



**Extension Education in Parker County**  
*Making a Difference*

The Texas A&M AgriLife Extension Service has long been dedicated to educating Texans. Extension education evolved nationwide under the 1914 federal Smith-Lever Act, which sought to extend university knowledge and agricultural research findings directly to the people. Ever since, Extension programs have addressed the emerging issues of the day, reaching diverse rural and urban populations.

In Texas, all 254 counties are served by a well-organized network of professional Extension educators and some 100,000 trained volunteers. Extension expertise and educational outreach pertain to the food and fiber industry, natural resources, family and consumer sciences, nutrition and health, and community economic development.

## **EXTENDING KNOWLEDGE** *Providing Solutions*

Among those served are hundreds of thousands of young people who benefit annually from Extension's 4-H and youth development programs.

Texans turn to Extension education for solutions. Extension agents and specialists respond not only with answers, but also with resources and services that result in significant returns on the public's investment. Extension programs are custom-designed for each region of the state, with residents providing input and help with program delivery. Here are just a few highlights of Extension impacts on this county and its people.

## **Parker County – Summary of 2014 Educational Contacts**

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### **2014 Contact Summary (YTD)**

<b>Total Education Programs Conducted</b>	<b>747</b>
<b>Total Contacts including Group &amp; Individual</b>	<b>44,901</b>
<b>Contact hours via educational programs</b>	<b>22,630</b>
<b>Office Contacts</b>	<b>1,829</b>
<b>Site Visits</b>	<b>688</b>
<b>Phone Calls</b>	<b>4,272</b>
<b>Newsletter/Mail/Email Contacts</b>	<b>14,830</b>
<b>News Releases</b>	<b>110</b>
<b>Volunteer Service Value to Parker County</b>	<b>\$451,473.55</b>

### ***Beef Cattle Management - Outcome***

*Jon Green, CEA-Ag/NR, Parker County*

**Relevance.** Beef production accounts for more than \$15 million in agricultural income in Parker County with most of that production being from cow-calf operations. Just under \$1 million of that income comes from stocker cattle. Even with decreased cattle numbers in the county as a result of drought, beef production still ranks number one in agriculture enterprises for the county. It is now extremely important for producers to make wise choices concerning productivity and efficiency of their cow herd as they look at possibly rebuilding. It is also important for producers to closely analyze profitability of their operation as they make production changes. Marketing quality beef is dependent upon producer's ability to efficiently manage their forage resources, nutrition and reproduction, range and/or pasture management, economic risk management, supplementation, mineral nutrition, and application of new technologies. A producer's ability to effectively manage these factors will determine the value of the product they produce. The Parker County Ag committee, along with comments/suggestions from producers, are the basis of this educational program to improve beef management by giving participants the knowledge and skills they need to make changes.

**Response.** The Ag Committee identified the program needs and assisted in planning this programming effort. A goal of 100 livestock producers was set to participate in the program. The major educational events offered were as follows: 1) 5 CEU Ag Conference focusing on beef cattle and forages; 2) Pasture and Rangeland Health Program with Dr. Larry Redmon; 3) Beef Cattle Field Day at Bob Tallman's covering cattle handling, pen design, health issues, theft prevention, and marketing; 4) Bermudagrass Grazing Field Day highlighting stocker and cow calf operations. Mass media and program flyers were used to market the programs along with 4 mail-outs which each went to over 900 area producers. Individual farm and ranch visits were also made to assist producers with management decisions. A retrospective post evaluation was emailed in December using the online Qualtrics program to those producers who had attended two or more of the major educational events.

**Results.** All total, after eliminating duplicates, 328 producers attended the four major educational events mentioned above. Thirty-eight of those attended at least two events and had email addresses. These 38 were emailed an online retrospective post evaluation survey which asked questions related to the topics taught at above mentioned programs. Of the 38 who were sent an evaluation, 16 (42%) completed and submitted it back by the deadline. Participants were asked to measure knowledge or level of understanding concerning the various management practices before the programs as compared to after the programs they attended. Overall, combining all topics on the survey, the average increase in knowledge/understanding was 19% with a range of 8% to 32%. Following is a table showing these changes.

Table 1: Change in level of knowledge or understanding. Mean score differences using Likert scale<sup>1</sup> to reveal knowledge changes using a retrospective post evaluation (n=16.)

Topics	Before Programs Mean	After Programs Mean	Mean Change <sup>2</sup>	Percent Change
Knowledge of Marketing Alternatives	2.33	3.08	+0.75	32%
Knowledge of Pasture and Hay Field Insect Control	2.40	3.00	+0.60	25%
Understanding of Recommended Layout of Cattle Pens and Chutes	2.67	3.31	+0.64	24%
Knowledge of Intensive Rotational Grazing on Bermudagrass	2.73	3.36	+0.63	23%
Knowledge of Cattle Insect and Parasite Control	2.53	3.08	+0.55	22%
Knowledge of Pasture Weed Control	2.67	3.23	+0.56	21%
Knowledge of Brush Control and Range Health	2.67	3.08	+0.41	15%
Understanding of How to Properly Handle Cattle through Pens & Chutes	2.93	3.23	+0.30	10%

## Agriculture and Natural Resources

Knowledge of Proper Stocking Rates	2.87	3.15	+0.28	10%
Understanding of Water Quality Needed for Cattle	2.93	3.17	+0.24	8%

<sup>1</sup> Likert Scale: 1 = Poor, 2 = Fair, 3 = Good, 4 = Excellent

<sup>2</sup> Change indicates the mean value difference between the before and after measurements.

The increase in knowledge regarding marketing alternatives was encouraging. Also the practices with the highest After Program mean values were Knowledge of Rotational Grazing and Understanding Recommended Layout of Pens and Chutes which reflects the quality of these program events. The lower percentage changes for Cattle Handling, Proper stocking rates, and Water quality for cattle all had the highest Before Program mean values showing that participants came to the programs with relatively high knowledge levels in these three areas. However an increase in knowledge was still attained.

Next on the evaluation, participants were asked to indicate their intentions to adopt practices taught or if they had adopted the practice as a result of the program. The following table shows the numbers and percentages of those who adopted or indicated probably or definitely will. There were a few undecided and a few n/a's but overall the practices show a high adoption rate.

<i>Practices Taught this Year</i>	<i>Probably or Definitely Will Adopt</i>	<i>Adopted</i>
Use the latest information in controlling brush to improve grazing	10 of 15 67%	2 of 15 13%
Use the latest information in controlling insects in pastures	11 of 15 73%	2 of 15 13%
Utilize recommended practices in controlling insects and parasites of cattle	10 of 15 67%	2 of 15 13%
Maintain proper stocking rates to maximize forage recovery and increase range/pasture health	9 of 15 60%	3 of 15 20%
Monitor the quality of livestock water	12 of 15 80%	1 of 15 7%
Improve the layout of working pens for ease of movement and quality assurance	6 of 15 40%	4 of 15 27%
Utilize rotational grazing practices as needed to allow rest for pastures and improve forage and beef quality	7 of 15 42%	3 of 15 20%

In the practices taught this year it is encouraging that all but one practice showed, when added together, two thirds of the participants plan to adopt or adopted the practice. Improving layout of working pens had the highest adopted percentage as a result of program efforts.

Adoption rates show that participants are not only gaining knowledge but putting the practice to work in their operation.

When asked if they benefitted economically from attending any of the educational programs (12 of 14) 86% who answered the question indicated yes. The lowest indicated profit was \$300.00 and the highest indicated was \$3,000.00. One producer showed a profit of \$12.50/hd. but didn't share numbers of head. The average amount of profit increase was \$1,030.00.

## Agriculture and Natural Resources

Also, 100% felt that what they learned from the programs provided them the ability to analyze their operation and make better beef cattle management decisions.

**Summary.** The Beef Cattle Management Program survey results show that programming efforts did make a difference in improving the knowledge level of the producers participating. The results also indicate that the adoption rate of most of the practices taught was excellent which is encouraging. When asked what was the most significant thing(s) you learned as a result of the program, several indicated: importance of monitoring livestock water and the value of rotational grazing; cattle handling and updated weed and brush control; livestock parasites; and networking with other landowners/managers. The participants were asked on the survey what other topics should be added in the future. The major topics mentioned which will be addressed by the Ag. Committee include: Bull selection or AI programs to improve your herd; would like to learn more about remotely monitoring livestock; keep up the excellent programs; more information on different improved pastures and setting up hunting operations; and water harvesting / absentee workshop.

**Looking ahead.** With the feedback from the surveys, we (ag. committee and I) will make an effort to improve the program by adding to what was offered this year, plus add the topics which were not offered. Also, in 2015 we will start to look even more at economic impact of the practices adopted and start concentrating efforts on beef cattle production, bull selection, and health and nutrition for the next outcome effort.

**Interpretation.** Outcome summary shared with elected officials, community leaders, Leadership Advisory Board, Ag. Committee, and Extension administration.

**Acknowledgements.** I would like to thank the following for their contributions and/or assistance: Ag. Committee members, all Parker County Feed/Farm & Ranch stores, Dr. Larry Redmon – Extension Forage Specialist, Dr. Ron Gill – Extension Livestock Specialist, James Jackson – Extension Range Specialist, Dr. Allen Knutson – Extension Entomologist, Dr. Sonja Swiger – Extension Livestock Entomologist, Dupont Co., Gerald Hobson, Helena Chemical, Bob Tallman – Field Day host, Priefert Ranch Equipment, David Fillabrown, Tru-Test Scales & Fencing, Ellis Equipment, Kubota, Ag Texas Farm Credit, Vet Gun, Texas Farm Bureau, Pro-Vision Security Equipment, Wayne Goodman of TSCRA, Clay Murray, Schricks Party Rental, Parker County Sheriff's Posse, Parker County NRCS, Kerry Cornelius – Field Day host, Kevin Derzapf – NRCS, and Virgil Martin – Field Day host.

### ***Water Conservation / Quality***

*Jon Green, CEA-Ag/NR, Parker County*

**Relevance.** Water continues to be an issue of concern for the citizens of Parker County. More and more people are moving to the county and living in areas where a private well is the main source of water. Recent studies have shown that the Trinity aquifer is having more water pulled out than is being recharged. It is important for landowners and homeowners with wells to know that conservation of water is important and also the quality of their well water can decline if proper management practices are not applied. It is of equal importance that citizens continue to learn ways to conserve landscape water, regardless of the source.

**Response.** Leadership Advisory Board members have continuously agreed that conducting water well screening days is an important educational event and also that recommending rain water harvesting and drip irrigation could decrease the use of valuable ground water and even surface water for those living in certain Parker County cities. Also, the Ag. Committee recognizes the importance of water conservation in the urban landscape.

- **News articles**, highlighted Healthy Drought Tolerant Landscapes, Drip Irrigation, and Rain Water Harvesting, Sustainable Landscape Seminar, Native & Adapted Plants, FireWise Landscape Seminar, and the Water Well Screening Event and accompanying Water Well Management Program.
- **Drip Irrigation demonstration**, the landscape beds at the County Extension office which are maintained by Master Gardeners are all irrigated with drip irrigation and covered with a 3 inch layer of mulch to demonstrate landscape water conservation.
- **Rainwater Harvesting demonstration**, also at the County Extension office is a 2400 gallon rainwater catchment tank which is utilized to irrigate adjacent landscape beds which demonstrates the setup, use of, and practicality of rainwater harvesting.
- **Drip Irrigation and Rainwater Harvesting presentation**, by the Master Gardeners at their spring plant sale reached over 50 residents who actually stopped to listen and learn about this watering method.
- **Sustainable Landscape Seminar** was held August 16, with 46 attending, which focused on low water use plants and perennial plants which will conserve water in urban landscapes, Earth Kind water conservation principles, and becoming good stewards of our water.
- **Water Well Screening Event with Water Well Management Seminar**, held October 22 and 23. An outstanding program with 76 wells screened and 71 attending the seminar.
- **Azle Master Gardeners Landscape Project** focused on Water Wise Plants.

**Results.** The Water Well Management program addressed: protection and maintenance of water systems, contaminant levels for nitrate – nitrogen, livestock and pet minimum distances from wells, proper well construction, drinking water standards, pollutants from fertilizers and manure, and coliform bacteria. John Smith did a great job in helping put this program together and participants were very positive with their comments after the program. Screening and program evaluation results are as follows: 18 of 76 (23.7%) were positive for fecal coliforms. Zero samples tested over 10 ppm of Nitrate nitrogen. The average ppm for Nitrate nitrogen was 0.99. The average ppm for salinity was 474.4. Only 16 of 76 (21%) tested over 500 ppm salinity. At the Water Well Management Program the average estimated program value was \$877.90 for a total program value of Parker County participants at \$66,720.40. The average increase in knowledge indicated on the program evaluation was 95.2%



## Agriculture and Natural Resources

At the Sustainable Landscape Seminar held in August, 23 of the 46 attending completed the evaluation. The mean subject matter knowledge score before taking the seminar was 2.0 and after the seminar was 3.13. With this increase in mean subject matter score of 1.13, the percent increase in knowledge was 57%. When asked if they had learned new skills that would change their current practices, 100% indicated probably or definitely will. Some comments received from participants were: you folks went way beyond my expectations in presentations and handouts; Good on all levels – Thank you for your hard work; Excellent program – great speakers; Excellent content and value.

**Summary.** The education efforts in water conservation and groundwater quality definitely made a difference in area resident's understanding of water issues. The increases in knowledge, adoption rate, and monetary value to the participants indicates that citizens needs were met.

**Looking ahead.** Future plans include more programming targeted at water conservation, water well screenings, and well management. Some suggested topics for future programs shared on program evaluations were: composting, landscape design, municipal involvement to curtail waste, hardscapes, and water well registration.

**Intpretation.** Oucome Summary shared with elected officials, community leaders, Leadership Advisory Board, Ag. Committee and Extension administration.

**Acknowledgements.** I would like to thank the following for their contribuitions and/or assistance: Parker County Master Gardeners, John Smith – Extension Water Specialist, Texas Well Owner Newtwork, Upper Trinity Groundwater Conservation District, Parker County Commissioners Court, and Parker County Extension office staff.

***Step Up and Scale Down / Maintain No Gain***  
*Kathy Smith, CEA-Family & Consumer Sciences, Parker County*

**Relevance**

Obesity is a growing and complex problem in Texas and Parker County. Almost 66 percent of Parker County residents are estimated to be overweight or obese. Thirty-four point five percent are considered obese. Obesity can have long term consequences. These can include diabetes, heart disease, stroke and cancer. These are the leading causes of death in Parker County.

**Response** To address obesity in Parker County Step Up and Scale Down and Maintain No Gain were offered in 2014.

Step Up and Scale Down is a 12 week weight management program that is based on the USDA 2010 Dietary Guidelines which are intended to help Americans choose a healthful eating plan within their requirements to achieve and maintain a healthy weight. The program addressed the following topics:

- Setting Goals
- Healthy Plate
- Reading Labels
- Breakfast and Menu Planning
- Exercise
- Hydration
- Motivation
- Healthy Snacking
- Colorful Plate
- Successful socializing
- Knowing Your numbers

The program is targeted towards adults and the program was offered in a group setting that allowed participants to support and encourage each other.

Maintain No Gain was a six week email program conducted from the week of Thanksgiving through the first week in January. The program addressed steps in maintaining weight during the Holidays. The program addressed the following objectives:



## Family and Consumer Sciences

- Physical Activity – Be active for at least 30 minutes, five days a week.
- Consume at least 5 servings of fruits and vegetables every day.
- Try a new healthy recipe or modify a traditional recipe to a healthier version.
- Learn new information about calories and nutrition content of beverages.
- Learn a technique or strategy to reduce stress levels.
- Engage in one new physical activity with the family.
- Participate in an activity to give to others.

### **Results:**

During 2014 49 people from Parker County enrolled and completed the *Step Up and Scale Down* program. Evaluation of the program was conducted using a pre, post, and 30-day follow-up survey. This allowed us to assess intent to implement targeted weight management behaviors as well as the extent to which the behaviors were adopted. All 49 completed the pre and post surveys; 21 completed the follow-up survey. This report will reflect weight and behavior change on the 21 who completed the follow-up survey.

### **Participant characteristics**

Overall, participants were mainly female (n=41; 84%) and White (n=45; 92%). Starting weight was reported for all 49 participants. Most (67%) indicated they had tried to lose weight in the past using a variety of methods.

### **Change in targeted behaviors**

Table 1 shows the extent to which targeted diet and physical activity behaviors for the 21 participants who were being followed at the beginning of the program, immediately after the program ended, and then approximately one month later.

**Table 1. Change in targeted behaviors (n=21)**

<b>Behavior</b>	<b>At the beginning of SUSD Number (%)</b>	<b>Immediately after SUSD ended Number (%)</b>	<b>One month after SUSD ended Number (%)</b>
Eat breakfast 5-7 days a week	18 (86)	13 (62)	17 (81)
TV/video viewing 2 hours per day or less	6 (29)	8 (47)	5 (24)
Use calorie information at fast food restaurants “always or most of the time”	4 (19)	9 (43)	7 (33)
Plans meals and snacks “always”	2 (10)	0	3 (14)
Fills 1/2 of lunch and dinner plates with fruits and vegetables	7 (33)	9 (43)	11 (52)

## Family and Consumer Sciences

As noted in Table 1, the number of participants who were eating breakfast 5 or more days a week at the end of the program dropped slightly immediately after the program ended but rose upward 30 days later. The number who used calorie information at fast food restaurants rose slightly and remained stable (follow-up post). More participants were filling 1/2 of their plates with fruits and vegetables (post and follow-up compared to pre). The percentage who watched television or videos for 2 hours or less each day increased at the end of the program but dropped below the original number at follow-up.

Physical activity also trended upwards during the program. Initially, participants reported being physically active for 30 minutes or longer an average of 3.2 days per week. At the end of the 12-week program, that number had significantly ( $p < .001$ ) risen to an average of 4.2 days, and rose significantly to 5.4 30 days later (follow-up survey).

**Table 2. Perceptions about health**

Behavior	Beginning of SUSD Average number	Immediately after SUSD ended Average number	One month after SUSD ended Average number
Out of the past 30 days, the number of days that one's physical health was not good.	3.2 ± 6.5 <sup>a</sup>	1.4 ± 2.9 <sup>a</sup>	2.9 ± 7.6 <sup>a</sup>
Out of the past 30 days, the number of days that one's mental health was not good.	3.4 ± 5.4 <sup>a</sup>	2.0 ± 2.6 <sup>a</sup>	1.4 ± 3.7 <sup>a</sup>
Out of the past 30 days, the number of days that poor health kept one from doing usual activities.	1.0 ± 1.4 <sup>a</sup>	1.0 ± 1.6 <sup>a</sup>	2.4 ± 7.4 <sup>a</sup>

Overall, perceptions about participant's own health varied but did not change significantly. Initially, participants reported that out of the past 30 days, their physical health was not good for nearly 3.2 days. That average dropped slightly immediately after the program ended but rose slightly days later. Mean number of days that self-perceived mental was not good was 3.4 when the program began, was 2.0 immediately after the program ended and trended downward to 1.4 thirty days later (no significant differences). There was no change in the number of days that poor health (physical or mental) prevented a participant from doing usual activities.

### Change in BMI

For the 9 participants that we could calculate BMI, pre BMI was 33.7; post BMI was 33.6, and the follow-up BMI was 32.2. There was a statistically significant difference between the BMI immediately after the program ended (33.6) and the BMI calculated at the follow-up (32.2). Average weight lost from pre to post was 2 pounds. However, from the post survey to the follow-up survey, average weight loss was 6.6 pounds.

### Summary

Weight loss is a long and challenging process for most adults. While participants who completed the *Step Up and Scale Down* program did not lose a significant amount of weight initially there was evidence of the adoption of several habits (including eating more fruits and vegetables, eating breakfast, and increasing physical activity) that may lead to more positive health benefits down the road. Given that the participants continued to lose weight (and even lost more weight) from the time the program ended to the follow-up surveys suggests that they are indeed making an effort to permanently adopt these behaviors.

Results for Maintain No Gain will be reported at the conclusion of the program.

### Comments on What they Have Learned

- I try to be more conscious of eating more fruits and vegetables.
- I am getting more exercise in daily.
- I am eating breakfast.
- I joined the Silver Sneakers exercise program.
- I am eating less sugary foods.
- I stopped drinking sodas.
- I am drinking more water.
- I exercise more.
- I try to eat healthy and eat less sugar and carbs.
- I use a stationary machine 30 minutes most days for exercise.
- I am walking more
- I am making wiser food choices
- I think it would be good if we could have accountability partners
- Support and keeping track are what matters and helps the most.

### Conclusion

Weight loss is a long and difficult process for most people. While participants who completed the Step Up and Scale Down program didn't lose a significant amount of weight, there is evidence of several habits adopted including eating more fruits and vegetables and increasing physical activity that can lead to more positive health benefits down the road. Most like the accountability in the program and there may need to be a continual program to continue the accountability.

During Maintain No Gain, participants did not gain weight. Sixty percent maintain their weight and 40 percent lost weight.

### Interpretation

Provided information to the Parker County Commissioners' Court through monthly reports. Also there was an interpretation event for the court in the Spring that provided for the opportunity to share information about the Step Up and Scale Down program.

### Future Programming

Step Up and Scale Down will be offered beginning in January. There will be sessions offered in Springtown, Weatherford, Poolville and East Parker County. Accountability partners will be added and there will be an exercise option each week.

***Friend to Friend***

*Kathy Smith, CEA-Family & Consumer Sciences, Parker County*

The *Friend to Friend* program’s purpose is to encourage women to get regular mammograms and Pap tests for the early detection of breast and cervical cancer, when the disease is most curable.

Relevance

- Regular screening significantly increases the likelihood of finding cancer early, when treatment is more often successful.
- Women living in rural areas of Texas are less likely than their urban counterparts to have had a mammogram or Pap test within the past two years.
- Mortality is higher for rural women because of later diagnosis.

Response


- This project’s goal is to decrease breast and cervical cancer morbidity and mortality for women living in rural Texas counties by improving screening rates and early detection of cancer.
- Funding was applied for and awarded by the Cancer Prevention and Research Institute of Texas (CPRIT) to fund screenings and transportation to uninsured and underserved women in need of screening services.
- The county Extension agent, regional cancer prevention specialist, and patient navigators plan and implement a *Friend to Friend* event. Women attending are given the opportunity to sign a commitment card to obtain a mammogram and/or Pap test within the next year and the option to complete a help request form for assistance in obtaining screening services.
- In addition to the *Friend to Friend* event, the county Extension agent hosted three mammogram screening event. The event was conducted with the help of Moncrief Cancer Institute and Texas Health Resources. There were a total of 41 screenings conducted

Impact of the Program

- *Friend to Friend* was implemented in 44 Texas counties in 2014.
- 149 women attended the *Friend to Friend* events on January 28<sup>th</sup> and September 30<sup>th</sup>, 2014, in Weatherford and Springtown.

Demographics of women who attended the events:

- Median age was: 57.
- Ethnic breakdown:
  - African American: 0%
  - American Indian/Native American: 0%
  - Asian/Pacific Islander: 2% (3 of 149)

V A L U E	
Cancer Prevention	
	<p>Participants in Texas A&amp;M AgriLife Extension Service cancer-prevention programs learn ways to reduce their risk of developing many forms of cancer. When participants adopt behaviors that reduce cancer risks, the public benefits through reduced public health care costs and increased productivity.</p>

## Family and Consumer Sciences

- Latina/Hispanic: 8% (12 of 149)
- White: 85% (126 of 149)
- Multiple race/ethnicity: 5% (7 of 149)
- Other/missing: 1% (1 of 149)
- 63 total volunteers assisted at party/events.
- Dr. Nicole Bartosh, Dr Krista Lemley and survivors Shirley Riebe and Velvet Barker urged women to obtain a mammogram/Pap screening at the Springtown program while Dr. Robyn Young, Dr. Stephen Stamatis and Survivor Linda Koch spoke with the audience in Weatherford.
- At the end of the events 90% of women, aged 40 or over, correctly identified the need for a mammogram screening every year.
- 17 Women requested help to navigate screening and diagnostic services.
- 67 Clinical sites are contracted statewide for screenings, diagnostics, radiologists and lab services. Avg. monthly payments for screenings and diagnostics thru the contracts is \$32,636.00.
- Women were referred to other available sources for Breast and Cervical screenings and diagnostics.



### Success Story

Karen attended with her daughter Chelsea the Friend to Friend event in Weatherford. She wanted to bring her daughter to learn about early detection for breast cancer. At the event, they both made appointments for mammograms. The mammogram detected a lump in Karen's breast. She had surgery in the Spring and then underwent radiation treatments. She is thankful that she attended the Friend to Friend party.

### Interpretation

Presentations about the Friend to Friend events were made to the Parker County Commissioners Court meeting in the Spring. Also interpretations were conducted to the Leadership Advisory Board and Family and Consumer Sciences Committee.

There several news articles prepared for the local newspapers and media that reached over 3000 subscribers.

### Future Programming

Friend to Friend Parties will continue in 2015. There are plans to host an event in the east part of Parker County and the Northwest. The taskforce will meet to discuss future plans in early 2015.

### Parker County Taskforce

The Parker County Friend to Friend Taskforce was organized and included groups from: Careity Foundation, Weatherford Regional Hospital, Moncrief Cancer Center, Solis, Texas Oncology, Weatherford OBGYN, American Cancer Society, Susan G. Komen, Family and Consumer Sciences Committee, Parker County Extension Education Association and other

## Family and Consumer Sciences

people from Parker County. The committee targeted the general public with an emphasis to help women in underserved populations.

### **Acknowledgements**

Thank you to Leesa Wood Calvi, Diana Duarte, and Dr. Rice for their expertise and visioning involved in helping to implement these programs in Texas.

Thank you to taskforce members including: Kathy Hardin, LaRaye Lester, Tracy McClenan, Georgia Orr, Antoinette Reed, Shirley Riebe, Rebecca Thomas, Lynn Walsh, Deb Williford.

Thanks to the following partners in making the event a success: Careity Foundation, American Cancer Society, Moncrief Cancer Institute, Solis, Weatherford OB/GYN, Cancer Care Services, Susan G. Komen, Weatherford Regional Hospital, Healthy Women, Parker County Hospital District, First United Methodist Church, and Springtown Senior Citizens Center.



### *Diabetes Education – Do Well, Be Well with Diabetes*

*Kathy Smith, CEA-Family & Consumer Sciences, Parker County*

Health and wellness was recommended to be addressed by the Parker County – Leadership Advisory Board. The Family and Consumer Sciences Committee recommended diabetes education as an area to address. The committee has supported programs related to diabetes since 2003.

#### **Relevance**

The number of Americans diagnosed with diabetes is 21 million. An estimated 86 million Americans have pre-diabetes. Health-care costs now average \$13,700 per person with diabetes, for the annual total costs of \$254 billion in the United States, \$176 billion for health care and \$69 billion in lost productivity.

Almost \$1 of every \$5 spent on health care is for people with diabetes. Poor diabetes management leads to increased health-care costs. People with diabetes who maintain their blood glucose, blood pressure and cholesterol numbers within recommended ranges can keep their cost, health risks, quality of life and productivity very close to those without the disease. Currently, however, only 7% of people with diabetes are at the recommended levels.

Diabetes is not curable, but it is manageable. While the skills needed to effectively manage diabetes are well documented, diabetes education is not readily available. The burdens of diabetes mismanagement are disproportionately borne by those with little or no insurance coverage, lower literacy, poor or not English skills, lower educational and income levels and poor access to transportation.

The annual cost of diabetes in Texas is estimated at \$18.5 billion. An estimated 1.8 million, or 9.7% of Texans 18 years of old or older are diagnosed with diabetes; another 425,000 have diabetes but do not know it. Almost one in four adult Texans aged 65 and older have been diagnosed with diabetes. Texas is projected to have a greater incidence rate and increased cost in the future due to the growing population of people over 65 years of age and Hispanics who are at a greater risk of the disease.

#### **Response**

*Do Well, Be Well with Diabetes* and *Cooking Well with Diabetes*, low-cost class series covering self-care and nutrition topics were covered in four sessions and two sessions, respectively. Class materials include a curriculum consistent with the American Diabetes Standards of Care along with PowerPoint presentations, marketing materials, cooking demonstrations and pre and post evaluations.

*Caring for Your Kidneys* was a program that was conducted by Elizabeth Newman a local volunteer and advocator of kidney health. This program dealt with diabetes and there were 18 present at the program.

*News Articles* were prepared for local newspapers related to nutrition and how to better handle diet to prevent and control diabetes.

*Involvement with Community Coalitions* included serving on Texas Health Services group that is addressing chronic diseases. Served on Cooks Children's Hospital program that is addressing childhood obesity and chronic diseases.

## Family and Consumer Sciences

*Community Program* other than DWBW and CWWD included presentations to various groups that also addressed diabetes. This included programs for Weatherford Senior Citizens, Affordable Housing Program, ESL Classes, Extension Education Clubs, and other community groups.

### Results

- Members from the Family and Consumer Sciences Committee supported and implemented Do Well, Be Well with Diabetes.
- Four people participated in Do Well, Be Well with Diabetes and 8 participated in Cooking Well with Diabetes series in 2014.
- The average age of participants with diabetes was 64.
- 75 percent of participants reported having no previous diabetes classes, indicating a crucial need for diabetes education.
- Participants increased their ability to control diabetes to very good from 25 percent to 67 percent.
- 100 percent of the participants felt in better control of managing their diabetes at the end of the class series.
- Participants reported they were better in control of their blood glucose 2 hours after a meals.
- At the end of the courses the percentage increased to knowledge about carbohydrate choices from 25 to 100 percent.
- Participants were able to identify what foods most likely raised their blood glucose and how to prepared foods healthier for people with diabetes.
- They learned about how important is to not skip meals.

### Economic Impact to Parker 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 \$210.187.

### Future Plans

Texas A&M AgriLife Extension, Parker County will offer Do Well, Be Well with Diabetes in 2015 with the newly revised curriculum. The series will be offered at least one time. This year more coalition members will be involved in teaching the classes.

**Better Living for Texans – Back to Basics**

*Kathy Smith, CEA-Family & Consumer Sciences, Parker County*

**Relevance**

In Parker County, an estimated **8,412 individuals** receive benefits from the Supplemental Nutrition Assistance Program (SNAP), historically known as food stamps. Studies have shown individuals who live in poverty (including SNAP recipients) have dietary intakes that are not in agreement with current recommendations (i.e. Dietary Guidelines or MyPlate). This audience, like many, may not recognize their risk for foodborne illness. Having enough food to eat is also a challenge; an estimated 1 in 6 households in Texas experience food insecurity.

**Response – Better Living for Texans (BLT)**

The BLT Program is a cooperative endeavor among Texas A&M AgriLife Extension Service, Texas Health and Human Services Commission (HHSC), and the Food and Nutrition Services (FNS) of USDA. A component of the Supplemental Nutrition Assistance Program (SNAP), BLT offers food and nutrition education to SNAP recipients, applicants, and other low-income audiences to help improve their ability to plan and prepare nutritious meals, stretch food dollars, and prepare and store food safely. BLT also incorporates the *Walk Across Texas* program to promote physical activity.

During 2014, 23 Parker County adults completed the BLT *Back to Basics* series. This program focuses on meal planning, stretching food dollars, and adopting selected behaviors that can reduce the risk of foodborne illness. Sixteen (16) of the 23 participants the pre, post, and 30-day follow-up survey which allows us to assess the extent that targeted behaviors were adopted. [This report reflects the data from those 16 participants.](#)

**Results**

Participants were a mix of males and females and from a variety of ethnic backgrounds. Average household size of the participants was 5.0 and the average age of participants was 29. Fourteen (88%) of the 16 participants received SNAP benefits.

**Note:** a number of participants did not answer questions about gender, ethnicity, or education so unfortunately I couldn't get a reasonable assessment of their demographics. That is not the fault of the educator as it is within the right of the participants to ignore questions on the pre/post surveys. The fact that 88% were SNAP recipients illustrates this program reached the intended audience.

**Evaluation Results**

**Adoption of Behavior:** The adoption of actual behaviors was assessed analyzing the data from 16 of the 23 participants who completed the pre-, post-, and 30-day follow-up surveys.

*Meal Planning and Food Resource Management – adoption of behaviors*

Behavior	Beginning (pre)		Intent to change (post)		30-day Follow-Up	
	Number	%	Number	%	Number	%
<b>Plan meals in advance</b>						
Always	5	31.3	8	50.0	7	43.8
Sometimes	10	62.5	7	43.3	9	56.3

**Family and Consumer Sciences**

Never	0		1	6.3	0	
Not Sure	1	6.3	0		0	
No response	0		0		0	
<b>Shop for food with a list</b>						
Always	6	37.5	11	68.8	8	50.0
Sometimes	8	50.0	4	25.0	8	50.0
Never	2	12.5	1	6.3	0	
Not Sure	0		0		0	
No response	0		0		0	
<b>Compare prices when shopping</b>						
Always	6	37.5	13	81.3	11	68.8
Sometimes	7	43.8	3	18.8	4	25.0
Never	2	12.5	0		1	6.3
Not Sure	0		0		0	
No response	1	6.3	0		0	
<b>Use unit pricing when shopping</b>						
Always	1	6.3	11	68.8	9	56.3
Sometimes	7	43.8	5	31.3	5	31.3
Never	6	37.5	0		2	12.5
Not sure	2	12.5	0		0	
No response	0		0		0	
<b>Run out of food before the end of the month?</b>						
Always	1	6.3			2	12.5
Sometimes	4	25.0			9	56.3
Never	11	68.8			4	25.0
Not Sure	0				1	6.3
No response	0				0	

With the exception of using unit pricing, most participants were using the targeted food resource management practices either “always” or “sometimes” when they entered the BLT program. Immediately after the program ended there was a noted increase in the percentage of participants who intended to practice all of the behaviors “always.” Thirty days later, the percentage of participants utilizing these practices was higher compared to when the program began.

Immediately after the program ended, 13 (83%) of the 16 participants reported that they felt they would be able to spend less money at the grocery store. More than 56% (n=9) of the participants felt they could stretch their food resources to last the entire month “always.” Unfortunately, the percentage participants who “never” ran out of food decreased 69% (n=11) (pre) to 25% (n=4) (follow-up).

*Food Safety- adoption of behaviors*

Behavior	Beginning (pre)		Intent to change (post)		30-day Follow-Up	
	Number	%	Number	%	Number	%
<b>How often do you sanitize cutting boards after cutting up raw meat or poultry?</b>						
Always	14	87.5	14	87.5	15	93.8
Sometimes	1	6.3	2	12.5	1	6.3
Never	1	6.3	0		0	

## Family and Consumer Sciences

Not sure	0		0		0	
No response	0		0		0	
<b>How often do you thaw frozen food at room temperature?</b>						
Always	4	25.0	4	25.0	5	31.3
Sometimes	10	62.5	3	18.8	4	25.0
Never	2	12.5	8	50.0	3	31.3
Not sure	0		1	6.3	1	6.3
No response	0		0		1	6.3
<b>How long did you leave your last meal out after it was prepared?</b>						
Eaten/stored immediately	11	68.8	9	56.3	12	75.0
< 1 hour	4	25.0	6	37.5	4	25.0
1 – 2 hours	1	6.3	1	6.3	0	
> 2 hours	0		0		0	
Not Sure	0		0		0	
No response	0		0		0	

More than 87% (n=14) of participants reported sanitizing cutting boards after cutting up raw meat or poultry when they entered the program. They continued to do so immediately after the program ended and nearly 94% (n=15) were doing so 30-days later. The percentage of people “never” thawing food at room temperature rose from 13% pre to 31% at the 30 day follow-up; however, more than half of the participants (n=9) continued to thaw food at room temperature. This risky behavior could increase the risk for foodborne illness. All participants were storing prepared foods within the recommended 2 hour period when the program began and continued to do so through and after the program ended.

### Other findings:

50% (n=8) of the 16 participants identified BLT as their first exposure to AgriLife Extension. This suggests that the program is reaching new audiences who otherwise might not have the opportunity to benefit from Extension programs.

### **Average monthly out-of-pocket food expenses reported by participants\*\*:**

Before BLT: \$ 235.71  
After BLT: \$ 235.71

\*\* Based on 7 participants who reported monthly out-of-pocket food expenses at the beginning of BLT and 30-days after the program ended. Changes in out-of-pocket food expenses **were not** significantly different.

**Note:** I double checked the estimated out-of-pocket food expenses for these 7 were the same pre and post.

For the these participants (who completed the pre, post, and follow-up surveys), the percentage who rated their perceived ability to prepare nutritious meals as either “good” or “very good” was 94% (n=15) before BLT (pre-survey) and 94% (n=15) after BLT (30-day post survey).

9 of the participants rated the BLT program as “excellent” while 7 rated the program as “good.”

### **Programming**

There were 98 programs conducted in 2014 reaching 1, 498. The programs included:

- Two programs a month for the Affordable Housing Program.
- Lessons monthly for Headstart Students

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- Two programs a month for Food Stamp Recipients at Texas Workforce Solutions.
- Monthly programs for the Weatherford Senior Citizens Center
- Life skills series for Juvenile Probation youth and Special Needs youth.
- Participated in two health fairs.
- Conducted programs with local schools on Healthy Eating and My Plate
- Series with Weatherford I.S.D.'s ESL program
- Participating in local health fairs.

Through the BLT program also participated in some local coalitions including:

- The Big Tent a coalition that is working to develop programs for underserved adults and youth in Parker County.
- The Community Resource Group that is a part of United Way that meets monthly with various organizations in Parker County.
- Cooks Children's Healthy Initiatives Program that working to address Childhood Obesity.

### Interpretation

Results of efforts to help people in Parker County to eat better have been interpreted to stakeholders during meetings with the Parker County Commissioners Court. Also presentations have been made with the BLT taskforce, Family and Consumer Sciences Committee and the Leadership Advisory Board.

### Future Programs

In 2015 there will be an effort to reach more people through conducting the Back to Basics series. Although one shot programs will be conducted a major focus will be on conducting the series.



***Food Protection Management***

*Kathy Smith, CEA-Family & Consumer Sciences, Parker County*

**Relevance**

Each year, an estimated 1 in 6 people become ill from the food they eat. Common symptoms of foodborne disease include nausea, vomiting, diarrhea, abdominal cramping, fever, and headache. While some people may view this as a mere case of “food poisoning” foodborne illness has serious health and economic consequences. In fact, foodborne illnesses from five pathogens alone (Campylobacter, Salmonella, Listeria monocytogenes, E. coli O157:H7, and E. coli non-O157:H7 STEC) cost more than \$6.9 billion in medical expenses, lost productivity, and even death. All of us are at risk for foodborne illness, but older adults, pregnant women, young children, individuals with chronic disease, and those with a compromised immune system are at an increased risk. Because nearly half of our food dollars are spent on foods eaten away from home, it is imperative that employees who work in retail food service handle food safely.

**Response**

To meet the need for quality food safety education in Texas retail food establishments, the Food Protection Management (FPM) program was developed. Our two-day certified food manager program prepares food service workers to sit for the state Certified Food Manager exam. Our 2-hour food handler program, which is accredited by the Department of State Health Services, trains front-line food service workers on the basic principles of food safety. Both programs are conducted at the county level by Extension agents.

**Results**

During 2014, 46 people in Parker County participated in the FPM program and completed the certified food manager program. Passage of the CFM exam as well as customer satisfaction with the CFM program is presented in this report.

**Certified Food Manager Participant characteristics**

As shown in Table 1, participants were mostly female and Caucasian or Black; all age groups were represented. Managers represented the largest percentage of participants. Among the participants, 49% (n=23) had a high school education or less; 45% (n=21) had completed some college or a college degree. Years of experience varied among participants but more than half had been employed in food service for 11 years or longer. Interestingly, most (68%) participants had not received any food safety training within the previous 12 months.

47% (n=22) of 47 participants identified the FPM program as their first exposure to Texas A&M AgriLife Extension.

**Table 1. Participant Characteristics**

	<b>N</b>	<b>%</b>
<b>Gender</b>		
Male	17	37
Female	29	63
No response	0	
<b>Ethnicity</b>		
Black	2	4
Hispanic	4	9
Caucasian	40	87
Asian	0	
Other	0	
No response	0	
<b>Age Category</b>		
18-24 years	4	9
25-34 years	8	17

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35-44 years	11	24
45-54 years	13	28
55 years and older	10	22
No response	0	
<b>Current job title</b>		
Cook	6	13
Manager/supervisor	28	61
Owner	10	22
Other	1	2
No response	1	2
<b>Level of Education</b>		
Less than High School	4	9
HS or GED	14	30
Some College	20	44
College graduate	4	9
Graduate degree	4	9
No response	0	
<b>Food service experience</b>		
Less than 1 year	6	13
1-5 years	12	26
6-10 years	8	17
11-15 years	9	20
16 or more years	11	24
No response	0	

	<b>N</b>	<b>%</b>
<b>Type of food service facility where they work</b>		
Hospital/nursing home/assisted living	1	2
School, head start or day care	5	11
Grocery store	1	2
Restaurant (including fast food)	31	67
Other	7	15
No response	1	2
<b>Any food safety training in the past 12 months?</b>		
Yes	10	22
No	36	78
No response	0	
<b>Is the FPM program the first Extension program you have attended?</b>		
Yes	24	52
No	21	46
No response/Don't know	1	2
<b>Have you ever had a Certified Food Manager's course?</b>		
Yes	18	39
No	28	61
No response	0	

**Family and Consumer Sciences**

	Average score (n=45)
Client satisfaction with instructor's knowledge of the subject.	1.3*± .46
Client satisfaction with instructor's speaking/presentation abilities.	1.6 ± .69
Client satisfaction with instructor's organization and preparedness.	1.3 ± .56
Client satisfaction with instructor's response to questions.	1.3 ± .52
Overall client satisfaction with instructor performance	1.3 ± .57

\* Percentages rounded up to the nearest tenth and based on participant surveys received and entered as of 10/1/2014. The client satisfaction was given at the end of the training while the survey that assessed client characteristics was given separately (at the beginning). Therefore, it is possible that not everyone completed both surveys.

Instructor satisfaction scores are based on a 5-point Likert Scale (1 = very satisfied to 5 = very dissatisfied). **In other words the lower the number, the more satisfied the participant.** Scores of 0 (not applicable) or 6 (no response) were not included in the analysis.

**Pass rate for Certified Food Manager Exam: 75%**

### ***Improving Family Life – Parenting and Child Care Training***

*Kathy Smith, CEA-Family & Consumer Sciences, Parker County*

#### **Relevance**

Children are influenced by many elements of the environment. Parents are the primary influence in the lives of their children. Parents' contributions to their children's development are unparalleled, especially during their early childhood. Sixty percent of children from birth through age 6 receive some form of child care. The Texas Workforce Commission estimates that there are over 100,000 child care providers caring for 760,000 children under the age 13. Children who grow up with actively involved parents and child care providers reap benefits, including better school performance, increased self-esteem, and healthier relationships with peers, healthier sex-role development and greater access to financial resources. In addition, children who are raised in environments in which parents are fully involved are less likely to be involved in behaviors that put them at risk for a variety of physical and mental health problems.

Quality educational programs can assist parents and child care providers in developing the skills they need to effectively raise children. The qualities/skills that is common to effective parents include unwavering love, sensitivity to and feelings, clear and consistent limits geared toward a child's stage of development, firm but not harsh disciplines, encouragement of child's emerging independence, parental involvement in child's education, and being a positive role model can be taught through a series of parenting and child care classes. The classes allow parents opportunities to discuss and practice desired skills.

#### **Response**

The Parker County Leadership Advisory Board, the Parker County Family and Consumer Sciences Committee and a coalition of volunteers have identified parenting education and child care training as a need in the county. Children are influenced by many different elements in their environment. Parenting and child care education have been provided to parents and providers through classes and workshops. In addition news articles and single-sessions seminars have been offered. Parenting, grandparents and care givers have been given the opportunity to participate in programs led by agents and volunteers to increase knowledge of key parenting and caregiving concepts and to improve parenting and child care giving skills. The following program have been offered in Parker County in 2014.

***Becoming a Love and Logic Parent*** – This curriculum was developed by Jim Fay and Charles Fay and uses empathy as a major part of parenting skills to raise capable children. There are six lessons covered in the series. Participants in the class received practical, easy-to-use techniques to address behaviors. The lesson series included: Raising Responsible Kids; the Love and Logic Formula, Control that is Shared, Ownership of the Problem, Opportunity to think, and Letting Empathy and Consequences do the Teaching. The lessons included video presentations, discussion and activities that discussed situations. A workbook was used and homework assignments were given. Lessons were taught by a volunteer and this educator.

***Parenting Connections*** – The curriculum was developed by Texas AgriLife Extension Specialist Dr. Stephen Green and has four lessons. The lessons covered includes: Child Growth and Development, Parent-Child Communications, Self-Esteem and Guidance and Discipline. Lessons included a PowerPoint presentation, group discussion, a communication activity and other activities. Handouts were given and all lessons were taught by this educator.

***Scream Free Parenting*** – Scream Free Parenting was a curriculum that was developed by Hal Runkels. The four lessons teach parents how to parent and not scream. The lessons cover: Becoming the Cool parent your kids really need; Keeping Cool means creating space; Keeping your cool means creating a place and putting in to practice guidance for children. The class included a video presentation, discussion and personal reflection points that helped to internalize each of the principles of Scream Free Parenting. The classes were taught by a volunteer and this educator.

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Each parenting workshop also included nutrition components that were taught by the Better Living for Texans Program Assistant and this educator. The lessons covered Chose MyPlate, Healthy Eating, Food Safety and Stretching Food Dollars. These lessons helped to stress the importance that parenting focuses on the whole wellbeing of children, health and nutrition. Lessons included instruction, discussion and demonstrations.

**News articles** - were prepared for the local newspaper that addressed parenting issues including family meetings, communication and conflict. There are four newspapers in the county that publish the articles and reach 6,000 to 8,000 families.

**Child Care Provider Training** - Five two hour trainings are conducted annually in Parker County. Trainings focus on topics that are relevant to parents and child care providers. Trainings were taught by guest speakers and this agent. These topics included:

- January - First Aid and CPR conducted by Life Quest
- February – Building Relationships through Communication
- March – Temper Tantrums
- April – Weatherford College Child Care Conference - Nutrition and Exercise
- May – Internet Safety and the Social Media
- July – Reducing Risks and Safety
- September – Central Texas Child Care Conference and Child Guidance and Discipline
- October – Addressing Childhood Obesity and Healthy Eating
- November – Teaching Kids Self Awareness and Accountability
- November – Weatherford College Child Care Training - Peaceful Classrooms

**Central Texas Child Care Conference** – Participated in hosting the Central Texas Child Care Conference that is held in September in Stephenville at Tarleton State University. The event provides 5 hours of child care training.

Marketing to promote the parenting and child care trainings has included several methods. They have included:

- Flyers were prepared and mailed to child care providers and hand delivered to various groups in the county including juvenile and adult probation, Child Protective Services, Center of Hope, Manna, Weatherford Housing, Weatherford I.S.D., local attorneys, county and district judges offices, WIC, DSHS and other agencies.
- News articles were prepared for four local newspapers. The circulation number is at around 6,000 families and individuals.
- Personal Contacts and collaborating resources.

## Family and Consumer Sciences

- The Parker County Website which publicizes event.
- Facebook and Twitter in which parenting classes and child care programs are posted.

### Results

#### Parenting

There were six parenting series that were conducted in 2014 by two volunteers and this agent. Sixty-nine parents completed the series. There were 23 males and 46 females. The ethnicity make up were 62 white and 7 Hispanics. Evaluations were completed in classes and customer service evaluation was completed as well. The evaluation measured the best parenting practices before and after the parenting series. Completed evaluations demonstrated improvement in parenting practices in the following: Complement and praise; Having realistic expectations of child based on age and stage of development; redirecting for more appropriate behavior, encouraging children and listening to their children. Satisfaction with course ranged from completely satisfied, quality of course, value of program as excellent.

Participant Satisfaction evaluations were also conducted on of the results showed that 14 out of 15 were satisfied with the class. They highly rated the helpful ness and relevance of information given. A high rating of 92 percent were completed satisfied with the knowledge and response to questions of participants.

#### Child Care Training

The total number of child care providers reached in through the various trainings in Parker County was 408. These were reached through these teaching methods.

- Nine two hour child care trainings were hosted by conducted by Texas A&M AgriLife Extension in Parker County in 2013. The total attendance was 222 child care providers. One hundred percent were satisfied.
- This agent was a speaker for two child care conferences for Weatherford College and one hosted by Ash Creek Baptist Church in Azle. The agent spoke on the topics of *Nutrition and Health, Building Relationships through Communication and Peaceful Classrooms*.
- Participated in planning the Central Texas Child Care Conference in Stephenville at Tarleton State University. There were 104 who participated in the conference.

### Interpretation

Results of efforts to help people in Parker County to eat better have been interpreted to stakeholders during meetings with the Parker County Commissioners Court. Also presentations have been made with the BLT taskforce, Family and Consumer Sciences Committee and the Leadership Advisory Board.

### Future Programs

In 2015 there will be an effort to increase the number of participants in parenting classes, new education venues and programming options are being looked at.



### ***Money Management***

*Kathy Smith, CEA-Family & Consumer Sciences, Parker County*

#### **Relevance**

The U. S. Census Bureau shows that the average income in Texas is \$57,000. This is below the U.S. average. Families face constant challenges of managing limited resources to meet daily expenses. Increased financial challenges, unemployment and the lack of management skills can place a burden on families to meet financial needs.

#### **Response**

Managing Your Money classes were held for individuals who need basic skills on how to manage their money better. The class focused on the following:

- Wants and needs
- Developing a spending plan
- Saving money
- Credit
- Insurance.

The two hour classes were opened to the public and also satisfied the need for individuals required to attend a money management class by county probation and courts. The classes were cost recovery programs.

News articles were prepared focusing on Small Steps to Health and Wealth. The articles focused on how to better manage money, stretch food dollars, budgeting, how to handle a furlough and other timely topics.

#### **Results**

Five Managing Your Money classes were conducted in March, June, September and November. Sixteen people completed the class. Participants increased their knowledge of how to better track their spending, how to reduce debt and how to increase their savings. They also learned ways to save money on groceries, utilities and other purchasing needs.

Money management classes will continue to be offered in 2015. There will be a longer series offered that will combine Money Management and Job Skills.

### *Safe Sitter*

*Kathy Smith, CEA-Family & Consumer Sciences, Parker County*

#### **Relevance**

There inadequate emphasis placed on the magnitude of the responsibility a young adolescent accepts when accepting a babysitting job. Most young adolescents lack the knowledge of first aid, rescue skills, behavior management techniques and life experiences necessary for handling medical, behavioral or household emergencies which might occur.

#### **Response**

Safe Sitter is a program that prepared young adolescents for the profound responsibilities of nurturing and protecting children. The 6 and ½ hour essential curriculum teaches pre-teens how to care for infants or young children.

The course included how to care for a choking infant or child, basic first aid, personal safety for the babysitter; injury prevention; how to care for children including feeding, diapering, and entertaining; preventing problem behaviors and ethic involved in the babysitting business.

This year the course included CPR training and demonstrated acceptable skills in infant/child CPR.

#### **Results**

Three safe sitter classes were taught in 2014 by Smith and Neill. There were 28 youth who completed the course. Comments about the class showed that they learned about the responsibility. The greatest knowledge learned was the proper techniques for choking and CPR.

#### **Interpretation**

Results of efforts to conduct Safe Sitter have been interpreted to stakeholders during meetings with the Parker County Commissioners Court. Also presentations have been made with the Family and Consumer Sciences Committee and the Leadership Advisory Board.

#### **Future Programs**

In 2015 there will be an effort to increase the number of participants and offer two classes.



### *Extension Education*

*Kathy Smith, CEA-Family & Consumer Sciences, Parker County*

#### **Relevance**

Education and leadership are needs that continue to evolve for men and women throughout their lives. There is a need to have a sense of need and want to be a part of an organization and community. Knowledge is the key to success, sustainability and personal gratification. Through the Extension Education program, members are given the opportunity to work together with a common goal of succeeding by focusing on issues that affect their quality of life.

#### **Response**

There are 53 members in three Extension Education Clubs in Parker County. Members have been involved in many activities including:

- Clubs meeting nine times for planning and/or monthly meetings.
- The Parker County Extension Association meeting five times for planning and reporting.
- Programs being conducted by volunteers and members.
- Programs being presented by Smith on Nourishing Your Digestive System and Who Gets Grandma's Yellow Pie Plate.
- Members participating in a mini convention that included programs and trainings lead by Extension Education members.
- A leadership workshop for club officers and members in August.
- Educational opportunities including Spring Fling, Heart of the Home, Home for the Holidays, a Holiday Fun Night and a Cultural Arts Workshop.
- A recognition event that honors club members, Texas Treasure nominee and committee chairmen.
- Active committees involved in planning events and activities throughout the year including: Cultural Arts, Public Policy, Fund Development, Finance and Yearbook.
- An officer planning meeting for county officers.
- Two members have served as officer on the Texas Extension Education Association board and one who has served as District 3 Director for two years. One was installed at the TEEA State President.
- Members attending the district and state conferences and the district leader trainings.
- Parker County Extension Education Clubs and the association giving scholarships valued at over \$700.

#### **Results**

There are 53 members in three clubs. Attendance at Spring Fling was 93; Heart of the Home 60; Home for the Holidays 96. The average attendance at association meetings were 18. Ten attended the District conference, 9 attended TEEA Conference. Clubs contributed more than 16,000 volunteer hours and gave more than \$60,000 in donation and time.

### ***Twogether in Texas***

*Kathy Smith, CEA-Family & Consumer Sciences, Parker County*

#### **Relevance**

Every 45 seconds a marriage ends in America. With it ends not only a covenant of love, but also the stability of a home, financial solidity and a model of committed love for children to take into their own marriages. Committed marriages establish solid families which build strong communities.

#### **Response**

Twogether in Texas helps couples build marriage and relationship skills. Couples who take the classes learn communication and conflict resolution skills, to develop and maintain healthy relationships. The interactive format of classes helps couples practice communicating better and supporting each other.

Couples who completed the classes qualified for a \$60 discount on their marriage license fee and can waive the 72-hour waiting period to get married. Workshops were eight hours long and were taken in one day.

Twogether in Texas used the curriculum “Saving Your Marriage Before it Starts”, by Drs. Les and Leslie Parrott. The class was an 8 hour class and covered the most important misbeliefs of marriage. It included the importance of communication, shared secrets to reducing and resolving conflict, covered money management, and essential ingredients to lasting love. The course included a video presentations followed by activities and discussion. The class also included information for couples who were entering their second marriage. Three classes were held in February, June and October.

News articles were prepared for the local newspaper that addressed marriage and relationships. These included information about communication, conflict management and money management. There are four newspapers in the county that publish the articles and reach 6,000 families.

#### **Results**

There were two eight hour classes that were conducted that reached seven couples. Results included participants being mostly or completely satisfied with the program and finding the information presented to be relevant.

#### **Interpretation**

Results of efforts to conduct pre-marital classes have been interpreted to stakeholders during meetings with the Parker County Commissioners Court. Also presentations have been made with the Family and Consumer Sciences Committee and the Leadership Advisory Board.

#### **Future Programs**

In 2015 there will be an effort to increase the number of participants and offer at least two classes.

***Family and Consumer Science Programs***

*Kathy Smith, CEA-Family & Consumer Sciences, Parker County*

**Relevance**

Equipping adults and youth with skills that will help them to be safe and to gain confidence is important. Skills are needed to help build life time abilities that can help individuals throughout their lifetime.

**Response**

A sewing camp was held in August to teach sewing skills to adults and youth. The participants learned how to save money and to be creative by making home accessories.

Two food preservation classes were conducted in June and July. The June class covered pressure canner cooking and water bath canning. Participants canned green beans and made orange jelly.

Two Life Skills camps were conducted for Juvenile Probation Youth and Special Needs Youth. These classes covered basic food preparation, money management, and crafts.

The July class covered Salsa Making and Jams and Jellies. The participants learned about the safety and principles of preserving foods. They also learned about the different foods that can be made into salsa and preserved safely.

News articles were prepared focusing on concerns related to nutrition, health, parenting, conservation, money management and values.

**Results**

One sewing camp was held in August with 18 participating. The participants gained skills in how to save money and how to sew.

Forty people completed the two food preservation classes. They shared that this was a very good workshop and they will use the knowledge and skills learned to safely preserve food at home.

Thirteen kids gained knowledge and skills in Life Skills Camp.

***Parker County Entomology Program***  
***Let's Talk About Insects – From the KIDS ON the LAND program***  
*Kayla Neill, CEA-4-H and Youth Development, Parker County*

**Relevance** Kids on the Land, Inc.:

Study after study document outdoor hands-on learning experiences engage student in direct construction of ideas and skills which enable them to explore and experience science. Teaching science through curiosity and inquiry develops student understanding of the world around them. Is also puts them in direct contact with that world, providing students with a sense of place and their connection to it. Our hope is this: by combining the curiosity and inquiry with the hands-on real life experiences, we can facilitate student understanding of the human-land relationship and encourage them to think and act responsibly as they become stewards of this planet Earth.

**Response** The Texas A&M AgriLife Extension Service of Parker County provided an entomology program to students enrolled in the Millsap Elementary School MAPs program. Programmatic material was adapted from the KIDS ON the LAND – Let's Talk About Insects program as well as the JMG Junior Master Gardner Handbook.

The program was organized through a joint effort between Millsap Elementary School and the Texas A&M AgriLife Extension Service of Parker County. Topics Include:

- What is an Insect
- Insect Anatomy
- The Lifecycle of an Insect
- How Insects Eat, See and Communicate

**Results** In order to determine programmatic results of the Parker County Entomology program, a post-test evaluation instrument was administered to program participants that attended all four of the classes. A total of 13 out of 13 (100%) participants completed the post-test evaluation. The results are below:

- 13 out of the 13 participants (100%) were able to identify and label the parts of an insect.
- 13 out of the 13 participants (100%) were able to identify the chemicals secreted by insects.
- 13 out of the 13 participants (100%) were able to identify and label the 3 different compound eyes of insects.
- 13 out of the 13 participants (100%) were able to match the insect with its mouthpart.
- 12 out of the 13 participants (92%) were able to match the complete and incomplete insect lifecycles.

Results indicate that participants are capable of identifying an insect, the parts of an insect, the lifecycle and are familiar with how insects eat, see and communicate. The Texas A&M AgriLife Extension Service of Parker County would like to that the Millsap Elementary MAPs program for supporting our programming efforts.



### ***Parker County Take A Stand***

*Kayla Neill, CEA-4-H and Youth Development, Parker County*

**Relevance** Bullying among children, in past years has been passed off as a normal process in the development of youth (“Facts for Teens: Bullying – Part 1”, National Youth Violence Prevention Resource Center, no date). Bullying is not limited to one type of behavior, and can include direct attacks such as physical violence, threats, or name calling; and can also include indirect attacks such as excluding an individual or spreading a rumor about an individual. Nearly 1/3 of students surveyed report they experience bullying, either as a target or as a perpetrator. More than 16 percent said they had been bullied at least occasionally during the current school year. Eight percent reported bullying or being bullied at least once a week. The frequency of bullying was higher among 6th- through 8th-grade students than among 9th- and 10th-grade students. Children who reported they were bullied, reported more loneliness and difficulty making friends. Those who did the bullying were more likely to have low grades, smoke, and drink alcohol. (Source: “Bullying Behavior Among US Youth: Prevalence and Association with Psychological Judgment” Journal of American Medical Association, April 25, 2001.)

The Texas legislature has passed mandates through House Bills 283 and 121 and Senate Bill 136. House Bill 283 specifically requires a school district’s discipline management program to include prevention of and education concerning unwanted physical or verbal aggression, sexual harassment, and other forms of bullying in school, on school grounds, and in school vehicles.

Locally, bullying has been reported as a concern from all levels of school faculty and administration as well as local law enforcement officials.

**Response** Texas A&M AgriLife Extension Service developed a partnership with the Texas Rural Mediation Services (TRMS) to write a curriculum to address bullying and conflict management. “Take A Stand” is a curriculum that targets three age groups: 3-5 grades, 6-8 grades, and 9-12 grades, and includes five themes or topics for each level: Conflict Management/Bullying; Communication; Etiquette; Teamwork; and Cultural Awareness.

Peaster Elementary School 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> graders participated in the Take a Stand program for grades 3-5. The program was organized through a joint effort between the Peaster Elementary School and the Texas A&M AgriLife Extension Service of Parker County. Topics include:

- Lesson 1: Keep Your Cool (Conflict Resolution and Bullying)
  - Understand the signs of anger in themselves and others and learn how to control anger
  - Understand the consequences of violence
  - Learn the power phrase: Staying cool’s the way we choose. When we fight, we all lose.
- Lesson 2: Walk In My Shoes (Communication)
  - Explain their own point of view and listen to another person’s point of view
  - Learn to solve problems through talking and listening
  - Learn the power phrase: If we both say how we feel, we’ll work out a better deal.
- Lesson 3: A Manner of Speaking (Etiquette)
  - Learn 10 basic manners kids should use to show respect
  - Learn how to show respect through writing thank-you notes
  - Learn the power phrase: Good manners are the perfect way to show respect every day.
- Lesson 4: Get in the Game (Teamwork)
  - Understand the importance of teamwork and how to be a good team member
  - Learn the power phrase: Whether the task is big or small, we’ll use teamwork to solve them all.

## 4-H and Youth Development

- Lesson 5: You + Me = Harmony (Cultural Awareness)
  - Understand ways people are alike and different
  - Learn to appreciate the traditions, customs and gestures of other cultures
  - Power Phrase: Look at the world. What do you see? A rainbow of cultures in harmony.

**Results** In order to determine programmatic results of the Parker County Take a Stand program, an oral evaluation was used. The results are below:

The majority of the 532 students:

1. Expressed that they can recognize the signs of anger in themselves and know how to control it.
2. Can accept and understand the consequences of violence.
3. Can respect others.
4. Can practice good manners.
5. Can work with others to make decisions.
6. Can identify the 4 types of bullies.
7. Know who to inform in the event of a bullying situation.

Results indicate that participants feel they are capable of identifying characteristics of bullying and know measures that can be taken to insure safety of themselves and others. Texas A&M AgriLife Extension Service, Parker County would like to thank the Parker County Youth Board as well as Peaster Elementary School for supporting our programming efforts.

# Texas A&M AgriLife Extension Service Parker County

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## Personnel

Jon Green  
County Extension Agent – Ag/NR

Kathy Smith  
County Extension Agent – FCS

Kayla Neill  
County Extension Agent – 4-H

Erin Wade  
Office Manager

Tiffany Johnston  
4-H Administrative Assistant

Ari Edgmon  
4-H Program Assistant

Brittany Coop  
Better Living for Texans Prog. Assistant

## Contact Us

604 North Main, Suite 200  
Weatherford, Texas 76086  
Office - 817-598-6168  
Fax – 817-598-6159  
Email - [Parker-tx@tamu.edu](mailto:Parker-tx@tamu.edu)  
<http://parker-tx.tamu.edu>

