

MAKING A DIFFERENCE IN SAN PATRICIO COUNTY



TEXAS A&M
AGRI LIFE
EXTENSION

December 2019-February 2020

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The Texas A&M University System,
U.S. Department of Agriculture, and
the County Commissioners Courts of
Texas Cooperating

Family and Community Health: Sweet Heart Workshop - Sixty-one women and 14 vendors participated in the 6th Annual Sweet Heart workshop to celebrate February as National Heart month. Activities included free health screenings, a healthy breakfast, a heart health 101 session and two healthy food demonstrations. This event is a joint effort by the Sinton Wesley Nurse and AgriLife Extension. Feedback indicated that all participants planned to adopt a more healthy heart lifestyle.



Promoting Healthy Weight in Children - Chronic diseases are consistently linked with overweight and lack of physical activity. An estimated one in three children is overweight or at risk of becoming overweight. The development of chronic disease, particularly diabetes is a problem in San Patricio County. Educating school faculty, children and parents about current research and practices related to proper nutrition and physical activity will improve children's health status as well as length of life with reduced financial burden on the health system. 4323 **Healthy Foods newsletters** are distributed monthly to local school districts and Head Start. Excellent feedback has been received from teachers, parents, and students concerning the adoption of a more healthy lifestyle since reading the newsletters. Parents and teachers have also reported that they have made the recipes that are included in the newsletter. Parents and students have also participated in school health fairs and nutrition workshops.

Agriculture and Natural Resources: Cotton and Grain Risk and Marketing Workshop was held on December 18, 2019 at Smolik's in Mathis. This event was hosted by Nueces & San Patricio Counties AgriLife Extension and 6 participants attended. Attendees were presented information Budgeting and Decision Tools, 2020 Crop Insurance Options, Cotton and Grain Outlook, Marketing Strategies, and "What if" Scenarios, as well as, exploring current situations and timely scenarios for 2020 crop year.

The annual Field Crop Symposium was held on January 7, 2020 at the Texas A&M AgriLife Research & Extension Center in Corpus Christi. This event was hosted by Nueces & San Patricio County AgriLife Extension and was attended by fifty-two area producers.



Two Auxin Specific Trainings and Worker Protection Standards Trainings were held on February 12 & 25, 2020 at the San Patricio Fairground Civic Center. 76 participants attended the Auxin trainings and 72 attended the WPS trainings.

4-H & Youth Development: The San Patricio County 4-H Ambassadors hosted their 9th Annual Extra Special Livestock Show. We had four hundred sixteen students from Gregory-Portland, Ingleside, Aransas Pass, Mathis, Odem-Edroy, Sinton, Taft, Rockport, Three Rivers, Beeville, Banquete and George West School Districts. Also, participating this year was Calallen ISD. Participants received trophies, T-shirts, Whataburger backpacks & bandanas and kid's meal coupons.



The San Patricio & Aransas County Agricultural & Homemakers Show kicked off the year with great excitement. We had 1,800 entries in this year's show, with entries including Livestock, Homemaking, Ag Mechanics and Horse. Of the 398 Livestock entries, 203 made the Show Auction. Our members exhibited their projects and shared their learning experiences with others. The Auction was a huge success, as it brought \$1,625,312 to the youth of San Patricio and Aransas Counties.