Extension Education in Dallas County

Making a Difference 2011
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:

## Dallas County – Summary of Educational Contact

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2011 Dallas County
Conservation of Natural Resources Education
Outreach and Volunteer Management
Fred D. Burrell, Jr.
County Extension Agent-Agriculture & Natural Resources

Relevance:
Critical concerns identified in the Texas AgriLife Extension Issues Identify Forum by citizens of Dallas County and local and state elected officials; include water conservation, the assurance of a safe water supply for use by families, industry and water policies that provide an ample supply of water, urban stewardship of natural resources centered around the loss of wildlife habitat caused by urban sprawl and inner city development and the need for additional green-space areas throughout the county are vital to a healthy population and the local economy.

Response:
To assist the citizens of Dallas County, the Dallas County Commissioners Court and stakeholders; Texas AgriLife Extension Service-Dallas County engaged local residents to participate in the 48 hour volunteer training program called Texas Master Naturalist. The program is designed to teach sound ecological principles and proper management of natural resources to participants. Upon completion of the training program each volunteer is required to return 40 hours of volunteer service to the community in natural resource conservation education and outreach.

The North Texas Master Naturalist (NTMN) training program consisted of twelve (12) consecutive Tuesday night classes, February-May, and three (3) Saturday Field trips. The training program included 48 contact hours of classroom and field instruction. The following is a list of training topics presented: Historical Perspectives of Natural History, Basic Ecological Principles, Soils, Geology of North Central Texas and Basic Entomology, Forest Systems I & II, Aquatic Systems I & II, (Forest and Aquatic Systems Field Trips), Prairie Systems/Prairie Flora & Fauna, Prairie/Urban Systems Field Trip, Urban Ecology, Environmental Ethics and Sustainable Development.

Results:
The program engaged forty-two (42) local residents to volunteer in the North Texas Master Naturalist training program. The current volunteer base consists of 160 trained volunteers engaged in on-going natural resource conservation projects and activities. Evaluation methods included a mixed-method approach, retrospective questionnaire, observations, and interviews.

Knowledge Gain: Participants showed a significant increase in knowledge gained based on a retrospective survey.

- 100% of respondents were mostly or completely satisfied with the NTMN training program
- 100% of respondents were mostly or completely satisfied with the helpfulness of the information in decisions about your own situation.
- 100% of respondents were mostly or completely satisfied with the quality of course materials.
• 89% of respondents plan to take actions or make changes based on the information from this activity.

• 78% of respondents anticipate benefiting economically as a direct result of what they learned from this Extension activity.

Volunteers are vital to extension education and outreach. TMN volunteers play an important role in planning, implementing and delivering high quality extension natural resource conservation education programs in Dallas County. Returned volunteer hours by the TMN volunteer’s measures the programs outreach and effectiveness to deliver and educate local residents to conserve and protect our natural resources.

*Just as important as the increased in knowledge gained by class participants were the delivery of educational programs and projects conducted by volunteers* after completing the training. Verbal testimonials, volunteers trained and volunteer service hours returned to the local community demonstrate additional outcomes and changes made by volunteer participants and their impact to Dallas County.

**Additional Accomplishments’ in 2011:**

1) 13957+ volunteer service hours returned to Dallas County valued at $298,121.52 equivalent to 6.49 FTE’s

2) 42 volunteers trained

3) 2179+ advanced training hours obtained by volunteers

4) 32,000 youth and adults reached with direct and indirect outreach and education projects.

**Acknowledgements:**

Special thanks to the following specialists for instructing class participants: Jessica Alderson, Dr. Charles Finsley, Rob Denkaus, Steve Houser, Dr. Marcy Brown Marsden, Brett Johnson, Dr. Barron Rector, Dan Northcutt, Roger Sanderson, Dr. Michael Merchant, Rafael Brock and Gail Kahle. *Additional Texas AgriLife Extension Service would like to recognize the following collaborators:* The North Texas Master Naturalist board and volunteers, Texas Parks &Wildlife, Forth Worth Nature Center, Botanical Research Institute of Texas (BRIT), Texas Discovery Gardens, National Oceanic and Atmospheric Administration (NOAA) and other supporting agencies.

**Future Program Actions:**

Continue to provide relevant natural resource conservation education programs and train urban volunteers to provide land-grant University researched based natural resource conservation education and outreach to urban residents in Dallas County.
2011 Dallas County
The Dallas County Master Gardener Program
Dale Groom
County Extension Agent-Horticulturist

Relevance:
The Dallas County Master Gardener Program is a volunteer development/management program administered by Texas AgriLife Extension Service and is designed to increase the availability of horticultural information and leadership to improve the quality of life through gardening and horticultural projects, events and educational presentations. Program objectives are implemented through training and "employing" local volunteers, known as Master Gardeners. They aid Extension by conducting school garden projects; answering telephone requests through the DCMG Help Desk for horticultural information; providing speakers through the DCMG Speakers' Bureau, establishing and maintaining WaterWise/Earth-Kind® demonstration/exhibit gardens; working with special audiences in the community; and designing and implementing community improvement projects. Dallas County Master Gardeners provide education to youth on environmental stewardship and Earth-Kind® principles, including: landscape water conservation, proper use of gardening/horticultural aids, reduction of landscape wastes and recycling. This issue is critically important in preserving and protecting the natural resources of the next generation in Dallas County and beyond.

Response:
Recruiting, training, certifying, re-training and re-certifying Dallas county citizens as volunteers in the Dallas County Master Gardener are the key components in providing timely, reliable and accurate unbiased research based information to citizen clients throughout the county.


After completing the formal training in 2010 the (44) Interns will become certified during Dec. 2011 as Texas Master Gardeners in the Dallas County MG program. To maintain certification once certified DCMG members complete and report (30) volunteer and (12) CEU hours annually minimum. The DCMG program provides 300 plus approved educational opportunities plus approved events and community projects where volunteers may earn their required hours. Well trained volunteers equally qualify results.

Results:
Impact is measured through formal evaluation plus educational presentations, events and projects. Number of Participants in 2011 DCMG school: (64) Overall: 98% of respondents were mostly or completely satisfied with the activity. Content: 97% of respondents were mostly or completely satisfied with the information being what they expected. 100% of respondents were mostly or completely satisfied with the information being accurate. 98% of respondents were mostly or completely satisfied with the information being easy to understand. 98% of respondents were mostly or completely satisfied with the completeness of
information given on each topic. 94% of respondents were mostly or completely satisfied with the timeliness of information given on each topic. 98% of respondents were mostly or completely satisfied with the helpfulness of the information in decisions about your own situation. 95% of respondents were mostly or completely satisfied with the quality of course materials. 97% of respondents were mostly or completely satisfied with the relevance of the examples used. Instructor(s): 100% of respondents were mostly or completely satisfied with the instructor’s knowledge level on the subject. 92% of respondents were mostly or completely satisfied with the instructor’s speaking / presentation abilities. 97% of respondents were mostly or completely satisfied with the instructor’s organization / preparedness. 97% of respondents were mostly or completely satisfied with the instructor responses to student questions. Facilities: 79% of respondents were mostly or completely satisfied with the physical setting’s contribution to ease of listening and participation. Anticipated Changes & Economic Impact: 90% of respondents plan to take actions or make changes based on the information from this activity. 25% of respondents anticipate benefiting economically as a direct result of what they learned from this Extension activity. Value of Activity: 100% of respondents said that the information and programs provided by Extension were quite or extremely valuable to them. 100% of respondents would recommend this activity to others. 100% of respondents would attend another subject offered by Extension if it addressed a specific need or interest of theirs. Demographics of Participants: 81% female, 19% male, 3% Black, 5% Hispanic, 86% White, 6% Other, 0% under age 30, 13% ages 30 to 49, 83% ages 50 to 69, 5% age 70 or older. Three hundred and twenty five (325) DCMG program members completed education hour requirement and earned (3,356.25) hours combined. The program currently has (435) citizen volunteers involved including; students, interns, certified and auxiliary members.

As results of the DCMG program volunteers contributed (37,831) volunteer hours to the citizens of Dallas County. This equals ($727,666.) returned. (409,862) contacts were made in 2011. The DCMG program Speaker’s Bureau conducted (357) individual educational presentations to (9,465) attendees. Of the total, (116) were on WaterWise and Earth-Kind® subject matter areas. Should attendees to the WW/EK presentations adopt the best management practices presented they could reduce potable water usage on landscapes by (75%) while reducing storm water contamination thus resulting in positive economic impact both for themselves as well as their communities. Per (100,000) residents the citizens could save (28,000) gallons of water … per day. Dallas County with 2.3 million approximate residents could conserve (64,400.000) gallons of potable water … per day. Community projects total (39) of which (16) are Earth-Kind and WaterWise are results of the program. The DCMG program also participated in (7) public events providing educational information to attendees. These events include the Spring and Fall Dallas Home & Garden Shows, Spring and Fall at the Dallas Arboretum and Earth Day. The quality training of volunteers has resulted in the ability to provide live in-person aid to anyone that calls the DCMG Help Desk, Mon. – Fri. 8 AM – 4:30 PM at 214-904-3053.

Acknowledgements:
Appreciation for contributions to the 2011 DCMG program include; Dallas County Master Gardeners Assn., Inc. Board of Directors and Dallas County Horticulture Committee for their council and program direction. Program collaborators include; Dallas Independent School District, Texas Discovery Gardens, Arbological Services, Inc., Southwest Nursery, Texas Nursery and Landscape Assn., City of Addison Parks, Friends of Oak Cliff, City of Dallas Water Utilities-Conservation-Div., City of Farmers Branch Parks, Dallas Arboretum, City of Grand Prairie-City Manager’s Office, City of Dallas Parks and City of Dallas Storm Water Mgt.
Future Program Efforts:

- Continue to maintain the high quality educational/training this volunteer program has provided to the citizens of Dallas County as well as surrounding North Texas communities.
- Provide Earth-Kind(tm) and WaterWise plus other "Conservation Series" educational presentations to Dallas County and surrounding counties citizens.
- Maintain status as the top MG program in TX for direct programming delivery to citizen clients.
2011 Dallas County
Expanded Food and Nutrition Education Program (EFNEP)
Cheryl Miller
Extension Agent

SUPPORTING TEXAS FAMILIES WITH GREATEST NEED SINCE 1969
The Expanded Food and Nutrition Education Program (EFNEP) helps young families and youth with limited resources – those most at risk to suffer from hunger, food insecurity and the inability to connect with available support systems. EFNEP offers practical lessons in basic nutrition, food preparation, food budget management and food safety in settings convenient for the participants. EFNEP also includes a walking program for adult participants. Program graduates reflect significant, lasting improvement in eating behaviors and healthy food habits. Texas has a need for EFNEP – 2010 data show that 20.6% of Texas families with children under the age of 18 were living below poverty level, compared to 17.9% of U.S. families.

EFNEP REACHES DIVERSE AUDIENCES IN DALLAS COUNTY
In Dallas County, ethnically diverse EFNEP nutrition assistants reach youth and adult groups whose principal language may be English or Spanish.
In 2011,
- 1,589 families with 3,346 children enrolled in EFNEP.
- 5,942 youth contacts were made through the EFNEP youth program.
- 84% of families were at or below 100% of federal poverty level.
- 61% of families enrolled in one or more food assistance programs at entry.
- 97 EFNEP participants were pregnant and/or nursing
- 83% of EFNEP adult participants were Hispanic/Latino.
- 12% of EFNEP adult participants were Black.

VOLUNTEER STRENGTHEN EFNEP
In 2011, 189 adult volunteers donated 1,872 hours of work to EFNEP in Dallas County. At the Texas rate of $21.36/hour, this volunteerism has a minimum dollar value of $39,986. Volunteers make a difference in their own communities, and contribute to EFNEP’s continued success.

EFNEP MAKES A REAL DIFFERENCE
Adult Program:
Using “hands-on” experiences, EFNEP adult participants complete at least a six-lesson series on stretching food dollars, improving eating habits, and practicing food safety principles. As a result of participation in EFNEP the following food and nutrition behaviors were achieved:
- 98% with positive change in any food group at exit. Specifically, EFNEP participants consumed 0.3 more cups of fruits and vegetables compared to entry.
- 81% improved in one or more food resource management practices such as using a list for grocery shopping.
- 88% improved in one or more nutrition practices such as using the “Nutrition Facts” on food labels to make food choices.
- 62% improved in one or more food safety practices such as thawing foods safely.
- 31% of program participants reported a positive change in physical activity.
Youth Program:

The EFNEP – Youth program is directed toward low-income school-age youth. These students participate in a series of fun and educational lessons on good nutrition and food safety as part of summer programs, classroom and after-school activities. The following results show how youth participants’ food behaviors improved after attending EFNEP classes.

- 59% now eat a variety of foods.
- 77% increased their knowledge of the essentials of human nutrition.
- 68% increased their ability to select low-cost, nutritious foods.
- 94% improved practices in food preparation and safety.
- 95% improved physical activity behavior or attitude.

**COST – BENEFITS OF EFNEP**

Studies have shown that for every $1 spent of EFNEP, $10 were estimated to be saved in health care costs and $2 saved in food costs by participants. For Dallas County, this is $4.5 million in estimated health care cost savings and almost $907,998 in food costs.
2011 Dallas County
Leaders 4 Life in Dallas County
Tamra McGaughy
Dallas County Extension Agent-4-H & Youth Development

Relevance:
Youth leadership is both an internal and an external process leading to: (1) the ability to guide or direct others on a course of action, influence their opinion and behavior, and show the way by going in advance; and (2) the ability to analyze one’s own strengths and weaknesses, set personal and vocational goals, and have the self-esteem to carry them out. Developing leadership in youth is a primary purpose of all 4-H projects and activities. One key component of successful youth leadership starts with the ability to properly conduct a meeting using proper rules of parliamentary procedure. This is an important skill that will be useful at all 4-H related meeting along with other youth meeting and future adult meetings. In addition, youth need to build team work, communication and listening skills to further their ability to lead others.

The Leaders 4 Life program is composed of 4-H youth from across the county that wanted to participate in an additional leadership projects ranging in age of 10 to 18 years old. This program uses resources available to affect leadership in youth includes the "Putting the Pieces Together" curriculum and Leaders 4 Life curriculum.

In conjunction with leadership, community service is an integral part of 4-H. Many community service projects are conducted, but there is a need to move beyond basic community service to more projects that focus on service learning where youth identify a need, develop a plan, implement the plan and reflect on their results.

Response:
In an effort to strengthen youth leadership development for 4-H officer teams in Dallas County quality training were provided during the 2009-10 and 2010-11 4-H year. Key leadership concepts such as team work, parliamentary procedure, communication, listening and personality testing were demonstrated to 4-Hers. The Leaders 4 Life: Parliamentary Procedure Activities curriculum was identified to be used as the core curriculum for the three workshops held over a several month period during the 4-H year.

The workshops covered the attributes of a good leader, what should be included on an agenda, proper terms and use of parliamentary procedure, and outlined how to plan community service activities. Each workshop concluded with fun interactive games reviewing the topics. The final workshop ended with a contest, which tested the 4-Hers knowledge of leadership, ability to run a meeting, and confidence in planning a community service event.

Topics covered: Qualities of a Leader, Parli-Pro Basics, Communication Connection, There’s No I in Team, What were you Thinking?, Organizing and Conducting a Meeting, What is your Style?, and Writing and Handling Main Motions.

In addition, Dallas, Rockwall, and Kaufman Counties teamed up to host a Multi County Officer Training in the summer of 2011. 4-Hers learned about their specific officer roles and focused on building team work.
Results:
The evaluation provided by the Leaders 4 Life program was utilized to determine level of understanding and behavior change of the youth attending the three county workshops. A total of 35 youth attended the workshops, with 9 youth participating in all three. The final 9 youth completed the evaluation.

- 100% claimed a better understanding of the purpose of parliamentary procedure.
- 100% claimed their knowledge of how to build an agenda for business meetings improved.
- 100% claimed their knowledge of the most commonly used parliamentary procedure motions improved.
- 66% (6 of 9) claimed a better understanding of the precedence of motions.
- 66% (6 of 9) claimed a better understanding of how to determine majority vote and 2/3 vote.

A customer satisfaction survey was completed by the Dallas County 4-Hers that attended the Multi County Officer Training. All 22 youth completed the survey.

- 100% were completely satisfied with the event
- 95% (21 of 22) were completely satisfied with the completeness of the information given
- 95% (21 of 22) were completely satisfied with the knowledge level of the instructors on the subject matter

Agricultural Literacy Education in Dallas County
Dallas County Extension Agent-Tamra McGaughy
Dallas County 4-H Program Assistant-Jeff Raska

Relevance:
The Texas Department of Health Services 2008 projected population for Texas exceeds 24 million residents, of which approximately 88% (21 million) live in Metropolitan areas. In Dallas County, the 2008 projected population exceeds 2 million residents. In addition 191,763 children age’s five to nine reside within Dallas County.

The 2007 Ag Census Report, published by the U.S.D.A.’s National Agricultural Statistic Service identifies seven hundred and fifty five farms in Dallas County, which account for 10% (88,335 of 859,000) of the total acreage in Dallas County. The majority of farms are less than 50 acres and the green industry accounts for 72% (25,429 of 35,174) of the total value of agricultural product sold.

Youth in Dallas County have limited access and exposure to the agricultural industry, creating a disconnect in how agriculture (food and fiber) impacts the food they eat and the clothes they wear. Dallas County community leaders, as well as, local agricultural producers and agencies have expressed their concern about lack of community awareness on this issue.

Response:
Texas AgriLife Extension Service, Dallas County, in conjunction with the Urban Agricultural Education Committee established two agricultural literacy events to increase general knowledge of food and fiber in Dallas County youth. In addition, the 4-H and Youth Development Office promotes Hatching in the Classroom, a curriculum designed to increase understanding of the life cycle.

- Kids & Critters at the Fair is held during the State Fair of Texas. Dallas County youth in the 2nd and 3rd grade learn about dairy production, various farm animals, cereal grains, equine science and fiber.
• **Farm Day** targets 4th grade youth and is held for two days at Skyline Ranch in south Dallas. Students are guided through a series of six learning stations: dairy, forestry, cereal grains, fiber, bees, and farm animals. During the event, students complete a scavenger hunt workbook to re-enforce concepts learned at each station.

• **Hatching in the Classroom** is conducted in various schools throughout Dallas County. Students in K through 4th grade learn about the life cycle of a chicken by incubating fertile eggs in the classroom. During the incubation process youth learn the parts of an egg, the stages of chick development, and the requirements needed for healthy hatching.

Teachers participating in these two events receive additional agricultural literacy curriculum to take back to school and use with their students. This extends the learning component and provides teachers with research-based resources. The agricultural literacy events and curricular are cross referenced to Texas Essential Knowledge Skills (TEKS) to align with required learning objects for each grade level. The goal of these events is for this generation to understand and embrace the need for responsible legislation and practices to ensure secure food and fiber production for our future.
Results:
In the 2010-11 fiscal year, 5823 (Kids N Critters 3,174, Farm Day, 2,190, Hatching in the Classroom, 459) students participated in agriculture literacy events in Dallas County. In addition, these events were supported by over 100 volunteers contributing approximately 1,000 hours.

Kids N Critters Teacher Responses
- 67% (14 of 21) were completely satisfied with the event.
- 95% (20 of 21) were completely satisfied with the knowledge of the instructors
- 90% (19 of 21) were completely satisfied with the instructor’s organization and their ability to answer questions.
- “The Ag Magic Show was great! It was such a fun way for the kids to learn about agricultural by-products.”
- “This is the fourth year our school has attended. The kids really learn a lot and it corresponds with the classroom lessons.”

Farm Day Youth Outcomes
- 77% (49 of 64) of the students surveyed learned their clothes come from cotton.
- 72% (46 of 64) of the students surveyed learned agriculture is important in their daily life.
- 43% (27 of 63) of the students surveyed learned leather in shoes comes from cattle.

Farm Day Student Responses
- “I had fun in every section…it was the best day of my life.”
- “I learned a lot of stuff, but what I did not know were blue socks come from cotton fiber.”
- “I think this was the best time I ever had in a long time and I learned something new while I was here. This was fun!”

MAJOR CONTRIBUTORS
Southwest Dairy Farmers
State Fair of Texas, Livestock Department
   Lone Star Ag Credit
   Skyline Ranch
   Dallas Ag Club
   Papa John’s Pizza
Dallas County Fire Department
   Texas Farm Bureau
   Dallas County Farm Bureau
   Texas Department of Agriculture
   Dallas County Master Gardeners
   Dallas County Master Naturalists
   Dallas County Master Wellness Volunteers
   Cedar Hill and Seagoville FFA Chapters
   TWU Nursing Students
   My Pets
   Blue Bell Creameries
   Frito Lay
2011 Dallas County
Dallas County Project DEAP
Marvin R. Young
Extension Agent/CEP/FCS

Relevance:
Diabetes occurs when the body does not make enough insulin, or the insulin it makes does not work properly. While diabetes is not curable, Project D.E.A.P. (Diabetes Education Prevention Program) emphasizes knowledge of risk factors for prevention and control. Skills needed to effectively manage diabetes are well documented. Diabetes education is not readily available for the targeted audience, yet the number of Americans with diabetes is projected to increase 43%, growing from 12.1 million to 17.4 million by 2020. According to the Texas Diabetes Council, diabetes was the sixth leading cause of death in Texas from 2002 to 2006. In 2005, according to the Centers for Disease Control and Prevention, 7.5% of the total population of Dallas County was diagnosed with diabetes. In 2006, 5,180 deaths were directly attributed to diabetes (Texas Diabetes Council). Additionally, the Dallas County State Health Services reports (April of 2008), there were 885 persons in Dallas County who were admitted into hospitals for short-term diabetes complications with an average cost of $17,646 per admission (total cost of admissions being $15,616,710). These numbers indicate excessive admissions of 21 persons costing the state $370,566 of excess charges. Through the use of the Project D.E.A.P. curriculum, trained volunteers, advisory committee(s) and collaborators, limited resource families and individuals will be recruited for educational classes, food demonstrations and health fairs to promote healthy lifestyle choices and an attempt to alleviate some of the high and preventable costs to Dallas County and the state of Texas.

Response:
As a result of 2010 Project DEAP evaluations, DEAP Task Force/Advisory Committee meetings, and directives from Cooperative Extension Program (CEP) Leaders and Administrators, diabetes programming efforts were directed toward issues and concerns for at least 30 targeted limited resource residents (families) in Dallas County.

Therefore, the Dallas County CEP/Family & Consumer Science Agent addressed the issue of diabetes in Dallas County by conducting the following activities:

- Identified three worksites (Dallas County Government Complex / Extension Building; Montclair Estates Senior Living Complex, Garland, TX; and Methodist-Dallas Health Center, Dallas, TX) where the six-series diabetes education, awareness, and prevention program was implemented to 34 Dallas County residents who completed both pre and post tests;
- Recruited eight healthcare professionals and/or community volunteers to assist with program recruitment, implementation and evaluation;
- Conducted at least six physical activities to augment the diabetes sessions;
- Conducted at least three healthy diabetic food demonstrations to augment the DEAP curriculum;
• Initiated two walking teams in a 6-week walking program;
• Provided approximately 204 health & wellness handouts (6 handouts x 34 participants);
• Provided community resources and contacts for participants;
• Assisted in facilitating a culminating event at Methodist-Dallas where Dr. Jon Nathanson, Podiatrist presented to more than 200 Dallas County residents including most 2011DEAP participants focusing on foot health.

The Dallas County DEAP Program and Prairie View A&M University/Cooperative Extension Program would like to thank and recognize continued support and partnerships with: Methodist-Dallas/Charlton Medical Centers; Methodist-Dallas Senior Access Programs; Dr. Jon Nathanson, Podiatrist; Texas AgriLife Extension Service; Dallas County Master Wellness Volunteers; Community Council of Greater Dallas; Rapturea Christian Ministry; Grand Prairie YMCA; Montclair Estates Senior Apartments in Garland, TX; and the Dallas County Government Complex Employees.

Results:
Each of the three Dallas County implementation sites employed a pre and post evaluation tool which is included in the project DEAP curriculum. Additionally, as a result of DEAP program completion, some of the following results were analyzed and documented with assistance from Texas AgriLife evaluation specialists for the year 2011. The following table indicates:

- Participant’s “excellent” level of Understanding of specific risk factors of diabetes at (pre-program);
- Participant’s “excellent” level of Understanding of specific risk factors of diabetes (post-program);
- Participant’s “excellent” level of understanding of damage to the body if diabetes is not controlled (pre-program);
- Participant’s “excellent” level of understanding of damage to the body if diabetes is not controlled (post-program).

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<td>“Excellent” understanding of role of exercising to counter diabetes</td>
<td>7</td>
<td>20</td>
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<tr>
<td>“Excellent” understanding of role YOU play in your health</td>
<td>8</td>
<td>18</td>
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Summary of Results:
The above results, as with others not shown, display an increase in knowledge gained in all above areas. Participant responses for the “excellent” rating rose dramatically from the pre-program level to the post-program level in understanding risk factors, understanding what damage can be done to the body if diabetes is
not controlled, and the role exercise plays in one’s health. Therefore, the program proved to be beneficial, as indicated by participants in assisting to enhance their quality of life.

The Project DEAP Program takes a holistic approach to reducing diabetes in children, adults, and in minority populations. The focus is to create lifestyle changes that will ultimately help to reduce healthcare costs that are key to public value.
Texas AgriLife Extension Service
Dallas County

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