Extension Education in Midland 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:

### Midland County – Summary of Educational Contact

Information gathered from January – November 2011

- Educational Methods Conducted via Group Methods – 758
- Total Contacts at Educational Programs Conducted via Group Methods – 1,670,753
- Total Contacts by Personal - 245,952
  - Contact Hours at Educational Programs Conducted via Group Methods – 82,203
    - Contacts by Faculty - 159,876
    - Contacts by Volunteers - 19,344
    - Contacts Newsletters / Announcements - 66,732
- 4-H Clubs – 6 *(Chartered new West Texas Home School Club)*
- 4-H Club Members - 124
- 4-H Adult Volunteer – 16
- 4-H Youth Volunteer – 18
- 4-H Youth Board Members – 3
- 4-H Adult Leaders Association Members – 12
- Extension Education Clubs – 2
- Extension Education Council Members – 5
- Extension Education Club Members – 27
- Leadership Advisory Board Members – 8
- Program Committee Task Force Members – 87
- Master Gardener Midland Website Contacts - 9,369
- Master Gardeners Midland – 67
- Office Contacts – 3,830
- Site Contacts – 13,109
- Phone Calls – 11,612
- Mail / E-Mail Contacts – 41,161
- Website Contacts - Midland County – 7,982
RELEVANCE

Midland County has a population in excess of 100,000. The primary industry of Midland, Texas, is the production and service of oil and natural gas resources. Through the last 3 years, Midland has had only slight fluctuations in the real estate market, which has been one indicator of a strong economy in the Permian Basin. People are still moving to Midland, Texas, and buying houses leading local residents to make changes and investments in local real estate. This has led to fragmentation of previous agriculture use land, primarily ranchland. Buyers have been very selective to purchase landscapes which show the beauty of West Texas, and not a view of producing oil wells in one of the many Permian Basin oil fields. Additionally, new landowners with small acreage have a romantic notion of becoming agriculture producers with some sort of limited livestock production. This poses two problems. First, their lack of knowledge and skills poses a risk to the land and will most likely result in range deterioration. The second problem is their limited knowledge of integrated pest management and access to home-use pesticides.

Education of small acreage landowners is a base issue identified as a group in need of Agrilife Extension programs. More densely populated areas of Texas (IH-35 Corridor) have developed this program. With small changes to account for the regional differences of Texas, this clientele group can also be served in the Permian Basin.

RESPONSE

A sequential group meeting learning format was developed to progress small landowners through the educational process where participants developed decision making skills on potential agriculture enterprises. The program built by starting with assessing the land status to potential enterprises and concluded with the real value changes in the land. Classes were titled as follows: The Land, The Location, & The Vegetation (class 1), Horses, Cattle, Sheep & Goats: What it takes to manage livestock on small acreages (class 2), Pecans, Wine, & Some Interesting Greenhouse Options (class 3), Plants, Birds, and Bugs That Attract Tourists (class 4), I am going to do some of this, What is it going to do to my land values? (class 5). Specialists in their areas were brought in to teach participants of this class and included Extension Specialists and local organizations and businesses. This program was also targeted for a small group format, and had a class limit of 25 participants. Individual class attendance ranged from 11 to 16.

A dual evaluation approach, which is ongoing, was utilized to assess whether this program met preset objectives. Participants completed an evaluation after each class and a summative web-based evaluation will be directed at the participants as they move into the first production season after the conclusion of the PBSLC.

RESULTS

The following results are based on the post class evaluation and do not reflect the summative evaluation which has been developed and is awaiting dispersal in March 2012.
Understanding...

<table>
<thead>
<tr>
<th>Understanding</th>
<th>Before</th>
<th>After</th>
<th>% Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>…how to determine sustainable stocking rates</td>
<td>1.2</td>
<td>2.7</td>
<td>125.0%</td>
</tr>
<tr>
<td>…identification of desirable forage grasses</td>
<td>1.3</td>
<td>2.6</td>
<td>100.0%</td>
</tr>
<tr>
<td>…how to manage weed and brush species</td>
<td>1.5</td>
<td>2.6</td>
<td>73.3%</td>
</tr>
<tr>
<td>…basic nutrition and health practices for livestock</td>
<td>2.0</td>
<td>3.25</td>
<td>62.5%</td>
</tr>
<tr>
<td>…understanding body condition scores (BCS) and their value to a livestock mgr</td>
<td>1.38</td>
<td>3.25</td>
<td>135.5%</td>
</tr>
<tr>
<td>…factors effecting horticulture enterprise selection</td>
<td>1.5</td>
<td>3.08</td>
<td>105.3%</td>
</tr>
<tr>
<td>…importance of marketing and how it pertains to success</td>
<td>1.83</td>
<td>3.58</td>
<td>95.6%</td>
</tr>
<tr>
<td>…problems associated with pecan production in the Permian Basin</td>
<td>1.75</td>
<td>3.17</td>
<td>81.1%</td>
</tr>
<tr>
<td>…economic potential of eco/nature tourism as an agriculture enterprise</td>
<td>1.43</td>
<td>3.0</td>
<td>109.8%</td>
</tr>
<tr>
<td>…wildlife management associations</td>
<td>1.57</td>
<td>2.86</td>
<td>82.2%</td>
</tr>
</tbody>
</table>

Intentions to adopt a practice...

<table>
<thead>
<tr>
<th>Intention</th>
<th>Probably Will</th>
<th>Probably Not</th>
<th>Definitely Will</th>
</tr>
</thead>
<tbody>
<tr>
<td>…use of recommended weed and brush management practices</td>
<td>10%</td>
<td>50%</td>
<td>10%</td>
</tr>
<tr>
<td>…use recommended stocking rates for specified livestock species</td>
<td>0%</td>
<td>25%</td>
<td>37.5%</td>
</tr>
<tr>
<td>…make a change to a different livestock species than what was originally planned</td>
<td>12.5%</td>
<td>12.5%</td>
<td>25.0%</td>
</tr>
<tr>
<td>…change the way I currently feed my livestock</td>
<td>0%</td>
<td>12.5%</td>
<td>37.5%</td>
</tr>
<tr>
<td>…development of an alternative horticulture enterprise</td>
<td>16.7%</td>
<td>33.3%</td>
<td>16.7%</td>
</tr>
<tr>
<td>…establishment of native and/or adaptive plants</td>
<td>14.3%</td>
<td>28.6%</td>
<td>42.9%</td>
</tr>
</tbody>
</table>

CONCLUSIONS

In addition to gain of knowledge and decisions on adoption, participants anticipated an economic impact by participating in the Permian Basin Small Landowner College. This may be a result of improving a current agriculture enterprise, starting a new enterprise, or maybe most importantly, not starting an agriculture enterprise because they have learned their acreage cannot sustain what they originally thought. An underlying objective of this program was to produce positive land stewards, and based on the evaluation results, to date, the Permian Basin Small Landowner College was a success and met the needs of Midland County landowners.

FUTURE PLANS

The 2011 PBSLC was developed based on an emerging need. Participants of this program would like to see further opportunities in this area, but feel this should be planned once every 2 years. They have also commented a need for standalone educational opportunities which would meet specific needs in the off years of the PBSLC.
Earth-Kind Environmental Stewardship
Michael Clawson, County Extension Agent – Agriculture
Ector County
&
Zan Matthies, County Extension Agent – Agriculture
Midland County

RELEVANCE

As energy costs continue to rise, available landfill space reaches its limits, and water resources hit historical shortages, the need for quality educational programs on the value of being better “Environmental Stewards” is extremely high. All citizens, youth and adult, should be knowledgeable on their role in conserving our natural resources.

Through the leadership and support of the Ector Leadership Advisory Board, Permian Basin Master Gardeners Association, and Water Conservation Task Force, the Ector & Midland Environmental Stewardship program was planned and developed to address the following issues:

- **Landscape Water Conservation**: Landscape irrigation accounts for up to 40%-60% of total residential water use during peak summer months. This is a critical issue for Ector/Midland county residents.

- **Fertilizer Use in the Landscape**: Improper landscape management increases the risk for surface and groundwater contamination from nitrogen and phosphorous fertilizers. This issue is critically important in preserving and protecting our valuable natural resources.

- **Chemical Pesticide Use in the Landscape**: The improper use of chemical pesticides in the landscape increases the risk of these materials entering the environment. This issue is critically important to the long term health and safety of the residents in Ector and Midland counties.

- **Landscape Waste Management**: Grass clipping and other landscape wastes are a major source of recyclables entering landfills.

- **Landscaping for Energy Conservation**: Conserving energy through the use of Earth-Kind landscaping principles and practices is important to the long term economy and environment of area citizens.

RESPONSE

Texas AgriLife Extension Service in Ector and Midland Counties responded to these environmental issues by providing a wide range of educational programs, demonstrations and media outlets to create awareness and teach Earth-Kind environmental stewardship principles and water conservation practices. Partnerships and collaborators in implementing these programs included the Permian Basin Regional Planning Commission, Texas Commission on Environmental Quality, Keep Odessa Beautiful, Keep Midland Beautiful, City of Odessa, City of Midland, Permian Basin Fair, Commemorative Air Force Museum, Odessa College, Ector County ISD, and Sibley Nature Center. The following programs were offered to the citizens of the Permian Basin:

- Earth-Kind Home Landscape School Series and Tours
- Water-Wise Landscape Water Conservation Programs
- Earth-Kind Composting Class Series and Outdoor Demonstrations
- Earth-Kind Training for Master Gardeners
• Earth-Kind Rain Water Harvesting Demonstrations
• Managing Your Landscape with Limited Water Programs
• Junior Master Gardener programs at Odessa College & Ector County ISD summer camps
• Earth-Kind Noon Day Show with CBS 7 News
• Earth-Kind Interviews with local news stations and newspapers

**RESULTS**

At the conclusion of some of the programs, a retrospective post test evaluation was distributed to determine the participant’s level of knowledge and plan to adopt Earth-Kind principles and practices.

A total of 104 evaluations were returned for analysis. The following statements represent the change in behavior or adoption of Earth-Kind practices of the respondents.

- **98%** of participants either have or plan to definitely adopt the practice of using mulches more appropriately.
- **93%** of participants either have or plan to definitely adopt the practice of decreasing their use of fertilizers and pesticides.
- **89%** of participants either have or plan to definitely adopt the practice of utilizing Earth-Kind principles in designing their landscape.
- **89%** of participants either have or plan to definitely adopt the practice of selecting plants based on water conservation.
- **84%** of participants either have or plan to definitely adopt the practice of composting yard wastes.
- **67%** of participants either have or plan to definitely adopt the practice of conducting a routine audit of their irrigation system.
- **64%** of participants either have or plan to definitely adopt the practice of converting to a more efficient irrigation system.

The following represents the participants percent change in level of understanding of Earth-Kind principles:

- **88% change** in understanding of Earth-Kind principles.
- **84% change** in knowledge of proper soil preparation.
- **75% change** in knowledge of how to improve irrigation efficiency.
- **71% change** in understanding of how to manage their irrigation system.
- **70% change** in understanding of how to landscape for energy conservation.
- **69% change** in knowledge of how landscape design can affect water usage.
- **67% change** in knowledge of appropriate plant selection for water conservation practices.
Earth-Kind principles and water conservation practices will continue to be an important part of the Extension programming efforts in Ector and Midland Counties. With more stringent outdoor water use restrictions forecasted for the cities of Odessa and Midland, the need for continued educational programs related to water conservation, irrigation efficiency, drought tolerant plant selection, and management of natural resources is absolute. Current plans for 2012 consist of enhancing collaboration efforts with local agencies and city officials to identify areas to strengthen educational outreach and to promote environmental stewardship.
2011 Diabetes Education
Lindy Tefleller, M.A. Counseling
County Extension Agent - Family & Consumer Science, Midland County

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, it is manageable. Skills needed to effectively manage diabetes are well documented. Diabetes education is not readily available, yet the number of Americans with diabetes is projected to increase 43 percent, growing from 12.1 million to 17.4 million by 2020. An estimated 1.05 million adult Texans have been diagnosed with diabetes; another 0.5 million have undiagnosed diabetes. According to the Texas Department of State Health Services, updated in 2001, there were 5,535 people diagnosed with diabetes (6.7%) in Midland County. By attending the Do Well, Be Well with Diabetes class series and continuing with Cooking Well with Diabetes, participants can improve their blood glucose management. Participants who learn to manage their blood glucose levels better and keep their levels in the recommended range are likely to bring their health care costs closer to those of people without diabetes. They are also less likely to miss work. Casa De Amigos DWBW Committee identified an increasing number of Midland County residents being diagnosed with diabetes and the need for improvement in their blood glucose management. This program was targeted to diagnosed individuals with diabetes and those who care for them in Midland County.

RESPONSE

The Casa De Amigos Diabetes Committee provided two opportunities for participants to learn diabetes management skills. Starting in the Spring with a 12 lesson DWBW program series, then continuing with a Fall 4 lesson CWWD program series, that addressed a practical application of the knowledge and skills gained in the evaluation series with an ultimate goal of blood glucose control:

<table>
<thead>
<tr>
<th>Do Well, Be Well Classes</th>
<th>Cooking Well Diabetes Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>DWBW - What is Diabetes: April 18</td>
<td>CWWD - Carbohydrate, Sweeteners: Oct. 17</td>
</tr>
<tr>
<td>DWBW - Preventing &amp; Managing</td>
<td>CWWD - Reducing Fat, Saturated Fat &amp; Trans Fatty Acids: Oct 24</td>
</tr>
<tr>
<td>Complications: April 25</td>
<td>CWWD - Reducing Sodium &amp; Increasing Fiber: Nov. 7</td>
</tr>
<tr>
<td>DWBW - Foot &amp; Eye Care More: May 2</td>
<td>CWWD - Holiday Meal Preparation: Nov. 14</td>
</tr>
<tr>
<td>DWBW - Advance Care, Glucose Meters &amp; Nutrition: May 9</td>
<td></td>
</tr>
<tr>
<td>DWBW - Exercise &amp; Nutrition: May 16</td>
<td></td>
</tr>
<tr>
<td>DWBW - Exercise &amp; Food Labels: May 16</td>
<td></td>
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</tbody>
</table>
RESULT

Evaluation of the program was conducted by the use of pre and post surveys in both of the lesson series. Twenty Five adults participated in the Do Well, Be Well with Diabetes and/or Cooking with Diabetes lesson series. Surveys reflected both the participants’ current and adopted behaviors.

- Average age of participants with diabetes was 53.
- 67% Hispanic/Latino, 24% Caucasian, & 8% Other. & 83% female and 17% male.
- 94% of respondents reported having no previous diabetes classes.
- 80% of respondents reported being employed & 61% reported having high school diploma or GED.
- 35% of respondents reported having diabetes one year or less & 65% more than 2 years prior to classes.
- 76% take diabetes pills, 18% take insulin, and 77% check blood glucose levels.

Participants reported 7 days prior to beginning of class having an average of 560mg/dl to 118.2mg/dl after taking the class.

Participants reported an increase in knowledge and that 100% being able to prepare healthy meals for persons with diabetes.

CLIENT TESTIMONIAL

“Being 16, it is difficult learning how I can eat and what I shouldn’t, during this class I was taking to the hospital for my blood sugar going to high. I know now how serious this is and I must control it, especially with the snack foods I eat”, "being a mother to a teen with diabetes, I need to know how to cook for her and my family, this class made it easy, with food that tastes good."

ACKNOWLEDGEMENTS

In addition, appreciation is noted for the support of several sponsors that helped make this program possible. These include: The Casa De Amigos Diabetes Education Program Committee, Casa De Amigos - Sylvia Lemos, Director of Health/Dental; Program Speakers: MMH Nutritionist Rhonda Carr, Texas Tech University Medical Students, Ophthalmologist Dr. Gerardo Escobedo, O.D.; and Podiatrist Odessa Shoes - Joe Rodriguez and Emma Gomez. An added special thank you to Dr. Carol Rice and Dr. Mickey Bielamowicz for developing and implementing this program for Texas AgriLife Extension.

GOALS FOR 2011

From the Economic Impact of this program saving the County $1,193,966 & the West Region $7,396,940, the Casa De Amigos DWBW Committee is committed to provide annual classes for Do Well Be Well in April/May 2012 and Cooking Well with Diabetes in October/November 2012.
SITUATION

In Midland County, an estimated 35,724 have incomes that are 185% of poverty or below; 11% (13,099) 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 MyPlate). Through programming efforts, the Midland County Extension - Better Living for Texans staff address these issues that face not only Midland County but the United States population at large.

RELEVANCE

The Dietary Guidelines, MyPlate and the Nutrition Facts label form the basic nutrition education constructs for the American population. Supplemental Nutrition Assistance Program- Education (SNAP-ED) recipients need sound nutrition education so that they can make healthful food choices. Basic food buying skills enable clients to consider more healthful food choices when shopping. This skill is important because health disparities among low income populations are well documented. Obesity, heart disease and hypertension are conditions which are more prevalent in low income populations. More than 60% of adults are overweight or obese and heart disease is the leading cause of death. Hypertension affects approximately 1 in 3 adults in the United States. Furthermore, many Supplemental Nutrition Assistance Program (SNAP-ED) clients have been instructed by a health care professional to lose weight.

Certain behaviors associated with breakfast, snacking and dinner are associated with healthy weight. Research supports that eating breakfast is associated with lower body weight and other healthy lifestyle behaviors such as physical activity. Many calories, approximately 25%, are consumed outside the three meal eating pattern by most people; therefore education on healthful snack choices, appropriate serving size, and other behaviors related to snacking are needed. Regarding dinner - a healthy plate is one that is covered with one-half vegetables and fruit. It is thought that vegetables and fruits, which are low in calories, when selected to replace higher calorie food choices, can reduce the caloric density of a meal. In addition, most Americans do not consume the amount of vegetables or fruit recommended by the Dietary Guidelines for Americans and the Food Guidance System called MyPlate.

RESPONSE

In order to meet the need of Midland County adult populations’ ability to provide healthy meal choices, two approved curricula, Get the Facts and Three Easy Bites, were delivered with an evaluation component to SNAP –Ed audiences. Get the Facts is a three-lesson series on the Nutrition Facts label focusing on label reading: serving size, sodium and fat. Three Easy Bites is also a three lesson series focusing on breakfast, snacking and dinner. Both series were developed to align with the Dietary Guidelines for Americans focusing on these goals:

• Families will: increase knowledge and improve behavior to make more informed choices related to the Nutrition Fact label paying close attention to serving size, sodium and fat.
• Families will: plan to eat breakfast, include foods from at least two MyPlate food groups and include breakfast items on their weekly grocery list.
• Families will: plan which snack foods they will eat, eat their snacks in the kitchen – away from the television, and compare their snack portion relative to the Nutrition Facts serving size.
• Families will: plan their dinner meal, include fruits and/or vegetables with every dinner and include fruit and/or vegetables on their weekly grocery list.
Among the individuals who participated in these 3 lesson series programs, 74 participants completed both pre/post surveys for either Get the Facts and Three Easy Bites. Both lessons and surveys were translated into Spanish. A survey instrument was developed to assess self-reported behavior and knowledge. Evaluation protocol included pre-survey, post-survey and a follow-up telephone interview. More than 1,100 Get the Facts participants were evaluated statewide; 31 were from Midland County. For Three Easy Bites, 43 pre/post survey sets were completed in which 11 included a follow up survey from Midland County.

RESULTS: Get the Facts and Three Easy Bites

Get the Facts is one of several BLT approved curricula available to help meet local programming needs. Statewide data suggest that Get the Facts is effective (p<.001) at increasing participant knowledge and improving behavior related to Nutrition Facts label reading.

The typical client attending Get the Facts in Midland County was Hispanic (64%), female (78%) and had high school as their highest level of educational achievement (41%); (38%) had less than a high school education. SNAP (37%), Even Start (33%) and free/reduced school meals (27%) were programs most utilized by these participants. Most clients (55%) indicated that this was not the first Extension program that they had attended.

Behavior
Data suggest self-reported behavior regarding serving size, fat and sodium improved during the time that this lesson was taught. The percentage of clients who indicated that they always or almost always check food labels increased (serving size from 34% to 44%; fat from 34% to 61% and sodium from 34% to 57%). The percentage of participants who indicated that they never check food labels decreased (serving size from 30% to 0%; fat from 15% to 0% and sodium from 19% to 4%).

Figure 1: Percentage of Get the Facts participants who always or almost always check serving size, fat or sodium while shopping for food.

Knowledge
Mean knowledge score (out of 5) increased from 1.7 to 3.0 during this lesson series. Data suggest that knowledge gain may have been sustained during the follow up period by those clients who responded to the follow-up telephone interview.
Table 1. Mean knowledge scores (out of 5) before and after the Get the Facts lesson series.

<table>
<thead>
<tr>
<th></th>
<th>Pre-Survey N=31</th>
<th>Post-Survey N=31</th>
<th>Follow up Survey N=9</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.7</td>
<td>3.0</td>
<td>3.7</td>
<td></td>
</tr>
</tbody>
</table>

Client answers to “What is the most important thing you learned from the Get the Facts program?”

- It is good to know to balance our food and to protect us from obesity.
- The most important thing is my family because I want to become healthy.
- Working on looking at the labels.

**Three Easy Bites** is another approved Better Living for Texans curricula. Statewide data suggest that it is effective (p<.001) at improving behavior related to breakfast, snacking and dinner. Consistent improvements in eating patterns could help clients to achieve a healthful weight or maintain current weight.

The typical Three Easy Bites participant was female (95%). Most clients (81%) described themselves as Hispanic or Latino. Participants were 21 to 30 years (55%). The highest level of educational attainment for most participants (50%) was less than 12 years. Some participants (16%) had been advised by a health professional that they weigh too much. The majority of participants (82%) indicated that they had not attended a nutrition education program outside of Better Living for Texans (BLT).

**Breakfast**

The percentage of participants who reported that they always or almost always plan breakfast ahead of time increased from 16% to 25%. The percentage of participants who reported that they always or almost always include at least two breakfast items from different food groups increased from 16% to 51%. The percentage of participants who reported that they always or almost always include breakfast items on their grocery list increased from 34% to 59%.

**Snacking**

The percentage of participants who reported that they always or almost always plan snacks ahead of time increased from 15% to 36%. The percentage of participants who reported that they always or almost always use the Nutrition Facts serving size information to determine how much of their snack to eat increased from 10% to 34%.

**Dinner**

The percentage of participants who reported that they always or almost always plan dinner ahead of time increased from 40% to 50%. The percentage of participants who reported that they always or almost always cover half their dinner plate with fruits and vegetables increased from 35% to 60%. The percentage of participants who indicated that they always or almost always include fruits and vegetables on their shopping list increased from 69% to 73%. 
Table 1. Mean scores (pre/post n=43)

<table>
<thead>
<tr>
<th>Behavior Questions</th>
<th>Pre-survey Mean</th>
<th>Post-survey Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>How often do you plan breakfast ahead of time?</td>
<td>2.8</td>
<td>3.0</td>
</tr>
<tr>
<td>How often do you include at least two breakfast items from different food groups?</td>
<td>1.7</td>
<td>2.5</td>
</tr>
<tr>
<td>How often do you use a shopping list which includes breakfast items when you go to the store?</td>
<td>1.9</td>
<td>2.5</td>
</tr>
<tr>
<td>How often do you plan snacks ahead of time?</td>
<td>1.3</td>
<td>2.0</td>
</tr>
<tr>
<td>How often do you use the Nutrition Facts serving size information to determine how much of your snack to eat?</td>
<td>1.0</td>
<td>1.8</td>
</tr>
<tr>
<td>How often do you plan dinner ahead of time?</td>
<td>2.1</td>
<td>2.4</td>
</tr>
<tr>
<td>How often do you have enough fruits and or vegetables to cover half of your dinner plate?</td>
<td>2.3</td>
<td>2.7</td>
</tr>
<tr>
<td>How often do you use a shopping list with fruits and vegetables when you go to the grocery store?</td>
<td>2.9</td>
<td>3.3</td>
</tr>
</tbody>
</table>

Likert scale is coded as follows: Never = 1, almost never = 2, sometimes =3, almost always=4, always =5. Sample size was too small to determine statistical significance.

Statistical significance cannot be determined due to small sample size. Data suggest improvements from pre-survey to post survey for eight behaviors. Pre/post improvements, occurring during the time that Three Easy Bites was taught, included: planning breakfast, snacks and dinner; using the Nutrition Facts label; and using a grocery list for breakfast and dinner items. While conjecture, it is possible that the participatory approach of Three Easy Bites was readily adapted to real life situations by the clients after the sessions were completed.

ACKNOWLEDGEMENTS

In addition, appreciation is noted for the support of individuals that has helped make this program possible. These include: Head Start Health & Nutrition Coordinator Juanita Valdez, Head Start Family & Community Partnership Coordinator Emma Galindo, Head Start Family & Community Partnership Coordinator Patrice Allen, Midland College Cogdale Center Adult Education Director Blanca Licon, Casa De Amigos Mentoring Director Caterina Medrano An added special thank you to Dr. Sharon Robinson and Dr. Jenna Anding for developing and implementing this program for Texas AgriLife Extension.

CONCLUSIONS

For these individuals, BLT appears to be making a positive impact on a number of behaviors that can help individuals make healthier food choices for their families, stretch their SNAP benefits and prepare safe and nutritious foods for them and their families at any meal.
2011 Parenting Connections
Lindy Tefteller, M.A. Counseling
County Extension Agent - Family & Consumer Science, Midland County

In the Summer of 2011, Agent Tefteller added a Parenting Connections Program after requests were made by the Midland County Issues Identification Survey administered earlier in the year. These classes are aimed toward the Texas Department of Children’s Protective and Regulatory Service individuals or those involved in the criminal justice system agencies. The Parenting Connections Program is a six lesson educational program series geared toward basic parenting skills addressing: Growth & Child Development, Parent Child Communication, Positive Discipline, Developing Child’s Self-Esteem, Anger Management & Redirection, and Drugs & Alcohol. Participants receive handouts and “in class” scenarios to support PowerPoint presentations and class discussions in order to help facilitate new parenting strategies and techniques. Since these classes are designed for a series, attendance can be used as one shot programming for the individuals only needing selected classes. Reports of Attendance and Class Certificate(s) were forwarded to their CPS caseworker or corresponding representative following completion of each class. Completed Evaluations from Series were not enough to support a sufficient statistical report, however, it was successful for 3 families in the attempt to reunite with their children removed from their home. Since this was the inaugural year, completion of this program was minimal but a successful year for marketing efforts were made to Safe Place, Fair Havens, Family Promise, Texas Department of Children’s Protective and Regulatory Service and the Family Health Coalition on providing individual classes for these agencies in the 2012 calendar year.

2011 Older Adult Health
Lindy Tefteller, M.A. Counseling
County Extension Agent - Family & Consumer Science, Midland County

Older Adult Health is an overflow program for the Non- Better Living for Texans recipients of the Meals on Wheels Newsletter and Senior Centers along with a Regional Senior Conference and numerous nutrition programs in Midland County for 2011. Midland County Issues Identification Survey indicated continued resources needed for senior citizens especially nutrition.

Meals on Wheels Newsletter – Is a one-page, front & back, condense version of the Senior Center Program. A total of 302 Extension Meals on Wheels newsletters are put inside their delivered hot meal each month.

Senior Centers – Midland County has three Senior Centers: Southeast, Midland and Casa De Amigos. Nutrition topics are pre-selected and delivered at each senior center every month. Participants total vary each month but has an average of 130 seniors served.

West Texas Conference on Aging – The West Texas Conference on Aging Committee Meetings were held to plan, coordinate and implement conference in March 2011 and later in the year reconvene for the 2012 Conference. The Conference is held the first Thursday in March directed toward health care professionals such as Area Agencies on Aging, Adult Protective Services, Nursing Homes, Home Health care workers, and Emergency Personnel. Every year the venue continues to increase with a total attendance of 177 for the 2011 year. Educational topics include Ethics, Diabetes Education, Interpersonal Relationship and Finance related to CEU credits provided by Midland College. Midland Reporter Telegram Article on West Texas Conference on Aging:18,245 circulation Midland County Line Newsletter on West Texas Conference on Aging. 606 circulation Channel 7 & Channel 9 News Coverage on West Texas Conference on Aging. 18,760 viewers Nutrition – Several agencies like First Presbyterian Church Prime Timers, Hospice of Midland, Angels in motion, Manor Park, Midland Women’s Club and others were provided educational programming on MyPlate, Portion Distortion, Cooking for One or Two and Sugar, Fat and Sodium.
The Texas Extension Education Association was organized in 1926 as a way to strengthen and enrich families through educational programs, leadership development and community service. This association has as it's objectives: to strengthen, develop, coordinate, extend adult research-based education to improve the quality of life for families and communities in cooperation with Texas A&M University System; promote family strengths and leadership development, serve as a medium for the expression of charitable and educational interests, and award 4-H and TEEA adult scholarships on a nondiscriminatory basis to worthy applicants; offer a means by which members in cooperation with Texas AgriLife Extension may interpret and provide programs of state, national and international importance in the preservation of the American home and the promotion of better international understanding; and to function exclusively for charitable, educational and scientific purposes as a 501c3 organization.

Midland County organized their first club in 1928. Currently, Midland has two clubs and one executive council that regularly met at the Extension Office. The Prairie Lee and Chaparral Club have 28 active members. Each club has a business and an educational program selected for its members every month.

The Executive Council met 5 times this year to coordinate 4H Scholarship Judging, District/State Conferences, and End of Year Celebration. 38 club programs were delivered this year by volunteers, members or the County FCS Agent. Agent Tefterler provided programs on “Picture This” program on how people view themselves and others - this is an insightful way to help individual be successful with public relations, Disaster Preparedness Ready or Not, MyPlate verse MyPyramid, and Independent Living Skills & Tools. Programs delivered by members were Going Green, Make Me Laugh, Tools To Keep You Going, and Instant Microwave Cake Desert. Community Service and Craft projects provided this year were Newspaper Hats, Cross Lyric Frames, decorating holiday bags for First Baptist Church gifts, and collection/donation of canned food items for the Methodist Food Pantry worth $200.00. Prairie Lee Club Quilt Fund Raiser generated $1,00.00 toward supporting local senior agencies. The Executive Council hosted the Winter TEEA District Conference at the Extension Office for 17 club representatives from 6 counties. Conference was held to provide clubs with Handbook updates and to review 2012 Educational Programming. 6 TEEA Newsletters were delivered to current and inactive members of each club. In August, the Executive Council hosts a Bingo Recruitment Party to celebrate and recruit new members.

Midland’s got talent! Upton County hosted the 2011 District 6 TEEA Spring Conference were Midland County Club members won for their entries in the District 6 Cultural Arts Contest. Chaparral Club winners - Lola Kerr - 1st place Jewelry & 3rd place Recycled. Prairie Lee Club winners - Recycled Category: Pat Ham - 1st place, Karen Rowoldt - 2nd place; Rita Windham - 1st place Machine Embroidery, and Janet Matschull - 1st place Accessory Knit. Midland Reporter Telegram Article on TEEA District 6 2011 Spring Conference. 18,245 circulation
Family Consumer Science Committee meets twice a year assist the County Agent in which program areas need to be addressed each year. 34 programs with different topics were offered in 2011 that could not be captured under specific program plans. Through Electronic Distribution, marketing and interpretation and educational methods 108,532 total contacts were obtained by County Agent Tefteller. Types of programming offered were:

Technology Assisted Educational Program - Agent sent out Dinner Tonight electronic announcement each Monday this year reaching 52,000 participants. Next year, Agent Tefteller will provide these educational programs on the Extension Website to reach even more.

Anger Management at the Midland County Jail – Agent Tefteller provided Anger Management 9 lesson series at the Midland County Jail to inmates as requested by Commissioner Prude, County Judge and Sheriffs Office.

County Government Education – Midland Academy Charter School, grade levels Kindergarten, 7th through 9th grade were provided a Tour of the new County Courthouse. The 9th grade classes adopted the 4H curriculum of Keys to the Courthouse to supplement their education.

Financial Management – Both Head Start Schools, Casa De Amigos and Senior Centers received programming on Help! Where is my Money Going for basic financial planning, budgeting and balancing their checkbook.

Military Support - 2011 2nd Annual West Texas Military and Veterans Family Day were held at the National Guard Permian Basin Readiness Center on Saturday, September 10th, 2011 benefiting 350 participants. The Military Community Partners Coalition, 211 and Texas AgriLife Extension Service - Midland County held their second annual educational / resource day for the men, women and families of our servicemen. This free workshop day provided family’s information on the many programs and services available in the West Texas along with over 24 Exhibitor’s assisted families throughout the day. Texas Congressman Mike Conaway opened the event with words of encouragement and support. Informational sessions consisted of representatives from around West Texas - covering various topics. Program speakers were on behalf of Army One Source and 211 Juanita Castilleja: Veterans Center Midland, Military Ministry, Lawyers for Patriots and Better Business Bureau. Volunteers assisted with setting up and clean up of event were Casa De Amigos AmeriCorp, Midland County Work Release Program, Workforce Solutions Office and Texas AgriLife Extension Office. The West Texas Veterans Committee Volunteers and the ESGR Volunteers prepared, cooked and served 350 plates of food for the event. Youth Activities were provided by Best Buy, Kids Korner, American Indian Center, and 4H Operation Military Kids.

Collaboration - 2011 Midland County 5th Annual Pecan Food Show was held in conjunction with the Ag Agent Pecan Food Show at the Extension Office. Guest Judges were DoriLynn Anderson from KWEL 1070 Radio and Deb Evans Midland County. The Food Show accepted entries of cakes, pies, candy, bars, breads and misc for age level: Pee Wee (8<), Youth (9-17) and Adult (18>). Out of 17 entries, the Judges based their decisions on Appearance, Texture, Taste and Use of Pecans . Rosette Ribbons are given to the Grand and Reserve Champions for overall in each age group. 1st through 3rd place ribbons were awarded in each category and division. Adult Grand Champion was Janet Matschull with Cinnamon Nut Bread and Reserve Champion was Linda Hollister with Pecan Brittle. Youth Grand Champion was Michaela Brown with Lemon Pecan Twists and Pee Wee Grand Champion was Conner Tefteller with Spiced Pecans.
Midland County 4-H Livestock Judging
A. Zan Matthies Jr., Ph.D.
County Extension Agent - Agriculture & Natural Resources, Midland County
&
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County Extension Agent - Family & Consumer Science, Midland County

RELEVANCE

Decision making skills are a key element in developing today’s youth. Livestock judging provides the opportunity to enhance these skills through critical thinking, mental organization, and communication of the decision. In addition, youth are exposed to the livestock production industry and its importance in our food and fiber production. During practices and contests, you have hands on opportunities to work through live classes in a situation similar to the industry.

In addition to the benefits of the program, there is a great interest among 4-H members and leaders in sustaining this program. Volunteer ownership has greatly enhanced this program with past outcomes being this program assisting an excelling team member with their college education through scholarships earned.

RESPONSE

In response to this need, practices were scheduled throughout 2011 and were lead by volunteer leaders serving as coaches. Practices included a topic and educational explanation prior to ‘workouts’. Meetings were scheduled by species to be evaluated and evaluations were either live or by using audio/visual media. As the year progressed, teams were hauled to various contests throughout the western portion of Texas. These efforts provided the participants opportunity to exercise what they had learned in a competitive environment, and also to prepare them for the end goal contests conducted at 4-H Roundups.

RESULTS

Livestock judging team members were evaluated using a Lickert-type scale measurement instrument to gauge progress and growth. Results also assisted with refinement of the program for 2012. Results are listed below in table format.
Understanding… Before After % Change
…how to evaluate market livestock 2.45 3.55 44.90%
…how to evaluate breeding livestock 2.21 3.31 49.77%
…how to prioritize when placing livestock 2.57 3.39 31.91%
…proper note taking techniques 2.50 3.43 37.20%
…how to help other youth judge livestock 2.31 3.41 47.62%
…the overall livestock production industry 2.31 3.38 46.32%
…how to prepare a set of oral reasons 2.00 3.31 65.50%

Results of this programming effort indicate a growth in each youth who participated. Of primary note are the two skills, proper note taking techniques and how to prepare a set of oral reasons. These skills teach a child how to prepare and organize observations, judgments, and thoughts into an oral justification to be presented to experts in the field.

CONCLUSIONS

The 2011 4-H Livestock Judging Program was a success because the volunteers associated with this program cared, and then they took the time to develop interested youth. The other indication of success was the repeat participation of 4-H members with this program. Finally, the outcomes indicate that both knowledge and skills were gained by the participants.

FUTURE PLANS

The 4-H Livestock Judging Program will continue in 2012 with the addition of new volunteer leaders who have indicated to the current coach they wish to help him grow this successful program.
Midland County Fair History

The Midland County Fair Conceptual Design Team was organized in June of 2009 and charged with the purpose of determining the feasibility of producing a quality county fair in Midland, TX. The committee was comprised of individuals with extensive experience in the areas of event management, marketing, agriculture, creative arts and entertainment. Once a reasonable demand for the event was established, the team’s focus shifted to drafting a conceptual framework to produce a value driven event with sufficient drawing power to ensure customer satisfaction and ensure long-term financial success. The team’s scope of work initially revolved around establishing a solid foundation through the development of the event’s mission, vision, core values, goals and objectives. The foundation serves to provide guidance and consistency in the determination of event policies and strategic planning and implementation. The conceptual design was completed in December of 2009 and the report submitted to the Midland County Commissioners for review and approval of upstart financial support. Midland County Fair Inc. was incorporated in August 2010 and its application for IRS 501(C) 4 nonprofit determination is currently under review.

The Midland County Horseshoe Arena serves as the permanent venue for the fair. The Horseshoe complex is ideal due to its four performance venues--the Main Arena, the Education Building, the Live Stock Building, Outdoor Arena parking area and approximately 100 acres of surrounding grounds. The Fair dates were determined after extensive consideration of various factors including weather, avoiding conflicts with established events, and availability of competitors and attractions. The dates for the inaugural event were set for August 19-22, 2010. The conceptual design team consisted of Amber Bass, Mike Dooley, Tammy Dooley, Kodie Hoover, Zan Matthies, Rick Woody, and Jose “Bo” Zertuche. This group subsequently served as the event management team.

Why a Fair

Super-Sized Fun! Midland’s own Fair, a marvelous mix of education, entertainment and excitement for all ages offering Traditional family fun! That is the essence of county fairs. Attendance at 2010 Fairs “remained strong with a collective 43,087,296 people attending the biggest fairs throughout North America” Venues Today America’s Fair, Jan. 2011.

Midland County Fair Goals “Reviving the Tradition”

Discontinued during tough economic times in the 1960’s, the aforementioned group proceeded to revive the old tradition with approval and assistance from Midland County, generous sponsors and devoted volunteers. The new fair cultivates and nurtures a cohesive spirit of community through a fun, high profile, high quality family event in a wholesome family environment.
A ticket to the MCF is by far the best “value” for down-home family fun and entertainment in the area. “We want there to be so much to do with one ticket that fair-goers are overwhelmed.” Tammy Dooley, Midland County Fair Board Member. MCF’s focus is on youth and education, connecting urban to agriculture.

**Community Impact**

The fair fulfills a community development aspect as a result of the unity and cohesiveness fostered through inclusivity on all levels from planning, implementation and attendance and the incorporation of multicultural activities and attractions.

The Fair fulfills an economic development aspect through the attraction and infusion of visitor dollars. The economic impact each year will be tracked and calculated based on visitor dollar calculations and spending influx to the community.

The Fair contributes to the Permian Basin’s quality of life. As the fair grows and generates profit, event proceeds will be allocated to enhance the hosting venue as well as to area youth educational scholarships.

**Management**

The Midland County Fair Board of Directors drafts and approves the operating budget and the policies and procedures for the execution of the fair. Activity Directors develop the strategies and implement the plan to execute the four-day fair. The Midland County Fair Director is charged with planning, organization, coordination, promotion, documentation and reporting as well as co-facilitating meetings and day to day administrative responsibilities of the fair. The Midland County Fair Steering Committee meets monthly and consists of approximately 30 volunteers including MCF Board and Fair Activity Directors and consists of.

The Fair takes months of planning and hours of volunteer support. In 2010, the board and activity directors devoted over 2275 volunteer hours towards the success of the fair. Additionally, citizens and organizations embrace the event and provide critical volunteer support during the planning process and week of the fair. In 2010 an estimated 100+ volunteers donated their time and talent and the number continues to grow as the fair becomes more visible. This endeavor would not be possible without their commitment and support. Immediately upon completion of the 2010 event, the fair board and steering committee met to document and compile data and begin planning for the 2011 fair.

**2011 Midland County Fair**

The 2nd Annual Midland County Fair was held at the Horseshoe Arena in August 2011. Spanning over 4 days, attendance of the 2011 Midland County Fair was calculated by venue managers. Total estimated attendance was 14,467, with over 50% attending on Saturday. Attendance was increased by over 400% from 2010.

Agriculture Agent Zan Matthies worked with Board of Directors, Committee Chairs, Horseshoe Management Company throughout the year of 2011.

The 2011 Fair scheduled events for Aug. 25-28, 2011 had “Pre-Fair Events” leading in to the event the weekend prior kicking off with the Appaloosa Horse Show. 2011 FAIR ATTRACTIONS -  Live Entertainment on 2 Stages: Longhorn Exhibit, Appaloosa Horse Show, Goat Show, Midland Quilting Guild Exhibits & Show in 2011, Children’s Petting Zoo, Tractor Pull & Exhibits, Karaoke Competition, Car Show, Featured Carnival Midway, Barrel Racing Event & Exhibits, Calf Roping Event, Cowboy Mounted Shooting Exhibition, Cliff Voake as the “Duke”, Bull Riding Spectacular Event in Main Arena both (Fri & Sat Night).
2011 was a productive year for Emergency Management Disaster Preparedness Education. 64,289 total Contacts were reached through programs, collaborations, booths, and volunteers. The beginning of each year the Extension office reviews and will update our Office Disaster Plan, our Emergency Contact List, and provide new strategies for Secretarial staff. This year, area agencies such as eye clinics and the Appraisal District, requested training on how to develop an Office Disaster Plan which includes assignments and designation of critical functions and personnel safety. Due to Midland’s fire disasters in the Spring, the Extension Office was utilized for the local Red Cross as the disaster relief and recovery site for assisting 10 families and 30 people. Operation Supply Drop was initiated by 4-H to provide basic water, chap stick, high protein snacks to the Fire Fighter of Texas and Forestry Service workers to be distributed across Texas to assist the fire damaged areas. Midland collected and distributed to Bastrop County and to local fire departments over $5,000.00 worth of donated items.

For the past four years Extension and Midland County Emergency Management Offices have collaborated to provide Disaster Preparedness education at the Rockhound’s Trauma Event in May. 7,400 youth, teachers, volunteers and vendors from around Region 18 attended the Rockhound baseball game and gathered information on a variety of ways to prepare for disaster or trauma.

Since the Extension Office has a mixture of people with different health needs seeking services, Agent Tefteller continued her education with the State by attending the Emergency & Disaster Planning for Children with special Health Care Needs Workshop. Agent Tefteller is also the office representative for the newly chartered Long Term Disaster Recovery Committee attempting to address the need housing shortage here in Midland. Each year the Extension office partners with the State Ready or Not Campaign. This year’s promotion was the Disaster Video series to educate and distribute to local agencies demonstrating different types of disaster and recovery progress from people in Texas. These videos were delivered to 5 agencies this year.

During the week of 9-11, the Extension Office displays the Preparing for the Unexpected booklet along with other disaster preparedness materials at the Midland County Library, Midland County Court House and shared Midland County Airport display numbers with Ector County Extension Office. Total 56,107 individuals viewed our displays during the week of 9-4 to 9-11.

The Midland County Extension Office will continue to collaborate on a local, state and federal level to educate citizens on how to prepare for the unexpected and recovery from such disasters if they do occur.
Texas AgriLife Extension Service
Midland County

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