Extension Education in Van Zandt County

Making a Difference 2010

Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.
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 Van Zandt County and its people:

### Van Zandt County – Summary of Educational Contacts

<table>
<thead>
<tr>
<th>Total Educational Programs Conducted</th>
<th>489</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Participants in Educational Programs</td>
<td>557,876</td>
</tr>
<tr>
<td>Contact Hours via Educational Programs</td>
<td>1,995</td>
</tr>
<tr>
<td>Office Contacts</td>
<td>1,044</td>
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<tr>
<td>Site Visits</td>
<td>4,049</td>
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<td>Phone Calls</td>
<td>3,942</td>
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<tr>
<td>Newsletter/Mail and Email Contacts</td>
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<td>Web Contacts</td>
<td>2,975</td>
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<td>Contacts by Volunteers</td>
<td>4,187</td>
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<tr>
<td>4-H Clubs</td>
<td>12</td>
</tr>
<tr>
<td>4-H Club Members</td>
<td>340</td>
</tr>
<tr>
<td>4-H Leaders</td>
<td>116</td>
</tr>
<tr>
<td>Radio &amp; Television Programs</td>
<td>44</td>
</tr>
<tr>
<td>News Releases</td>
<td>105</td>
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<tr>
<td>Cash and In-Kind Donations by</td>
<td></td>
</tr>
<tr>
<td>AgriLife Extension Supporters &amp; Collaborators</td>
<td>$91,100</td>
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</table>
People Eating Healthier in Van Zandt County

Nutrition Education

Relevance

Healthy eating was identified as a programming priority by the Van Zandt County Family & Consumer Sciences Committee as it recognizes that Texas ranks 13th as the most obese state in the nation with its adult obesity at 29% and child obesity at 20%.

The percentage of the food budget spent on away-from-home food has increased steadily since the 1970s. Consequently, the proportion of calories provided by away-from-home food has increased in recent decades. There is a tendency to choose foods higher in calories when dining out. Also, large portions are increasingly common when dining out. Many people become overwhelmed when they think of menu planning and trying to prepare healthy, cost-effective meals for their families. The percentage of young people who are overweight has more than doubled in the last 20 years. In 1999-2002, 16% of Americans ages 6-19 were overweight. Sixty-one and a half percent of children aged 9-13 years do not participate in any organized physical activity during their non-school hours and 22.6% do not engage in any free-time physical activity. 29% of American adults are not physically active at all. Research shows regular physical activity and controlling weight can significantly reduce the incidence and impact of chronic diseases like heart disease, stroke, diabetes, cancer, high blood pressure, and depression and it associated with a longer healthier life.

Response

Martin’s Mill ISD received over $3000 worth of curriculum materials to implement the program. OrganWise Guys® is a comprehensive nutrition and physical activity curriculum designed to promote health and helps to reduce the risk of obesity in schools that have at least 50% of the students receiving free or reduced school meals. The components target all subject matter areas and provide activity books for each student.

Dinner Tonight! is a unique educational tool reaching clientele via the Internet through weekly email blasts with nutrition tips and healthy recipes. Conducted by an East Region team, county Extension agents video tape nutritious recipe demonstrations while offering health and nutrition tips to enhance the eating habits of families.

Better Living for Texans is a program designed to provide educational programs to food stamp recipients that increase the likelihood of these families in making healthy food choices consistent with the most recent dietary advice as reflected in the Dietary Guidelines for Americans.
Results
The OrganWise Guys® program is being conducted by 18 teachers in 2010, reaching over 350 students at Martin’s Mill ISD Elementary School. The OrganWise Guys® program incorporates participation from the cafeteria workers to the physical education teacher as well as classroom teachers. A kick off celebration was held in the fall to get students excited about the program and a pre-test was administered by teachers. 4-H youth volunteers assisted in delivering the kick off program. Students will receive monthly visits from OrganWise Guys® characters that deliver nutritional messages that motivate students to stay in the program. Parents receive monthly newsletters encouraging healthy eating at home providing recipes and insights to what the students are learning at school. The conclusion of the program will be held in May.

Dinner Tonight! videos and website links http://healthyliving.tamu.edu were distributed to a weekly list serve of 489 clientele in Van Zandt County. Various subscribers have expressed their appreciation for this distribution through emails, blog postings, and verbal responses indicating the healthy recipes allow their families to eat low cost, quick and nutritious meals. A social media site http://www.facebook.com/pages/Dinner-Tonight/166292650049036 is also utilized as an educational method related to Dinner Tonight! and other family & consumer sciences program area events.

Three special feature events were also held with Dinner Tonight! at the East Region Family Issues Summit in Dallas, District IV 4-H Food Challenge/Food Show event in Commerce, and the Texas County Agricultural Agents Association in South Padre Island. These events were held to promote and market the program as well as healthy eating habits for families across the state of Texas.

Twenty-two Better Living for Texans programs were conducted by volunteers and agent for over 872 clientele (both youth and adults) in Van Zandt County during 2010. Programs targeted MyPyramid, grocery shopping strategies and food safety when handling raw and cooked foods. Over 250 Better Living for Texans newsletters were distributed monthly. Topics included: food safety, food preparation, nutrition and saving money.

Acknowledgements
The Van Zandt County Family & Consumer Sciences Committee provides direction for these and other programs that impact the quality of life in the county. Texas AgriLife Extension Service is fortunate to have strong collaborations with Van Food Bank, Manna-Canton Food Bank, Martin’s Mill HeadStart & Elementary School, Canton Intermediate School – Physical Education Department, and State Community Services, Inc.
Keeping Food Safe for People in Van Zandt County

*Food Safety Education*

**Relevance**

In addressing the 2004 TCFF issue of increased health care the Food Protection Management plan has been added. Four groups of highly susceptible populations are identified as: young children, elderly adults, pregnant women, and those with chronic illness such as AIDS, diabetes, cancer, etc.

The Centers for Disease Control and Prevention (CDC) estimate that foodborne diseases cause approximately 76 million illnesses, 325,000 hospitalizations and 5,000 deaths each year. Populations most vulnerable to foodborne disease include pregnant women, the elderly, the very young, and individuals with a chronic disease as well as those with weakened immune systems.

In 2000, the United States Department of Agriculture Economic Research Service estimated that the medical, productivity loss, and premature death costs related to five foodborne pathogens totaled $6.9 billion annually. The specific foodborne pathogens used in this estimation included *Campylobacter*, *Salmonella*, *E. coli* O157, *E. coli* non-O157 STEC, and *Listeria monocytogenes*. Foodborne disease is a costly problem.

More than half of all food borne illness is attributed to improper food handling in restaurants. Because more than 40% of all food dollars are spent on food prepared outside the home, food safety is a top concern among consumers. Therefore, food safety education is a critical prevention component for reducing the risk for foodborne diseases.

**Response**

To meet the need for quality food safety education in Texas retail food establishments, the Food Protection Management (FPM) program was developed. Accredited by the Department of State Health Services, this program prepares food service workers and managers to sit for the state Certified Food Manager exam. One component of FPM is the certified food manager program. Using the Texas AgriLife Extension Service developed curriculum Food Safety: It’s Our Business, this program is conducted at the county level by county Extension agents. Educational lessons and activities of the program focus on the following areas:

- Enhanced use of temperature control measures in food service, such as thermometer use, time and temperature control, safe internal cooking and holding temperatures, thawing procedures, and general storage temperatures;
- Increased adoption of proper hygiene and handwashing practices of food service employees and managers;
- Increased adoption of practices to avoid cross-contamination, such as proper storage, washing and sanitizing of utensils and equipment between use, and employee hygiene practices; and
- Increased adoption of pest management practices to keep insects, rodents, and other disease-causing pests under control.

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Results

Food Protection Management Course

52 participants in 4 classes. Collaborated with Regions VII and VIII Education Center, Texas Department of State Health Services, and local health departments in Canton, Gun Barrel City, and Athens.

Managers represented the largest percentage of participants. Most participants were female, White, and from most of the age groups. Managers represented the largest percentage of participants. Among the participants, more than half (n=28) had a high school education or less; but 42% had completed some college or a college degree. About 1 in three (n=16) had 1 year or less food service experience; a similar percentage (n=15) had 16 years of experience or more. Less than half (n=23) of the participants had not received any food safety training within the previous 12 months.

<table>
<thead>
<tr>
<th>Testing Results</th>
<th>Pass Rate</th>
<th>Passed</th>
<th>Failed</th>
<th>Total Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall</td>
<td>98.00%</td>
<td>49</td>
<td>1</td>
<td>50</td>
</tr>
<tr>
<td>Course Participants</td>
<td>97.92%</td>
<td>47</td>
<td>1</td>
<td>48</td>
</tr>
<tr>
<td>One Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Two Day</td>
<td>97.92%</td>
<td>47</td>
<td>1</td>
<td>48</td>
</tr>
<tr>
<td>Test Only</td>
<td>100.00%</td>
<td>2</td>
<td>0</td>
<td>2</td>
</tr>
</tbody>
</table>
Health & Wellness Education in Van Zandt County

Chronic Disease Prevention

Relevance
The Van Zandt County Family & Consumer Sciences Committee has identified health and wellness lifestyle issues as a top priority for programming. Prevention education greatly increases the chances that youth and adults will gain the necessary critical thinking and decision making skills necessary to make wise and healthy lifestyle choices.

Skin cancer is the most common of all cancer types. More than 2 million skin cancers are diagnosed each year in the United States. That's more than cancers of the prostate, breast, lung, colon, uterus, ovaries, and pancreas combined. The number of skin cancer cases has been going up over the past few decades. The good news is that people can do a lot to protect themselves and their families from skin cancer, or to catch it early enough so that it can be treated effectively. Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. Much of this exposure comes from the sun, but some may come from man-made sources, such as indoor tanning lamps. Finding possible skin cancers doesn't require any x-rays or blood tests -- just one’s eyes and a mirror. If skin cancer does develop, finding it early is the best way to ensure it can be treated effectively.

The number of tobacco-related deaths each year in Texas is equivalent to 72.4 per day. Tobacco use is the single leading preventable cause of death in Texas and the United States. It kills more than 25,000 Texans each year—more people than AIDS, car accidents, alcohol use, homicides, illegal drug use, suicides, and fires combined. Nationwide, approximately 80% of adult smokers started before the age of 18. Every day, nearly 3,000 young people under the age of 18 become habitual smokers. (Centers for Disease Control and Prevention) In 1996, an estimated 410,000 Texas secondary students were currently using tobacco. Nearly 50,000 of those were in the 7th grade. (Texas Commission on Alcohol and Drug Abuse, 1997 Texas School Survey) Since 1991, cigarette smoking has continued to rise among America’s high school students. In Texas, there was an overall increase of 25% between 1992 and 1996. (1995 Monitoring The Future Survey and the Texas Commission on Alcohol and Drug Abuse, 1996 Texas School Survey) Today, the average Texas teen smoker begins to smoke at 13.6 years old and becomes a daily smoker before age 18. (Texas Commission on Alcohol and Drug Abuse, 1996 Texas School Survey) More than 5 million children living today will die early because of a decision they will make as adolescents—the decision to smoke cigarettes. Tobacco is a “gateway drug” and is often the first drug used by young people who use alcohol and illegal drugs.

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 (http://www.dshs.state.tx.us/diabetes/PDF/county.pdf), in 2001, there were 2257 people diagnosed with diabetes 6.2% in Van Zandt County.

Response
Tobacco Use Prevention
Since 2005, the Texas AgriLife Extension Service and the Cancer Prevention and Research Institute of Texas have worked together to adapt the Centers for Disease Control's (CDC's) “Best Practices for Comprehensive Tobacco Control Programs” to rural communities. Other partners are the Texas
Department of State Health Services Tobacco Prevention and Control office and the American Cancer Society. Van Zandt County developed and implemented the Students Winning Against Tobacco program now used statewide in 2005 and 2006. Youth trained in the initial program are still carrying out educational programs throughout the county. When TNT was conducted as part of a community and school-based tobacco prevention program in Van Zandt County, results showed smoking was reduced by an average of 51 percent among middle school students. We know that tobacco use is the primary cause of many health problems. We also know that preventing tobacco use before age 19 means a very low risk for ever starting.

Sun Safety Intervention Education
Texas AgriLife Extension Service in Van Zandt County utilized materials developed through the American Cancer Society and Centers for Disease Control to educate youth and adults on sun safety. Through an Agricultural Day Camp sun safety lessons were administered. Through previous grants and the mini-grant received in 2010, materials for display and exhibit as well as activity materials were obtained to use in training and in administering the lessons to youth.

Do Well, Be Well with Diabetes & Cooking Well with Diabetes
Do Well, Be Well with Diabetes is a program covering four nutrition and five self-care topics that help adults with type 2 diabetes learn the skills needed to manage diabetes successfully. Cooking Well with Diabetes is a 4 lesson cooking school that teaches adults with type 2 diabetes how to plan and cook meals that are lower in carbohydrates, fat, and sodium and higher in fiber. Two 6 week long Do Well, Be Well with Diabetes and Cooking Well with Diabetes series were held in Van Zandt County during the fall. County employees with type 2 diabetes were also invited to attend a once a month class series that ended in November. Extension, with the help of the Diabetes Coalition (a part of the Family & Consumer Sciences Committee), recruited instructors, secured donors, and marketed the program through mass media outlets, direct mail to physicians and adults with type 2 diabetes, health fair exhibits, and presentations at civic organizations throughout the county. A total of 3 classes were taught by physicians, educators, physician assistants, diabetes educators, and registered dietitians using Extension’s curricula. A total of 52 persons completed 3 Do Well, Be Well with Diabetes and Cooking Well with Diabetes lesson series. Two major funders provided funding and glucometers for each participant totaling $1872.00.

Results
Tobacco Use Prevention
The curriculum provided information about how to avoid starting the use of tobacco, and it shared information about the consequences of tobacco use without emphasizing long-term effects. Students learned the following:

- active listening skills,
- progression of tobacco-related addiction and disease,
- accurate estimates of tobacco use,
- ways to build self esteem,
- how to practice refusing tobacco use,
- how to counteract media portrayals of tobacco use, and
- the power of a public commitment to not use tobacco products.

Twenty Master Wellness Volunteers including youth were trained in the tobacco use prevention curriculum and activities and reaching 821 youth in Wills Point and Martin’s Mill ISD’s.
Sun Safety Intervention Education
The sun safety information and activities provided information about how to avoid skin cancer from sun exposure including avoidance of UV rays from the sun and tanning equipment. Students learned the following:

- active listening skills,
- effects of UV ray and sun exposure on the skin,
- proper clothing to avoid the effects of UV rays,
- various forms of skin cancer,
- skin cancer detection,
- problems associated with tanning, and
- artificial tanning is not a substitute for obtaining a healthy tan.

Five Master Wellness Volunteers including youth were trained in sun safety intervention education curriculum and activities reaching 1803 youth in Canton and Van ISD’s.

Do Well, Be Well with Diabetes & Cooking Well with Diabetes
The average age of participants with diabetes was 61. 1% were African American, 2% were Hispanic, and 97% percent Caucasian. Participants reported attending an average of 93 percent of the classes. 48 participants reported having no previous diabetes classes indicating a critical need for diabetes education in Van Zandt County. 21 reported they had a diagnosis of diabetes five or more years prior to taking this class, while 8 reported between 1 to 4 years since diagnosis, and 23 reported having diabetes less than a year. 48 reported receiving no meal plan from their doctor and no consultation with a registered dietician.

Participants reported their blood glucose before meals was 117 mg/dL at the beginning of classes, decreasing to 102 mg/dL at 6 weeks or the end of the series. Participants reported their blood glucose 2 hours after meals was 147 mg/dL at the beginning of classes, decreasing to 109 mg/dL at 6 weeks or the end of the series. Participants reported they had on average a hemoglobin A1c of 10.72 at the beginning of classes, decreasing to 6.52 at 6 weeks or the end of the series.

The following are quotes from a few of the success stories that were shared by participants:
“I have learned to take my blood glucose readings more often to ensure I can control my blood glucose levels with food and exercise.”

“I was afraid of being put on insulin. I thought it was a death sentence. After learning about insulin and the effects on the blood glucose levels, I asked my doctor for it. I am now within the recommended blood glucose ranges and A1c range and am no longer at increased risk for horrible ailments from my diabetes.”

“When I started this class I was under a lot of stress from work and family life. This class helped me to understand my diabetes and get my stress under control, thus getting my blood glucose manageable.”

“I have lost 43 pounds because I learned that exercise plays an important role in diabetes care. Thanks to this class, I am getting my diabetes under control and losing weight too!”
**Economic Impact to Van Zandt County:** The potential lifetime health care cost savings for their remaining years of life, resulting from improved management of diabetes by these participants, is an estimated $2,445,872.

**Acknowledgements**
The Van Zandt County Diabetes Coalition provides direction and support for these and other programs that impact the quality of life in Van Zandt County. Strong collaborations with Trinity Clinic in Canton, Trinity Clinic in Tyler, Brookshire’s Pharmacy, Trinity Fitness, Anytime Fitness, and Farm Bureau are fortunate to have in the education of diabetes health and wellness.
2010 Agriculture Safety Day
Youth Safety Education

Relevance
The safety of youth is a growing concern in rural communities such as Van Zandt County. Working parents, children at home alone, youth doing odd jobs around the home and neighborhood provide dangerous and unsafe environments.

Van Zandt County is primarily an agrarian county with an annual agricultural income over $150 million. Children assist their families in and around the farm facilities and need the basic safety educational knowledge to keep them and their families safe.

Target Audience
This program was targeted towards school age children 3rd - 5th grade at Grand Saline Intermediate and Pre-K thru 3rd grade at J.E. Rhodes Elementary school.

Response
Van Zandt County Extension introduced the Progressive Agriculture Safety Day programs in 2003. Phillips had been involved with the program in Wood County and was familiar with the great knowledge gained from the program. Since 2003, events have been hosted at the following locations:
- 2003- Martin’s Mill Elementary
- 2004- Did not host an event
- 2005- Canton Intermediate School
- 2006- Edgewood Intermediate and Middle Schools
- 2007- Grand Saline Elementary and Intermediate Schools and Fruitvale Elementary
- 2008- Wills Point Primary School
- 2009- Martin’s Mill Elementary and Canton Elementary
- 2010- Grand Saline Intermediate and J.E. Rhodes Elementary in Van

Partnerships and Collaborations
- Grand Saline ISD and Van ISD for allowing us the opportunity to present this program in their schools
- Texas Parks and Wildlife - Wildlife and Water Safety
- Trinity Mother Francis Health System & Champion EMS - First Aid
- Grand Saline and Van VFD- Fire Safety
- UT Southwest Ag Center for Safety - Chemical Safety
- Ag Power, Inc. - Lawn Equipment Safety
- TDHS and Wulf Outdoor - ATV Safety
- Van Zandt County 4-H Council and Parent/Adult Leaders Association
Results
The students aged 4 to 7 years at J.E. Rhodes Elementary school were given a pictorial Pre and Post test showing both the right and wrong way to do things safely. This Pre/Post test was administered to 111 students at Grand Saline Intermediate and J.E. Rhodes Elementary (if older than 7 years of age).

<table>
<thead>
<tr>
<th>Question</th>
<th>% Correct - Pre</th>
<th>% Correct-Post</th>
<th>% Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>As a result of being a part of the Safety Day - students were able to identify how to safely ride an ATV</td>
<td>58.82%</td>
<td>89.24%</td>
<td>30.42%</td>
</tr>
<tr>
<td>As a result of being a part of the Safety Day - students were able to identify how to safely ride a riding lawn mower</td>
<td>72.45%</td>
<td>95.62%</td>
<td>23.17%</td>
</tr>
<tr>
<td>As a result of being a part of the Safety Day - Students were able to identify how to operate a tractor safely</td>
<td>68.71%</td>
<td>91.54%</td>
<td>22.83%</td>
</tr>
<tr>
<td>As a result of being a part of the Safety Day - Students were able to identify how to store chemicals properly</td>
<td>72.44%</td>
<td>97.82%</td>
<td>25.38%</td>
</tr>
</tbody>
</table>

The students at Grand Saline Intermediate School were given a written Pre-Test several weeks before our Safety Day event to test their knowledge of basic safety issues. Three days following our Safety Day, a Post-Test was administered. Three days following our Safety Day, a Post-Test was administered. Pre/Post testing was administered to 150 students at Grand Saline Intermediate and 150 students at J. E. Rhodes Elementary.
### Results from the tests:

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
<th>% Correct Pre</th>
<th>% Correct Post</th>
<th>Pre/Post Difference</th>
<th>% Change</th>
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</thead>
<tbody>
<tr>
<td>Is it safe to ride an ATV (sometimes called a 4-wheeler, a 3-wheeler, or an all-terrain-vehicle) while someone else drives, if you sit behind the driver?</td>
<td>NO</td>
<td>40.12%</td>
<td>58.31%</td>
<td>18.19%</td>
<td>45.34%</td>
</tr>
<tr>
<td>Is it safe to ride on a riding lawn mower while someone else drives, if you hold on tightly?</td>
<td>NO</td>
<td>43.45%</td>
<td>58.10%</td>
<td>14.65%</td>
<td>33.71%</td>
</tr>
<tr>
<td>How often should you wear sunscreen when you are playing or working outside?</td>
<td>ALWAYS</td>
<td>69.82%</td>
<td>82.66%</td>
<td>12.84%</td>
<td>18.39%</td>
</tr>
<tr>
<td>Are there some sizes of ATVs you should be at least 12 years old to drive? (ATVs are sometimes called 4-wheelers, 3-wheelers, or all-terrain vehicles.)</td>
<td>YES</td>
<td>56.45%</td>
<td>78.27%</td>
<td>21.82%</td>
<td>38.65%</td>
</tr>
<tr>
<td>Does getting sunburned protect you from getting skin cancer?</td>
<td>NO</td>
<td>66.12%</td>
<td>85.06%</td>
<td>18.94%</td>
<td>28.64%</td>
</tr>
<tr>
<td>When working around farm equipment is it best to wear loose clothing</td>
<td>NO</td>
<td>57.76%</td>
<td>73.55%</td>
<td>15.79%</td>
<td>27.38%</td>
</tr>
</tbody>
</table>

### Conclusion
Participants revealed a large increase in knowledge. Progressive Agriculture Safety Days will continue to build the youth of Van Zandt County into more well rounded and safe individuals. Reinforcement of this information is and continued education is vital in young children.

We will continue to host these events at schools in the county as long as we receive the approval of the Progressive Agriculture Foundation yearly.

*This outcome and summary was developed by: Tommy Phillips, Van Zandt County CEA, AG/NR (formerly CEA, 4-H)*
2010 East Texas Youth Beef Camp

Beef Livestock Education

Derrick Bruton, District IV Extension Program Specialist – 4-H and Youth Development
Tommy Phillips, County Extension Agent – 4-H and Youth Development – Van Zandt County

Relevance

There are a large number of 4-H members participating in livestock projects throughout Texas. As a whole, this group lacks the training of quality assurance in regards to their livestock projects. Such aspects lacking are basic animal husbandry, character education, and knowledge that their project is a part of the food supply. Youth have an opportunity to participate in livestock project work on various levels. Additionally there is a large representation of 4-H Youth at exhibiting animals at the East Texas State Fair, State Fair of Texas, Fort Worth, San Antonio, and Houston to name a few. A large number of the livestock exhibited at these shows will eventually end up in the food chain as a final product. There has been a growing issue in the Junior Livestock Show Program in the state of Texas to ensure a quality product when these livestock projects do become a food product. This has also been an issue in regards to maintaining buyer support for the sale of these animal projects. In an attempt to address this concern the implementation of the Quality Counts Curriculum for the Texas 4-H and FFA programs has been created. This will prove beneficial in the 4-H livestock project area of the Texas 4-H Program. This curriculum will allow for in depth education to ensure that Texas livestock are raised with the highest standards in mind. This will also allow for the betterment of the youth in the area of maintaining the highest standard of character possible whether it is the manner in which they conduct their livestock project work or their everyday lives.

Response

- Met with Extension agents and specialists to revise and improve lessons based upon prior years’ evaluations
- Conducted a series of educational lessons and activities focusing on the total beef project during the 3-day camp

Evaluation Strategy & Results

A retrospective evaluation instrument was administered to determine knowledge and behavior (intent) change of youth participating in the program. In addition, four questions were asked in attempt to determine program satisfaction. Finally, several open ended questions were asked about the program. Youth and adult participants responded to the survey instrument. An additional pre/post test was conducted for 4-H and FFA members who participated at the East Texas Youth Beef Camp training. The results are below.

Youth Retrospective Pre/Post Evaluation (n=25)

<table>
<thead>
<tr>
<th>Statements</th>
<th>Mean Value BEFORE</th>
<th>Mean Value AFTER</th>
<th>Mean Change</th>
<th>Percent Change1</th>
</tr>
</thead>
<tbody>
<tr>
<td>My understanding of Show Ethics/Quality Assurance-Quality Counts</td>
<td>1.78</td>
<td>3.40</td>
<td>1.62</td>
<td>91%</td>
</tr>
<tr>
<td>My understanding of Fitting</td>
<td>1.96</td>
<td>3.31</td>
<td>1.35</td>
<td>69%</td>
</tr>
<tr>
<td>My understanding of what to do Cattle Health</td>
<td>2.12</td>
<td>3.56</td>
<td>1.44</td>
<td>68%</td>
</tr>
<tr>
<td>My understanding of Showmanship</td>
<td>2.12</td>
<td>3.56</td>
<td>1.44</td>
<td>68%</td>
</tr>
<tr>
<td>My understanding of Animal Selection</td>
<td>2.12</td>
<td>3.48</td>
<td>1.36</td>
<td>64%</td>
</tr>
<tr>
<td>My understanding of Nutrition</td>
<td>2.20</td>
<td>3.48</td>
<td>1.28</td>
<td>58%</td>
</tr>
<tr>
<td>My understanding of Show Facilities</td>
<td>2.40</td>
<td>3.76</td>
<td>1.36</td>
<td>57%</td>
</tr>
<tr>
<td>My understanding of Animal Safety</td>
<td>2.48</td>
<td>3.76</td>
<td>1.28</td>
<td>52%</td>
</tr>
</tbody>
</table>

Adult Retrospective Pre/Post Evaluation (n=14)

<table>
<thead>
<tr>
<th>Statements</th>
<th>Mean Value BEFORE</th>
<th>Mean Value AFTER</th>
<th>Mean Change</th>
<th>Percent Change1</th>
</tr>
</thead>
<tbody>
<tr>
<td>My understanding of Show Ethics/Quality Assurance-Quality Counts</td>
<td>1.93</td>
<td>3.57</td>
<td>1.64</td>
<td>85%</td>
</tr>
<tr>
<td>My understanding of Animal Selection</td>
<td>1.93</td>
<td>3.50</td>
<td>1.57</td>
<td>81%</td>
</tr>
<tr>
<td>My understanding of Fitting</td>
<td>1.79</td>
<td>3.21</td>
<td>1.42</td>
<td>80%</td>
</tr>
<tr>
<td>My understanding of Showmanship</td>
<td>2.07</td>
<td>3.54</td>
<td>1.47</td>
<td>71%</td>
</tr>
<tr>
<td>My understanding of “At the Show”</td>
<td>2.21</td>
<td>3.36</td>
<td>1.15</td>
<td>52%</td>
</tr>
<tr>
<td>My understanding of Facilities</td>
<td>2.29</td>
<td>3.43</td>
<td>1.14</td>
<td>50%</td>
</tr>
<tr>
<td>My understanding of Nutrition</td>
<td>2.14</td>
<td>3.21</td>
<td>1.07</td>
<td>50%</td>
</tr>
</tbody>
</table>
Percent change was determined by the following formula: (Mean Value After – Mean Value Before) / Mean Value Before * 100. Blue indicates percent change of 80% or more, green indicates percent change of 60 – 80%, and yellow indicates percent change of 50 to 60%.

Youth intent to change behavior
- 23 of 24 (96%) said they probably or definitely will adopt practices related to following medicine labels.
- 23 of 24 (96%) said they probably or definitely will use the techniques taught in preparing for the show.
- 23 of 24 (96%) said they probably or definitely will implement animal selection techniques.
- 22 of 23 (96%) said they probably or definitely will adopt practices for looking for health problems.
- 22 of 24 (92%) said they probably or definitely will adopt practices related to animal safety.
- 22 of 24 (92%) said they probably or definitely will adopt fitting techniques.

Adult Intent to change behavior
- 14 of 14 (100%) said they probably or definitely will implement animal selection techniques.
- 14 of 14 (100%) said they probably or definitely will use the techniques taught in preparing for the show.
- 14 of 14 (100%) said they probably or definitely will adopt practices for looking for health problems.
- 14 of 14 (100%) said they probably or definitely will implement practices for preventing health problems.
- 13 of 14 (93%) said they probably or definitely will adopt practices related to animal safety.
- 13 of 14 (93%) said they probably or definitely will adopt practices related to following medicine labels.
- 13 of 14 (93%) said they probably or definitely will adopt halter breaking techniques.
- 13 of 14 (93%) said they probably or definitely will adopt fitting techniques.

Youth and adult satisfaction
This section focused on overall satisfaction of the East Texas Youth Beef Camp. The results are as follows.
- 38 of 38 (100%) respondents agreed or strongly agreed that the camp was very educational.
- 38 of 38 (100%) respondents agreed or strongly agreed that overall, this was a very educational camp.
- 38 of 38 (100%) respondents agreed or strongly agreed that the speakers were knowledgeable of his/her subject and presented it well.
- 37 of 38 (97%) respondents agreed or strongly agreed that they could go home and use the information they learned.

Pre/Post Test
A pre and post-test (35-question; multiple choice) was administered to test specific knowledge related to the beef project. Youth (n=19) answered 62.5% correct on the pre-test. Youth (n=19) answered 77.1% correct on the post-test. Increase in knowledge is calculated at 23.3%.

Participant Comments

I learned that I can always improve.
Youth

I never looked at heifers as dangerous animals, now I understand how to keep myself and my animal safe.
Youth

I was very impressed with this camp, thank you to everyone who made it possible.
Adult

Time well spent.
Adult

I attended five years ago with my oldest daughter and she did well afterwards. I hope the results are the same for my younger ones this time around.
Adult

Acknowledgements
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Tommy Phillips       Dr. Jason Cleere       Dr. Chris Boleman
Todd Williams        Amanda Ward
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- Southwest Center for Agriculture Health, Injury Prevention, & Education-The University of Texas Health Center at Tyler - lesson plans/video/speaker
- Van Zandt County Fairgrounds - facilities
- Van Zandt County 4-H Beef Club – meal preparation
Texas AgriLife Extension Service
Van Zandt County

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