completed the pre, post, and 30-day follow-up surveys.
Meal Planning and Food Resource Management – adoption of behaviors

Overall, more than one-half of participants were using the targeted food resource management practices either “always” or “sometimes” when they first entered the BLT program.

Immediately after the program ended there was a noted increase in the percentage of participants who intended to practice these behaviors “always.” Thirty days later those percentages who adopted those practices were even higher.

Food Safety- adoption of behaviors

A majority of participants (>50%) were following the targeted food safety practices when they first entered the BLT program. However, nearly 1 in 4 was not following proper hand washing recommendations.

There was an increase in the percentage of participants who intended to “always” wash cutting boards after cutting up raw meat or poultry and “always” wash their hands before and during food preparation immediately after the program ended. Thirty days later, that trend was a little higher with respect to handwashing. Also, more participants were storing or immediately eating prepared foods instead of letting them sit out at room temperature 30 days later compared to when they entered the program.

Other findings:
76% (n=165) of the respondents reported that BLT was their first exposure to Texas AgriLife Extension. This suggests that the program is reaching new audiences who otherwise might not have the opportunity to benefit from Extension programs.

Average monthly of out-of-pocket food expenses reported by participants**: 
Before BLT: $247.63
After BLT: $211.32

** Based on 167 participants who reported monthly out-of-pocket food expenses at the beginning of BLT and 30-days after the program ended. Changes in out-of-pocket food expenses were significantly different.

Potential economic impact: In 12 months, these 167 participants would save an estimated $72,765 over the course of a year.

For all participants who completed the pre and follow-up survey (n=218), the percentage who rated their perceived ability to prepare nutritious meals as either “good” or “very good” was 56% (n=122) before BLT (pre-survey) and 94% (n=206) (post survey).

Of the individuals who could be contacted 30 days after the program ended, 198 of them (91%) rated the BLT program as “excellent.” Another 13 (6%) rated the program as “good.”

Future Plans: Back to Basics (Volver a lo Basico) series will replace Eat Better to Live Better in 2011. This series is more interactive. Get the Facts series will also be offered as well as a variety of one-time programs.

Other Significant Programs: Get the Facts series and evaluations as well as one-time programs were conducted reaching over 20,000 participants.
Plan Title: 2010 Family and Consumer Science Nueces County—Strengthening Family Skills.

Developed By: Talma D. Benavides, County Extension Agent—Family & Consumer Sciences

Relevance: Families lack life skills to navigate life successfully.

Response: Grandparents Raising Grandchildren Annual Conference was held in September for grandparents and other relatives raising children. The event was very well attended; participants gained much from the keynote addresses, panel discussion, and exhibitors. A scholarship was awarded to a Del Mar College student who was raised by a grandparent. Extension is one of the collaborators that sponsors this annual event. Two concurrent sessions, “The importance of Budgeting” were conducted for parents and students participating in the annual Educational Talent and Search Conference at University of Texas-Pan American. Local church was assisted with planning for a community preparedness fair and 400 copies of Preparing For the Unexpected publication were provided. Training was conducted for Sewing Master Volunteers and skills were taught for successful home entrepreneurship. Sewing Master Volunteers in West Oso ISD were active and taught parents basic sewing skills. Agent developed Credit Card Class for Districts 9 and 11 4-H Consumer Decision Making Contest and assisted with the contest’s implementation in College Station. Individuals were also assisted as requested.

Results: There were sixteen sessions conducted for 1,652 individuals. These educational events assisted families with strengthening necessary skills for family resiliency and skills to navigate life successfully.

Future Plans: Continue providing educational activities related to Strengthening Family Skills.
Plan Title: 2010 Family and Consumer Science Evaluation Report for Nueces County – Healthy Lifestyles

Relevance: Excess body weight is a risk factor for several chronic diseases including heart disease, diabetes, hypertension, and some of cancers. Lifestyle modifications, including the adoption of a nutritious diet and increased physical activity can significantly reduce the risk factors.

Response: Series of programs were conducted (with the assistance of a Sign Language Interpreter) at the Deaf and Hard of Hearing Center in Corpus Christi. Among the topics presented were “How Sweet It Is” (hidden sugars and food label readings), “Understanding Depression,” “Vitamins and Supplements IQ,” “Cardiovascular Disease Prevention,” “Preventing Falls in the Home,” “Fitness For Life,” and “Osteoporosis Prevention.” Hidden Sugars and Label Reading presentations were popular topics for Head Start parents and for health fairs. “Healthy Living” was a topic of discussion for county employees.

Gulf Coast Nutrition Coalition sponsored a spring and a fall conference for Head Start parents, teen parents, school districts, and childcare providers.

Results: There were over 4094 educational contacts in 33 educational sessions. They expressed learning the importance of simple lifestyle changes such as increasing fruits and vegetables, reducing consumption of fat and sugar, and increasing physical activity can greatly impact their health.

Future Plans: Continue providing educational activities related to Healthy Lifestyles.
Plan Title: 2010 Master Gardener Outcome

Developed By: Michael W. Potter, County Extension Agent—Horticulture

Relevance: Nueces County has an estimated population of 321,457. The Master Gardener program is a base horticulture program in Nueces County. In order to better meet the needs of residents; phone, e-mail, drop in and requests for information; an extensive ongoing Master Gardener volunteer training program is conducted to provide additional one-on-one assistance. Master Gardeners also deliver educational programs to home horticulture clientele that occupy over 130,000 households. Nueces Master Gardeners are a vital part of getting Extension’s information and programs to the people of Nueces County. Without volunteers, it would be impossible to educate and reach a majority of the population.

Response: The Horticulture Advisory Committee consists of key horticulture-related leaders in the county as well as general populous. The committee met once in the winter to review programs and provide suggestions for 2010/2011 programming. Individual contact with committee members is made throughout the year for program input and resource leverage and provides better insight of upcoming programming needs.

Master Gardeners have a working educational committee that utilizes Master Gardener passions and subject matter expertise to deliver educational programs throughout Nueces County. Programs are delivered to adults and children at schools, local nurseries, garden club meetings and Home & Garden shows. Changes have been implemented to the organization and its’ educational programs to increase effectiveness and improve programs. There are currently 19 Master Gardener Interns that are participating in the training program. Seven interns have completed the required volunteer hours to become certified Master Gardeners.

Results: The primary youth education program is “Learning to Grow”, which is a 16 week curriculum that teaches children about vegetable gardening while using TEKS (Texas Essential Knowledge & Skills).
Master Gardeners provide the manpower for the “Learning to Grow” school gardening program to which 503.25 volunteer hours were contributed and an additional 243.5 hours to other youth education programs in 2010 that reached 6,096 youth. Currently, there are 35 schools in Nueces County participating in the Learning to Grow program with 155 vegetable garden beds around the county.

In 2010, Nueces Master Gardeners held 20 public education events that reached 703 citizens accounting for 300 hours providing education. Educational programs were initiated by the previously formed speaker’s bureau.

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<tr>
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<th>Hours Contributed</th>
<th>Dollar Value to County</th>
<th>Value of Volunteer Time</th>
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<tbody>
<tr>
<td>Since 1991 to present</td>
<td>88,855.25</td>
<td>$1,371,925</td>
<td>($15.44/hr.)15 yr. avg.</td>
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<tr>
<td>2007 Volunteer Hours</td>
<td>9,059.75</td>
<td>$131,547</td>
<td>2007 ($14.52/hr.)</td>
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<tr>
<td>2008 Volunteer Hours</td>
<td>8,940.25</td>
<td>$174,424</td>
<td>2008 ($19.51)</td>
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<tr>
<td>2009 Volunteer Hours</td>
<td>9,505.25</td>
<td>$199,589</td>
<td>2009 ($20.25)</td>
</tr>
<tr>
<td>2010 Volunteer Hours</td>
<td>7,808.50 (as of 12/1)</td>
<td>$158,122</td>
<td>2010 ($20.25)</td>
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**www.independentsector.org**

**Future Plans:** Increased participation in “Learning to Grow” will increase youth contacts and impact the overall success of the program. The City of Corpus Christi Stormwater Department will be holding the third annual “Keep the City Sparkling” seminar that will be conducted for Commercial Applicators and homeowners by the horticulture agent and with the assistance of Nueces Master Gardeners. Also, a “Turf Conference” and “Tree Conference” is scheduled for 2011. In 2011 the organization and marketing of the Master Gardener program will be simplified and handled more readily through the organization. Further development of programs for home owners will be implemented and a facility for research and education will be pursued in conjunction with Beautify Corpus Christi.

**Other Significant Programs:** Master Gardeners have contributed 472.75 hours in-kind service to the South Texas Regional Botanical Gardens and Nature Center valued at $9,573 towards beautification.
Plan Title: Expanded Food and Nutrition Education Program-Dual Agent-Adult Component Plan

Developed By: Gloria Fernandez-VanZante, MS, MPH, RD, LD, Extension Agent—EFNEP

Relevance: Poor health disproportionately affects low-income and minority populations. Recent research documented that people who are most food insecure are at greater risk for poor health and obesity than those who are food secure. In fact research indicates that people who run out of food or miss meals because they cannot afford them are the most obese. The U.S. Census Bureau estimates that 16% of Texans live in poverty, a figure 3% above the national average of 13.2%. In Texas, Selected Health Facts for 2005-Nueces County reflects a county poverty rate of 19.9% (62,156 persons). This is 2.4% higher than the state rate and 6.7% higher than the Census national rate. Persons who are food insecure have lower food expenditures and lower fruit and vegetable consumption and lower quality diets that can lead to development of obesity and chronic ailments.

Response: EFNEP provided a new client centered approach 7 lesson series curriculum this year. This new curriculum maintains the same nutrition emphasis of improving diet quality, improving food resource management skills, food safety standards and increasing physical activity.

Results: EFNEP taught at 52 program sites reaching 593 program families and 2261 family members All instruction was done in group settings. To determine annual program effectiveness, a sample of 300 was utilized. The following food and nutrition behaviors were achieved at exit. 97% of clients exited the program with a “positive” change in any food group. 80% improved in one or more food resource management practices ; 86% improved in one or more nutrition practices ; and 50% improved in one or more of the food safety practices such as thawing and storing foods properly.

Summary of Physical Activity:

<table>
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<tr>
<th>Physical Activity</th>
<th>2008-09</th>
<th>2009-10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participants with a positive change in physical activity</td>
<td>20.9%</td>
<td>31%</td>
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As a result of this physical activity, an estimated 21% of the program participants could prevent the onset of diabetes over their lifetime through increased physical activity. Including the cost of lost wages and annual healthcare costs, the total potential economic impact for these participants is approximately $309,260.

Success Story: “I learned how to measure my servings and respect my body.” “I make a grocery list before I go grocery shopping.” Daniella made the class so much fun, answered all our questions from day one. I would like to bring her back next year.”

Paraprofessional Group Assessment: This group was fun and interesting. None believed meal planning was important but with session four "Power of Planning" they learned that it is important; it saves time and money! They were very big soda drinkers but after session three "Setting Your Limits" they were surprised how much sugar was in a 12 oz soda so they started cutting back now I see them drink a lot of water.

Future Plans: Based on program results, EFNEP continues to meet its objective of allowing the program participants to gain the practical skills necessary to make positive behavior changes. The practical skills when applied can lead to significant changes in the lives of individuals. This program will continue for the 2010-2011 program year.
Plan Title: Expanded Food and Nutrition Education Program-Dual Agent-Youth Component Plan

Developed By: Gloria Fernandez-VanZante, MS, MPH, RD, LD, Extension Agent—EFNEP

Relevance: *America’s Children In Brief: Key National Indicators of Well Being 2009* states that children in low-income families fare less well than children in more affluent families on many of the indicators of its report. One such indicator is food security. A family’s ability to provide for its children’s nutritional needs is linked to the family’s food security—that is its ability to access at all times adequate food for an active healthy life. Therefore, the diet quality of children and adolescents is of concern. Poor eating patterns established in childhood may transfer to adulthood; such patterns are major factors in the increasing rate of childhood obesity over the decades and are contributing factors to health related outcomes. In Texas, two thousand and five data for Nueces County reveals that 29.2% of children 0-17 years of age (25,032 children) are living below the poverty rate. This is 4.5% above the state rate. The focus of EFNEP is to provide nutrition and physical activity education to limited resource youth through a series of six fun interactive lessons.

Response: Utilizing the Professor Popcorn curriculum, 45 groups of limited resource youth were taught.

Results: Total outreach was 2881 enrolled and graduated youth. This was a 65% increase over last year. To assist in this effort, 116 volunteers were engaged to deliver the program.

Program Effectiveness:
The program effectiveness is based on a sample of 163-267 youth. The following results show how youth clients’ food behaviors improved after taking the EFNEP classes.

### Youth Impact Indicators

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<thead>
<tr>
<th>Behavior</th>
<th># of Groups</th>
<th>**2009-10</th>
</tr>
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<tbody>
<tr>
<td>1. Eat a variety of foods</td>
<td>7</td>
<td>77%-163</td>
</tr>
<tr>
<td>2. Increase knowledge of the essentials of human nutrition</td>
<td>13</td>
<td>64%-267</td>
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<tr>
<td>3. Increased ability to select low cost nutritious foods</td>
<td>7</td>
<td>77%-163</td>
</tr>
<tr>
<td>4. Improved practices in food preparation and food safety</td>
<td>13</td>
<td>89%-267</td>
</tr>
<tr>
<td>5. Physical Activity</td>
<td>13</td>
<td>94%-267</td>
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**The impact indicator questions 2, 4 and 5 capture data for grades 1st – 6th. The impact indicator questions 1 and 3 do not capture data for grades 1st and 2nd.

Cost Benefits of EFNEP:
Studies have shown that for every $1.00 spent on EFNEP, $10.00 was estimated to be saved in health care costs and $2.00 saved in food costs by participants. For Nueces County, this is $3.4 million in estimated health care cost savings and almost $681,766 in food costs.

Future Plans: The results of the youth report indicate that EFNEP continues to grow in its outreach to children who come from limited resource families. EFNEP will continue to work toward meeting its objectives of assisting low income youth acquire the knowledge, skills and attitudes and changed behaviors necessary for nutritionally sound diets that will continue helping them with their personal development and the improvement of total family diet and nutritional welfare.
Plan Title:  Nueces County Diabetes Awareness, Prevention, and Self-Management Educational Initiative

Developed By:  Rusty Hohlt, County Extension Agent—Family & Consumer Sciences

Relevance:  According to the 2001 Texas Behavioral Risk Factor Surveillance System, an estimated 16,459 residents in Nueces County are diagnosed with diabetes. The annual cost of diabetes in Texas is estimated at $9 billion. Research has found that lifestyle changes can help control Type 2 Diabetes; people diagnosed with the disease need to be educated on controlling diabetes through self-care and nutrition. The Nueces County Commissioners Court and Texas AgriLife Extension Service addressed the issue of diabetes education by implementing the Do Well, Be Well with Diabetes series. This program was targeted to Nueces County residents who have been diagnosed with Type 2 Diabetes.

Response and Results:  Texas AgriLife Extension Service in Nueces County utilizes the Do Well, Be Well with Diabetes curriculum developed by Extension health professionals. The curriculum is consistent with the American Diabetes Association Standards of Care and is taught by a registered dietician and registered nurses. The educational experience included pre and post body weight analysis, development of personalized meal plans for participants, and nine educational lessons on self-care and nutrition over a six week period. Throughout 2010, two Do Well Be Well classes were held in Nueces County.

Results:  A pre-test/post-test evaluation was utilized to measure knowledge gain.

Class data revealed:
- Nine people with diabetes participated in 2010 DWBW classes.
- The average age of participants with diabetes was 62.78.
- Participants reported having no previous diabetes classes, indicating a critical need for diabetes education.
- Reported they had a diagnosis of diabetes two or more years prior to taking this class.
- Reported receiving no meal plan from their doctor.
- Participants reported their blood glucose before meals was on average mg/dL at the beginning of classes, decreasing to mg/dL at 6 weeks.

![Average Blood Glucose Before Meals](chart1.png)

- Participants reported their blood glucose 2 hours after meals was on average mg/dL at the beginning of classes, decreasing to mg/dL at 6 weeks.

![Average Blood Glucose 2 Hours Post Meal](chart2.png)

- When comparing the data from pre and post tests, participants demonstrated an improved ability to recognize and limit foods likely to significantly raise their blood glucose.
- All participants indicated on the wrap-up that the classes were good or excellent, as were the speakers.
Economic Impact to Nueces County
The potential lifetime health care cost savings, resulting from improved management of diabetes by these participants, is an estimated $481,159.00.

**Partners:** Texas AgriLife Extension Service would like to recognize the Wesley Methodist Ministry Nurse program in Corpus Christi and Robstown, the Expanded Nutrition Program, and the Nueces County

**DWBW participants say:**
- *I have become a lot more energetic and active. I used to go home from work eat and go to bed. Now my house is spotless again and I have been entertaining more. The things I’ve served have changed, incorporating more healthy choices.*
- *Since I am getting closer to being diabetic I wanted to learn about the diabetic diet but was afraid that it would be difficult to follow. Through the DWBW program I have learned that it is not difficult and that carb counting helps one to eat healthy. The registered dietician has done a terrific job of helping us to understand and follow the diet. I already knew about the importance of exercise and reading labels etc. and did a lot of these things. Nevertheless I have managed to lose a little bit of weight and its staying off but best of all my cholesterol is lower. It had been 199 and is now 179! Thanks to the staff of DWBW!!*
- *I learned a lot in the Do Well Be Well classes. Perhaps the most important I learned was to be more aware of what I eat and how much I eat. What I learned about carbohydrate counting has been most helpful. It makes me read labels and makes portion control much easier. I also continue to exercise regularly.*

**Other Significant Programs:** “Maintain no Gain” A Community and worksite ‘holiday’ wellness program in Nueces County

**Relevance:** In South Texas (Texas Department of State Health Services Public Region 11), an estimated 70.3% of residents are at risk for being overweight or obese. With the issue of excess weight already a concern for many residents, preventing additional weight gain during the holidays is an important educational topic for our clientele. During the holiday season, it is critical to remind Nueces County employees and residents of the health risks associated with obesity. Excess weight has been identified as a risk factor for several chronic diseases including heart disease, diabetes, hypertension, and some forms of cancer.

**Response:** ‘Maintain No Gain’ is a community and worksite wellness program created by the Cardiovascular Health and Wellness Program of the Texas Department of State Health Services. The program is designed to encourage participants to gain no more than two pounds during the holiday season. With the support of the Nueces County Commissioner’s Court and County Commissioner Peggy Banales, the Maintain No Gain program was offered at four sites across Nueces County: County Courthouse (Corpus Christi), Johnny Calderon Building (Robstown), St. Luke’s United Methodist Church (Corpus Christi), and Grace United Methodist Church (Annville).

The goal of the ‘Maintain No Gain’ program was for participants to maintain their weight within two pounds of initial weigh-in throughout the holiday season, beginning the week of Thanksgiving and continuing through New Year’s. During the seven week program, participants weighed-in weekly and turned in a weekly log documenting weekly exercise and consumption of fruits and vegetables. Exercise and healthy eating are key educational messages aimed at helping people avoid excess weight. In South Texas, an estimated 77.7% of residents are eating less than the recommended number of servings of fruits and vegetables and 56.3% are not meeting the recommendations for moderate or vigorous physical activity. In addition to weighing in, the participants were given educational material on preventing or delaying the onset of type 2 diabetes through nutrition and physical activity, or education on managing their diabetes if they have been diagnosed as having type 2 diabetes.
Results: A total of 147 participants registered for the ‘Maintain No Gain’ program.

93 participants registered at the County Courthouse and 45 (48.4%) completed the program
12 participants registered at the Johnny Calderon building in Robstown and 4 (33.3%) completed the program
22 participants registered at the Grace United Methodist Church in Annaville and 14 (63.6%) completed the program
20 participants registered at the St. Luke’s United Methodist Church in Corpus Christi and 10 (50%) completed the program

Weight evaluation results are based on the 45 participants who weighed-in at the County Courthouse and completed the seven-week program.

- **95.5%** (43 participants) either maintained their weight within 2 pounds or lost weight
- **66.7%** (30 participants) lost weight

The average weight loss for those 30 participants in the ‘Maintain No Gain’ program was 4 pounds.

The following evaluation results are based on the 45 participants who weighed-in at the County Courthouse and completed the program evaluation form. Of the 45 participants, 38 (84.4%) completed and returned the evaluation forms.

- **64.3%** (18 of 28) participants increased the number of days a week spent exercising at least 30 minutes
- **59.4%** (19 of 32) participants increased their consumption of fruit and vegetables

Here is what a few of the ‘Maintain No Gain’ participants have to say about their health improvements as a result of the program....

- My weight loss has been great and I have been inspired to eat better and exercise more.
- The program made me more aware of fruits and vegetables I need to consume and made myself do it!!
- Ran my first 5k in my life!
- Started drinking more water, eating more fruits and exercise(ing) more.
- Lower blood sugar.
- 10 participants indicated that they would like to continue the program!
# Texas AgriLife Extension Service
## Nueces County

### County Staff

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