



Do Well, Be Well with Diabetes

- 5-lesson series
- 12 graduates
- Economic impact: \$420,605

Cooking Well with Diabetes

- 4-lesson series
- 12 graduates
- Economic impact:

100% increased understanding of how to manage diabetes



4-H Foods & Nutrition
4-H Record book workshop
4-H Clothing & Textiles
4-H Public Speaking
4-H Gazette—6 issues
Career Day: 8th grade classes (275), 3rd grade (125)



Master Wellness Volunteers

- 10 trained volunteers
- Hours logged in 2017 = 707.6
- Reached 8,262 individuals
- *Volunteer Connections Newsletter* - 6 or more issues per year
- New training scheduled for 2018

2017 Family & Community Health Highlights

Prepared by Johanna Hicks, FCH Agent—Hopkins County



Better Living for Texans

Fresh Start to a Healthier You

- 4-lesson series
- 10 graduates
- Participants increased fruit & veggie consumption

Balancing Food & Play

- 26 participants
- Increased understanding of good nutrition & physical activity

BLT Newsletter

- 6 issues annually
- English & Spanish
- Reaches 5,500 households with each issue

Thrive By Five Money Management

- 15 participants

Head Start kids: presented healthy snacks program to 175 students



Marriage Education Workshop

- 12 couples completed the workshop
- Topics covered: marriage expectations, communication, conflict resolution, money management, goals
- Total savings to couples: \$720 (\$60 each)



Walk & Talk Series

- 8-week series
- 16 participants
- 2,287 miles logged
- Nutrition topics & walking included in lesson

Walk Across Texas

- 4 teams of Weight Watchers
- Logged 4049,26 miles
- Total economic impact: \$1,209,901



Kids' Camp: Fun, Food, Fitness

- 3-week summer camp
- 39 participants in grades 1-4
- Focus on nutrition, physical activity, horticulture, safety, bullying, stranger danger, etc.

Skills Camp

- 4-day camp
- 12 participants in grades 5-6
- Woodworking, upcycling, outdoor cooking, baking, art

Other Family & Community Health

- Two 3-day Sewing workshops: 19 participants (Summer & Winter)
- Parenting Connections series; 4 participants
- Christmas Joys holiday program for 3 groups—275 attendees
- Festival and Dairy Festival Boards
- Community Chest Board, Community Resources Coordination Group
- Sulphur Springs & Como-Pickton School Health Advisory Council member
- Regional Childcare Conference: partnered with Paris Junior College—75 participants
- Recipient of 4 state awards, 2 southern region awards, and 2 national awards



Cooking with Chef Cruz

- Partnered with Hidden Lakes Hunting Resort
- Multi-county effort with Hunt, Rains, and Wood Counties
- 60 participants
- 100% had excellent or very good understanding on how to prepare different types of wild game
- 93% increased understanding in at least one area of paring foods, nutrients of wild game, etc.
- 87% plan to adopt a new practice learned at the event