



## Extension Education in BOSQUE County

# Making a Difference 2010

*Improving Lives.  
Improving Texas.*

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 100,000 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 this county and its people:

## **Bosque County – Summary of Educational Contact**

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- Total Educational Programs Conducted – 319
- Total Participants – 5,931
- Contact Hours via Educational Programs – 23,686
- Educational Contacts by Volunteers – 2,400
- 4H Members – 170
- 4H Leaders – 60
- 4H Clubs – 5
- Curriculum Enrichment Participants – 425
- Individual Contact Methods – 6,006
- Newsletter/Mail/E-Mail Contacts – 15,488
- Web Contacts –

## Beef Cattle Education in Bosque County

Developed by:  
David Winkler, County Extension Agent – Agriculture & Natural Resources – Bosque County

**Relevance:** Beef cattle production is the primary agricultural enterprise in Bosque County. Beef production generates 20 million in agriculture income each year. It is critical for Bosque County producers to maintain their competitive edge and to stay current and up-to-date with new technologies, market trends, best management practices and foreign animal diseases in the beef cattle industry.

**Response:** The Livestock and Crops Committee identified three major programs in 2010 to address beef production issues. The Top of the Hill Country Cattle Clinic (January 21, 2010; 98 attending) and the Cen-Tex Beef Field Day (September 24, 2010; 112 attending) were developed to assist beef cattle producers by increasing their knowledge and understanding of production principles. The target audience for these two programs was beef and forage producers in North Central Texas. This year's events focused on topics such as cattle vaccinations, market & economic outlook & internal parasite control. A Stocker Cattle & Small Grains Clinic was held on August 24 with 42 clients attending.

**Results:** For the Top Of the Hill Country Cattle Clinic, a retrospective post evaluation instrument was administered at the conclusion of the program to determine the level of knowledge change based on the workshop. In addition, questions were asked in attempt to ascertain which practices will be adopted as a result of the program. Finally, a satisfaction section was included to determine the overall thoughts on the clinic. 61 of 98 participants (62%) responded to the survey instrument.

The interpretation of these data revealed that respondents perceived that their knowledge increased as a result of the program. The second section of the evaluation instrument focused on intentions to adopt and economic advantages based on what the participants learned at the Central Texas Beef Cattle Clinic.

- **56 of 61 (93%)** of respondents anticipate benefiting economically as a direct result of what was taught from this Extension activity.
- **48 of 61 (78%)** of respondents plan to take actions or make changes based on the information presented.

Table 1. % of Respondents who increased their Understanding of selected topics using a retrospective post evaluation strategy.

STATEMENTS	% Increase
Understanding of which age/type of cattle should be dewormed	89%
Understand right time for vaccinating cows	86%
Understanding of the best time to deworm cattle in Central Texas	85%
Understand right time for vaccinating calves	80%
Understand causative agents of cattle infectious diseases	79%
Understanding the factors that drive profitability for cow-calf operations	68%
Understanding of reasons to deworm cattle	68%
Understanding of the factors that will drive cattle prices over the next year	65%

The interpretation of these data revealed that respondents perceived that their knowledge increased as a result of the program.

Table 2. The last section focused on overall satisfaction of the program. The results are as follows.

STATEMENTS	% Satisfied <sup>1</sup>
Satisfaction with the completeness of information given on each topic	95%
Satisfaction with the information being accurate	93%
Satisfaction with the information being what they expected	92%
Satisfaction with the timeliness of information given on each topic	92%
Overall satisfaction with the quality of the course materials	92%
Overall satisfaction with the relevance of the examples used	89%
Satisfaction with the helpfulness of the information in decisions about their own situation	87%
Satisfaction with the relevance of the examples used.	79%

<sup>1</sup> Indicated % of participants answering completely or mostly satisfied.

<sup>2</sup> Indicated % of participants answering extremely or quite valuable

Blue indicates satisfaction > 90%, and yellow indicates satisfaction < 90 %

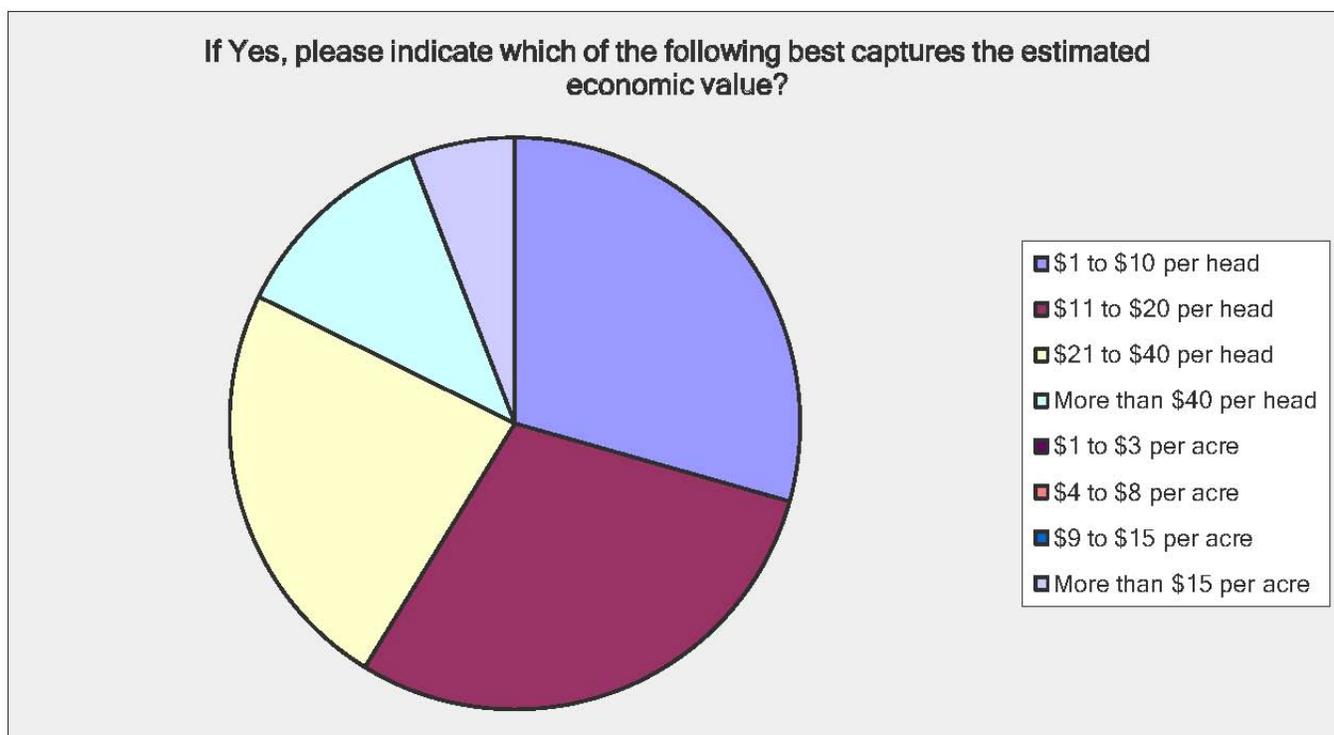
For the Cen-Tex Beef Field Day, a pretest and post-test evaluation was administered at the conclusion of the programs to determine the level of knowledge change based on the Field Day. In addition, questions were asked in attempt to ascertain which practices will be adopted as a result of the program. Finally, a satisfaction section was included to determine the overall thoughts on the Field Day.

The first section of this evaluation instrument focused on intentions to adopt, and economic advantages based on what the participants learned at the Central Texas Beef Cattle Field Day.

- **43 of 44 (97.7%)** of respondents anticipate benefiting economically as a direct result of what was taught at this Extension activity.

Question	Mean Before	Mean After	% Change
Understanding of cattle types that bring a premium at auction.	2.46	3.49	41.87%
Understanding of cattle types that are discounted at auction.	2.53	3.39	33.99%
Understanding of benefits of genetic research.	2.37	3.13	32.07%
Understanding of how to manage your grass pastures.	2.74	3.45	25.91%
Understanding of proper herd health.	2.72	3.38	24.26%
Understanding of Importance of Sire Selection.	2.92	3.54	21.23%

At the Stocker Small Grains program, a retrospective post-evaluation was administered. The notable response in this evaluation was that 21 of the 24 respondents managed or owned a total of 25,695 acres. Nineteen of the 24 survey (79%) respondents said they benefitted economically from participation in this Texas Agrilife Extension Service program. The following pie chart shows economic value determined by respondents. The average respondent placed an \$11 to \$20



dollar value per animal managed. The average respondent indicated they owned or managed 50 to 99 head. Therefore the average respondent would have benefitted an estimated \$550 to \$1980 by attending this program.

Attendance and interest indicate a need for continued programming in this area.

## Diabetes Education

By Donna Edwards, CEA-FCS, Bosque County

### Relevance

The Bosque County Health and Wellness Committee identified health and wellness with a focus on diabetes and its prevention as the priority for programming in Bosque County. While diabetes is not curable it is manageable through diet and exercise. According to the Texas Dept. of State Health Services latest statistics in 2005 there were 1,324 (or 9.9%) people in this county diagnosed with diabetes. People who manage blood glucose levels have health care costs closer to people without the disease and they also miss work less often. This program was targeted to people with type 2 diabetes.

### Response

The Do Well, Be Well with Diabetes program covered basic nutrition and self-care management topics. The program helps people with diabetes learn the skills needed to manage their disease successfully. Nine lesson topics were delivered in five classes, each about 3 hours in length. A follow up 5-part Diabetes Newsletter was delivered to participants..

### Results

The **Do Well, Be Well with Diabetes** was implemented in the fall in Bosque County. 14 people 5-week series. A pre and post survey was administered. Six reported having the disease for 2 years or less. Only one reported having had a diabetes class previously. One reported having an income over \$50,000 and one reported having no insurance. **Do Well Be Well with Diabetes** participation and results:

- ✓ 12 of 13 or 92% had never had a diabetes class before
- ✓ 10 completed the wrap up evaluation
- ✓ 9 (90%) have had a urine test to see if there is protein in urine
- ✓ 8 (80%) reduced before breakfast blood sugar from an average of 147.71 to 124.12
- ✓ 8 (80%) have had a doctor check the feeling in their feet
- ✓ 7 (70%) rated their ability to control their diabetes very good or excellent as compared with only 1 reporting very good at the beginning of the course
- ✓ 5 (50%) reduced the A<sub>1C</sub> 7.44 to 7.3

**The potential economic impact of Do Well, Be Well with Diabetes in health care savings and prevention of lost wages was \$633,029.**

*"I was diagnosed in 1991, this has been the best information I have received. I have learned very little from doctors, dietitians, and nurses. I really understand now," said a Bosque County participant.*

## 4-H and Youth Development – Balancing Food and Play in Bosque County

### Relevance

**Balancing Food and Play** - According to the Center of Disease Control (CDC) approximately 25 million or about 17% of all children in the US are overweight. Experts are concerned that today's children are likely to be the first generation to live shorter, less healthy lives than their parents.

Many children are not getting the 60 minutes of daily physical activity as recommended by MyPyramid and the Dietary Guidelines for Americans. Likewise, many children are not consuming the recommended servings of fruits and vegetables. Lifestyle modifications, including the adoption of improved food selection and increasing daily physical activity can improve health and may help to reverse this trend. .

The CDC shows Bosque County at a range of 26.3 to 27.7% of all adults greater than 20 years old as obese. Statistics for Texas youth was not available. Obesity is defined as a body mass index (BMI) of 30 or greater. Obesity is a major risk factor for cardiovascular disease, certain types of cancer, and type 2 diabetes

This program was target to 3<sup>rd</sup> grade students in Kopperl, Iredell and 3<sup>rd</sup> and 4<sup>th</sup> grades in Cranfills Gap Schools.

### Response

For **Balancing Food and Play** program the agent provided:

- Training for three 3<sup>rd</sup> grade teachers in 3 school districts. Teacher volunteers taught the 20 lesson curriculum with support from agent
- Tteacher manuals and lesson support resource kits
- Student journals
- Parent letters
- Take home Family Reading Assignments

Lesson topics were: Journey to Better Health, Endurance, Strength and Flexibility, Creating a New Game, Let's Play, Drawing Conclusions, What is MyPyramid?, Grain Goodness, Friendly Fruits and Vegetables, The Magic of Milk, Mighty Meat and Beans, Nutty about Nutrients, Media Messages, A Healthy Plate, Eating Out, Staying in Balance, Setting Goals, Serving Sizes Made Simple, Meal Planning, Presenting the Greens, and Balancing Your Day.

**Results:** The Balancing Food and Play program was implemented in 4 classes in 3 school districts in Bosque County. One 3<sup>rd</sup> grade class completed the program in the spring and two 3<sup>rd</sup> grades and one 3<sup>rd</sup>- 4<sup>th</sup> grade classes in the fall. A pre and post survey was administered to participants. Of 47 students reached, 47 youth responded to the pre-survey and 45 responded to post-survey.

# 4-H and Youth Development

Results of participants correctly responding to knowledge questions:

Knowledge Questions	Pre-Survey	Post Survey	% Change
Children your age should have no more than how many hours a day of Screen time? (2 hours)	5 (11%)	33 (73%)	84.9
How many teaspoons of sugar are in a can of regular soda? 10	6 (13%)	28 (62%)	78.6
How much of your dinner plate should be filled with vegetable or fruit & vegetables? (1/2)	15 (32%)	32 (71%)	51.6
How many minutes a day should a child your age be physically active? (60 minutes)	22 (47%)	33 (73%)	33.4

Result of student responses to behavior change questions:

Behavior Changes Statement	Pre-survey	Post-Survey	% Change
How often do you drink regular soda each day?	Always or Almost Always		83.4
	11 ((24%)	6 (14%)	
How often do you get at least 2 hour of physical activity each day?	23 (49%)	34 (75%)	32.24
Yesterday, did you have screen time away from school yesterday?	0 Hours Screen Time		66.67
	10 (21%)	6 (13%)	
	2 Hours Screen Time		
Yesterday did you have any physical activity?	60 Minutes or More		34.3
	23 (48%)	35 (75%)	

The demographics of participants of the Balancing Food & Play school enrichment program were as follows:

Race	Number	Percentage	Language used with parents most of the time	Number	Percentage
White	31	66%	English	37	79%
Mexican-American	15	32%	Both English and Spanish	6	13%
Other	1	2%	Spanish	3	6%
Gender			Other	1	2%
Boy	32	68%			
Girl	13	28%			

**Future Plans:** The Balancing Food and Play will be conducted in at least 3 schools next year.

**Acknowledgements:** The Bosque County Health and Wellness Committee provide direction for these and other programs that impact the quality of life in Bosque County. Texas AgriLife Extension Service is also very fortunate to have strong working relations with the Independent School District in Bosque County. Volunteer teachers that provided the teaching of 20 lessons this program were: Jennifer Penny, Tjara Fowler, and Tammy Moss.

## 4-H Base Program

The 4-H Program exhibits the two characteristics of an outstanding youth program: quality and quantity. The county 4-H program involves about 170 4-H club members in five community clubs and numerous project groups, such as archery, consumer decision making, foods, horse, range, livestock, gardening and photography.

Quality indicators of the Bosque County 4-H program are:

- 15 district 4-H council members in the past 7 years
- 3 state 4H council members in the past 7 years;
- 56 youth attended district leadership lab during the past years;
- 25 youth participating in junior leader retreat and teen leader retreat, or ambassador trainings during the past 3 years;
- 15 senior 4-H members participated in the 2010 state 4-H contest.
- 42 youth participants in livestock projects in 2010.

Volunteer leaders are one of the keys to success. Volunteers are estimated to contribute at least 104 hours per month. With volunteer time valued at \$20 per hour, the yearly value of volunteer leadership was \$24,960.00.

## Improving Community Resource Development in Bosque County

### Relevance

The County Wide Garage Sale started 19 years ago as an effort to sell, trade or gave away unwanted goods rather than send it to the landfill. What started out as a recycling effort has evolved into a popular tourist event and provides an economic boost to families and the communities. For some of the local families that have fallen on hard time, this is a way to secure good need at greatly reduced prices and in if they choose to have a sale, a way of generating some income.

### Response

Texas AgriLife Extension Service in Bosque County was instrumental in the following areas:

- Secured and trained 10 volunteers to serve as community coordinators for each town or community
- Provided state wide advertising to more than 500 newspapers through Texas 2 x 2 Ads
- Provided signs for directing traffic to sales
- Provided sale lists through printed tabloids, mail and e-mail
- Provided promotion of sale through web and e-mail
- Provided lists of locations to take leftover garage sale items for resale or donations to charity groups
- Provided promotion through more than 20 radio ads
- Provided training letter to residents that signed up for sale
- Provided local newspapers with articles for tips for good sales
- Provided news release promoting sale to newspapers located throughout the state

### Results

A post only survey was administered to participants of the County Wide Garage Sale. Direct observation and record review were also used to secure reported results. Of the 196 listed garage sale 60 (30.7%) returned the evaluation instrument. Forty-four of the 60 respondents (73. 4%) were satisfied to very satisfied with the results of their own garage sales.

Summary of evaluation results:

<b>Evaluation Statement</b>	<b>Evaluation Results</b>	<b>Estimated Totals From All Listed Sales</b>
Dollar Amount of Sales	\$1,455.82 means	\$285,340.72
Number of Shoppers	128.1 means	25,107.6
Sale site donation of leftovers to charitable organizations	41	133
Sale site using consignment resale following garage sales	6	14
Estimated value of donated or consigned goods	\$222.35 means	\$43,580.60

## Future Plans

The date for the Bosque County Wide Garage Sale is set for April 1-2, 2011. What started as a recycling effort and evolved into an event that has substantial economic impact on the county for one-weekend a year. It continues to be a way of recycling as people get rid of unwanted items and others find needed or usable items at greatly reduced cost of new. Not only do the listed garage sale participants profit from this event but other businesses benefit as well, such as restaurants, convenience stores and antique stores.

## Acknowledgements

Bosque County Development Committee provides direction and supports this and other programs that impact quality of life in the County. In addition a number of people serve as community coordinators for the County Wide Garage Sale.

# Texas AgriLife Extension Service Bosque County

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## Staff

**Mr. David B. Winkler**

County Extension Agent-Agriculture and Natural  
Resources  
CEA-AG/NR (County Coordinator)  
Email: [d-winkler@tamu.edu](mailto:d-winkler@tamu.edu)

**Mrs. Donna L. Edwards**

County Extension Agent-Family and Consumer Sciences  
CEA-FCS [08016]  
Email: [dl-edwards@tamu.edu](mailto:dl-edwards@tamu.edu)

**Ms. Donna C. Stevens**

4-H Program Assistant  
Email: [dcstevens@ag.tamu.edu](mailto:dcstevens@ag.tamu.edu)

**Mrs. Debra L. Bartels**

Office Manager  
Email: [dlbartels@tamu.edu](mailto:dlbartels@tamu.edu)

## Contact Us

PO Box 436  
Meridian, TX 766650436  
Phone: 254-435-2331  
Fax: 254-435-6231

# Contact Us