



## Extension Education in Harrison County

# Making a Difference

*The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.*

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.

### **Harrison County – Summary of 2016 Educational Contacts**

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- Total Contacts-50,469
  - ✓ Educational Events Contacts-6,566
  - ✓ Other Contacts-43,903
  
- All Sessions
  - ✓ Contacts-6,566
  - ✓ Hours-15,740
  
- Plan Level
  - ✓ In-Depth....Contacts-925.....Hours-2,142
  - ✓ Outreach...Contacts-5,416...Hours-13,277
  
- Delivery Method
  - ✓ Face to Face...Contacts-6,540...Hours-158,698
  - ✓ Technology Assisted...Contacts-26...Hours-42
  
- Marketing Contacts  
(Includes Newsletters, Website, Email and Facebook)
  - ✓ Broadcast Mass Media Sessions-4
  - ✓ Social Media Post-45,586
  - ✓ Duration-1,521
  - ✓ Followers-18,309
  - ✓ Distribution-23,000

**2016 Harrison County Beef & Forage In-Depth Summary**

*Developed by Matt Garrett, County Extension Agent-Agriculture & Natural Resources*

**Relevance:** Agriculture is one of the main sources of income for Harrison County with the gross sales over 18 million dollars annually according to the 2012 US Census. Livestock and forage production account for more than 14 million dollars of that total. According to the census report each producer supplements their income on the average with a little over \$14,000 annually. Livestock production, improved pastures, soil fertility, and small grains for grazing are an important part of the agricultural makeup of Harrison County. The ever changing dynamics of livestock and forage production present difficult decisions for producers. Changes in the marketplace, weather, and input costs all affect the bottom line of our Beef and Forage producers.

**Response:** The Harrison County Livestock and Forage Committee provided leadership in planning, implementation, and evaluation of all Livestock and forage programs. Livestock and forage producers increased their knowledge and adoption of practices through livestock and forage workshops, clinics, and news articles in the areas of livestock and forage production. These programs were targeted to Livestock and forage producers that attended educational programs. The Harrison County Livestock and Forage Committee identified several educational programs and events in which they wanted to sponsor. These programs/events included:

**Quarterly Beef and Forage Newsletter** January-December-309 recipients

**Winter Gathering Marketing Program** February-22 participants

**2016 Noble Foundation Tour** May-8 participants

**Annual East Texas Forage Conference** August-68 participants

**Fall Internal Parasite Program** October-22 participants

**Veterinary Feed Directive Program** November-12 participants

**Results**

During the 2016 year, 3 of the major beef and forage educational programs were evaluated using the “East Region” survey tools, the results are listed below:

**2016 Winter Gathering Marketing Program-** 20 of 22 (90.9%) of participants responded providing data back on their perception of knowledge gained and plan to adopt practices based on the educational program.

**Intent to Adopt: (Excludes Not Applicable or Already Adopted)**

\*13 of 13 (100%) intend to market cull cows to maximize their profit

\*14 of 18 (77.8%) intend to adopt or participate in different markets to market their cattle.

**Economic Impact:**

Average number of cattle managed by participants – 143

Total number of head of cattle managed or owned by participants - 2007

Total anticipated economic benefit per head - \$23.31

Average economic impact per producer - \$3,341.94

**Total economic impact for this program-** **\$46,787.25**

## Agriculture and Natural Resources

**2016 East Texas Regional Forage Conference** – 43 of 68 (63.2%) of participants responded providing data back on their perception of knowledge gained and plan to adopt practices based on the educational program.

**Intent to Adopt: (Excludes Not Applicable or Already Adopted)**

- \*14 of 43 (32.6%) intend to adopt using pesticides to control armyworms
- \*13 of 43 (30.2%) intend to adopt the use of the appropriate herbicides to control weeds in pastures
- \*11 of 43 (25.6%) intend to adopt selecting supplements and winter forage based on nutritional needs

**Economic Impact:**

Average number of cattle managed by participants -125.68 head  
Average number of acres managed by participants -429.78 acres  
Total anticipated economic benefit per head of cattle -\$14.95  
Total anticipated economic benefit per acre - \$12.52  
Average total economic impact per operation -\$7800.73  
Total economic impact for this program- **\$280,827.00**

**2016 Fall Internal Parasite Program** – 100% of participants responded providing data back on their perception of knowledge gained and plan to adopt practices based on the educational program.

**Intent to Adopt: (Excludes Not Applicable or Already Adopted)**

- \*95.8% of participants claimed they had an increase in knowledge
- \*87.5% of participants plan to adopt at least one practice presented
- \*18 of 21 (85.7%) plan to implement a strategic de-worming program
- \*14 of 18 (77.8%) plan to implement a disease prevention and management plan

**Economic Impact:**

Average herd size of producers at program – 113.6 head  
Total number of head represented at program – 2159.5 head  
Average economic benefit per producer - \$1,475.12  
Total economic impact for this program - **\$28,027.25**

Total Economic Impact from these three (3) programs - **\$355,641.50**

Average of **\$3,119.66** per participant, which responded to the economic section of the evaluation surveys for these three programs.

**2016 Harrison County Water Conservation In-Depth Summary**

Matt Garrett, County Extension Agent –Agriculture & Natural Resources

**Relevance-** Water Conservation is and continues to be a significant issue across Texas and Harrison County. Agriculture and Home Water Use continue to be the largest water user in Texas. There is a potential for negative impacts on the water quality and quantity. Programs were designed to educate adults and youth, in particular, on water use efficiency, quality and conservation methods. In Harrison County there are 28,121 households (2015 US Census). There are 30,123 acre feet of water storage in Harrison County. The Water Shed area for Lake O' The Pines and Caddo Lake requires constant monitoring and public awareness to insure water quality.

**Response-** The Harrison County Leadership Advisory Board suggested that training needed to be presented to clientele on how to properly manage natural resources (water quality and quantity). These Programs/Events Include

- \* Rainwater Harvesting Program September- 23 attended
- \* 40 Gallon Challenge October-131 completed
- \* Texas Watershed Steward Program October- 27 attended
- \* Water Conservation News Articles 3 Articles 5000 circulation
- \* KMHT Water Conservation Radio Program 3 Radio Programs 8000 listeners

**Results-**

**Texas Watershed Steward Program** – the objective of this program was not only to increase knowledge of our Watershed program but to also develop leaders to become active spokes people in the community.

\*96% of the attendees stated that they were interested in protecting their watershed and also to participate in future programs and workshops

\*80% stated that they were interested in becoming active in a local watershed group.

\*66% stated that they were likely to participate in community cleanup activities

\*65% of the attendees said they were interested in participating in a water quality monitoring program

\*48% said that they would be willing to take an active leadership role in a local watershed group.

\*31% increase in knowledge gained utilizing pre and post test results

**Rainwater Harvesting Program**

The objective of the rainwater harvesting program was to raise awareness about water as a precious resource. What can we do as homeowners to not only make a difference but to promote a difference in our communities?

\*Rainwater harvesting for irrigation 58.3% increase in knowledge gained

\*.6 gallons of water can be collected per square foot of roof space in a one inch rain 68.7% increase in knowledge

## Agriculture and Natural Resources

\*Disconnect existing irrigation systems from municipal water to avoid cross contamination 41.7% increase in knowledge

\*Drip irrigation is the most efficient way to irrigate 24.7% increase in knowledge gained

81% stated upon completion of the program that they had intentions to adopt at least one of the practices presented at the program.

64% of the participants stated that they anticipated an economic benefit as a result of this program

### Farm Pond Management Program

#### Knowledge Gained...

Program Content	Before	After	% Change
Importance of water quality	2.18	4.27	58.3%
Aquatic Weed Identification /Control	2.00	4.33	54.3%
Pond Ecology	1.67	4.17	52.2%

\*75% of the participants planned to adopt at least one management strategy presented during the program that would affect their water quality.

\*The average participant estimated that the program would have an economic impact that averaged \$294.00 per participant

### 40 Gallon Challenge

Water conservation is an ever-growing concern for everyone. We have distributed questionnaires to households throughout the county to raise awareness and to help change daily behavior patterns. The pledges focus on what each individual can do on a daily basis to help conserve our most precious resource.

To date there have been 131 pledges turned in saving 20,312 gallons of water in Harrison County on a daily basis. This equates to more than 7 million gallons per year in Harrison County alone. Statewide the program has helped conserve 709,917 gallons per day to account for a yearly savings of a little over 250 million gallons.

## 2016 Harrison County Master Gardener Outreach Summary

*Developed by Matt Garrett, County Extension Agent-Agriculture & Natural Resources*

**Relevance:** Homeowners have many questions throughout the year for County Extension Agent to answer about their home and garden horticultural needs. Educational methods utilized can include home visits, phone calls, news articles, referring to Aggie Horticulture website, workshops, seminars, tours, etc. Typical topics of discussions include general horticulture, landscape design, disease, weed and insect management, water conservation and management, turf grass management, ornamental, and shade trees. Harrison County youth also need to be exposed to horticulture based programs to teach youth where food comes from utilizing the Grow Green Marshall Garden and the educational benefits that home gardening can bring as an educational tool.

**Response:** The Harrison County Master Gardener Association meets the second Tuesday of each month for their business meeting and program. The association and the Texas A&M AgriLife Extension Service also sponsors and holds the Master Gardener class each and every year, starting in January and concluding in mid-April. The association also sponsors several programs, conferences and other educational seminars throughout the year for both youth and adult audiences. The programs that were offered in 2016 include;

- Master Gardener Trainings: (Total 50 hours Training) Jan– April
- Harrison County Master Gardener Association Meetings: (Monthly) Jan-Dec
- Harrison County Master Gardener Executive Board Meetings: (Quarterly) Jan-Dec.
- East Texas Turf Grass Conference: Feb.
- Harrison County Master Gardener’s Plant Sale: April
- Home site visits: Jan.-Dec.
- News articles: Jan.-Dec.
- KMHT Radio: Jan-Dec.
- North Texas Wine Growers Workshop

**Results:**

**North Texas Wine Growers Workshop**

Level of understanding acquired...

Program Content	Before	After	% Change
Crop Estimation Methods	1.63	2.94	48.3%
Fungal Pathogens	1.89	3.22	44.3%
Fungal Control Measures	1.89	3.19	43.3%
Insect Control Measures	2.00	3.22	40.7%
Insect Pests	2.14	3.28	38.0%

**2016 Harrison-Gregg Master Gardener Class**

Level of understanding acquired...

Program Content...	Before	After	% Change
Rose Pruning	1.73	3.64	63.7%
Plant Propagation	1.75	3.50	58.3%
Composting & Soils	1.92	3.50	52.7%
Basic Soil Fertility	2.08	3.50	47.3%
Landscape Critters	1.92	3.33	47.0%

## Agriculture and Natural Resources

Water Garden Features	1.92	3.33	<b>47.0%</b>
Soil Testing	2.08	3.42	<b>44.7%</b>
Insect Management	2.08	3.42	<b>44.7%</b>
Tree Care	2.08	3.33	<b>41.7%</b>
Fruit Production	1.92	3.17	<b>41.7%</b>
Vegetable Production	2.25	3.42	<b>39.0%</b>
Disease Management	2.08	3.17	<b>36.3%</b>

### Other Educational Efforts:

The Harrison County Master Gardener’s held their 11<sup>th</sup> Annual Plant Sale on April 1<sup>st</sup> in the parking lot of Tractor Supply. It is estimated that over the course of the 8 hour event that they came into contact with over 400 customers. Each of the customers were given a brochure to promote The Harrison County Master Gardener Association. In addition to the brochure each of the customer received a free Butterfly bush seedling. The information on the bush and other tactics to attract butterflies were emphasized by the members of the association.


The Harrison County Master Gardeners sponsor 2 scholarships each year for 2 upcoming interns to take the class. This year we have a total of 7 interns that will start training in January. We are excited about the classes and the new members.

The Master Gardeners also have a passion for the youth of our county. They will be teaming up with the STEM coordinator with Marshall ISD to implement a Junior Master Gardener program. In addition to this they also sponsor the enrollment fees for our 4-H members that enroll in 4-H in the month of September. The Harrison County Master Gardeners pay half of the enrollment fee for these young people. We look forward to continuing this partnership

Volunteer Contact hours made by Harrison County Master Gardeners and Interns in 2016 totaled 1152. The estimated value for these volunteer hours is worth **\$27,141.12** to Harrison County.

V A L U E

Earth-Kind® Landscaping



The Earth-Kind® program teaches participants how to care for gardens and landscapes with environmentally friendly, research-proven techniques. Instructional topics include water conservation, responsible fertilizer application, and non-chemical options for controlling pests. Use of Earth-Kind® practices benefits Texas by saving water and protecting surface and groundwater resources from potential contaminants.



*2016 Do Well, Be Well with Diabetes  
Harrison County  
Prepared by  
Louraiseal McDonald, CEA-FCS*

**Relevance:**

Diabetes occurs when the body does not make enough insulin or the insulin it makes does not work properly. While this chronic illness is not curable; it is manageable. According to the Texas Department of Health and Human Services the following statistics prove that diabetes is an epidemic in the state of Texas: 17.9 million adults have been diagnosed with diabetes in Texas, 5.7 million people are unaware that they have the disease, diabetes cost Texans more than 12 billion dollars and diabetes is the sixth leading cost of death in the state. This reliable source also reported statistics for Harrison County, the adult diabetes prevalence rate has steadily increased: 6.9% in 2008, 9.8% in 2009, 11.3% in 2010, 11.7% in 2013.

**Response:**

After reviewing the Harrison County adult diabetes prevalence rates, the Texas Communities Future Forum and Harrison Family and Consumer Sciences committee members, the majority decided to implement diabetes education. Do Well, Be Well is a five week diabetes education series which focuses on self-management and nutrition education. The following lessons were taught:

- *Getting Started: How Food Affects Your Blood Sugar*-April 7<sup>th</sup>-15 attended
- *Are You Eating the Right Number of Carbohydrates? Let's Find Out*-April 14<sup>th</sup>-14 attended
- *Beyond the Diet: Improving Your Blood Glucose Control with Physical Activity*-April 21<sup>st</sup> 11 attended
- *Beyond Diet and Physical Activity: Improving Your Blood Glucose Control with Medication*- April 28<sup>th</sup>-14 attended
- *Celebrating Diabetes Control while Avoiding Complications: Having Your Cake (or Snack) and Eating it Too!*-May 5<sup>th</sup> 15 attended

Targeted towards adults with Type 2 diabetes, the program was offered in a group setting which allows participants to support and encourage each other. The Harrison Do Well, Be Well task force, which consisted of doctors, nurses, pharmacists, exercise specialist and diabetes educator, assisted the Harrison Family and Consumer Sciences committee with marketing and interpretation as well as seeking and securing speakers and door prizes.

In an effort to reach more Harrison County citizens, diabetes education news articles were written on a quarterly basis and reached an average of 8,000. During November, a diabetes education exhibit was displayed at the Harrison County courthouse and reached over 500 county employees and citizens.

**Results:**

A pre-test and post-test evaluation instruments were used. The following are the evaluation results:

Pre-Test

53% (8 out of 15) thought that 128 is a healthy blood sugar number before meal like breakfast

## Family and Consumer Sciences

53% (8 out of 15) does not know how many carbohydrate choices should be eaten at each meal

47% (7 out of 15) thought a person who has diabetes shows signs of low blood sugar, should have 1 can of diet soda

### Post Test

67% (10 out of 15) learned that 128 is a healthy blood sugar number before meal like breakfast.

60% (9 out of 15) learned how many carbohydrate choices should be eaten at each meal.

80% (12 out of 15) learned a person who has diabetes shows signs of low blood sugar, should have 1/2 can of regular soda

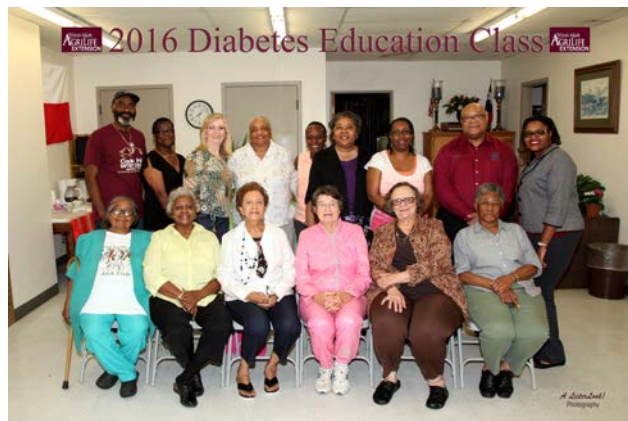
Positive feedback was also shared: “Thank you so much for teaching me how to count carbohydrates. I have always struggled with that until now,” “I have not gained weight and I am exercising five day per week,” and “I didn’t realize the importance of meal planning.” If the participants continue to adapt the best practice guidelines, their potential health care cost savings will be \$570,119.

### ***Acknowledgements:***

A special thank you goes to the following presenters for their time and expertise: Mary Lynn Vassar, MS, RD, LD, CDE, Michelle Beall, Pharm D, Linda Sue Stobaugh, LVN (retired), Denise Guehlstorff, Exercise Specialist, Dr. John Fox, Chris Horsley, Pharm D, Dr. Amy Love, and La Tausha Gaskin, P.A. A huge thank you goes to the donors: Thompson Home Health, Cypress Home Care, County Commissioner Zephaniah Timmins, Fresh Air Medical Supply, Super 1 grocery store, Good Shepherd Medical Center, Love Dental Clinic, Marshall Rural Health Clinic, Lister Look Photography and Cross Medical Supply. In addition, appreciation is expressed to the Harrison Family and Consumer Sciences Committee and the Harrison Do Well, Be Well task force for their guidance and support.

### ***Future Programming:***

In an effort to continue the fight against Type 2 diabetes in Harrison County, the members of the Harrison Family and Consumer Sciences committee and the Harrison Do Well, Be Well with Diabetes task force plan to implement Do Well, Be Well with Diabetes in 2017. News articles and diabetes education exhibits will be displayed throughout the county as well as offer one shot diabetes education programs in the community.



*2016 Walk Across Texas  
Harrison County  
Prepared by  
Louraiseal McDonald, CEA-FCS*

***Relevance:***

Research has shown that obesity can cause serious health care problems such as diabetes, depression, heart disease, and hypertension. According to the Centers for Disease Control and Prevention 64% of American adults are obese. An estimated 20% of children are obese according to the United States Department of Agriculture Symposium on Childhood Obesity. Only 19% of adults and 30% of youth get regular, moderate exercise to meet physical activity guidelines. The Texas Department of Health and Human Services reported the rate of adult obesity is 28.9%, the rate of youth obesity is 14.7% in Harrison County. If Harrison County youth can learn the importance of adopting a healthy lifestyle at an early age, then they will be able to delay the onset of chronic diseases such as diabetes. The target audience for this plan was Harrison County youth.

***Response:***

After reviewing the Harrison County alarming obesity statistics, the Harrison Family & Consumer Sciences (FCS) program area committee set a goal to increase physical activity for youth. All members decided to implement *Walk Across Texas* (WAT), an eight week physical activity program designed to help people of all ages establish the habit of regular physical activity. In an effort to make an impact; the Harrison WAT task force was formed. The task force included members from the Harrison FCS committee, Marshall Independent School District, Health Care Express, Harrison Extension Education Association and Harrison County Health Department. Task force members decided to implement WAT at a local school in 2015. After great success, task force members agreed to implement the program again in 2016. Also, in an effort to make the general public aware of the importance of adopting a healthy lifestyle, members displayed nutrition exhibits and distributed nutritional handouts at health fairs, county courthouse and other local public events.

***Results:***

In October, Robert E. Lee Elementary implemented a Walk Across Texas Kick Off event. A total of 313 students (157 male, 156 female, 245 African American and 68 White), which are in Kindergarten through fourth grade are currently participating in the event. They have logged a total of 3,651.2 miles. The economic impact for this program is \$15,769. Several students share positive comments about the program: *"I didn't know earning bonus miles would be fun"*. One teacher shared a truly awesome story. She said a parent personally thanked her for the program because she and her husband quit smoking and their family now engage more physical fitness activities such as a weekly walk in the park.

***Acknowledgements:***

A special thank you goes to the Harrison FCS committee and Harrison WAT task force for continuing to recognize and willing to address the obesity epidemic in Harrison County. The program would not have been a success if the committee members and school administration did not assist with planning, advertising, implementing and interpreting the program. A huge thank you goes to all of the sponsors for the prizes: Health

## Family and Consumer Sciences

Care Express, Golden Chick, Wendy's, Subway, Blue Cross Blue Shield, Choice Dental, Meadowbrook Funeral Home, Legacy Insurance, Pizza Hut, Exodus Nutrition, Marshall Police Department, Sonic, Chicken Express, State Representative Chris Paddie, and Marshall News Messenger.

### *Future Program Actions:*


The Harrison FCS committee and Harrison WAT task force plan to reunite implement WAT in 2017.



Walk Across Texas Class with Most Miles and local business mascots.



Harrison FCS committee members and WAT task force members showcase nutrition exhibit at county employee health fair

VALUE	
Obesity Prevention and Reduction	 <p>The Texas A&amp;M AgriLife Extension Service engages children and adults in programs that teach them how to eat nutritious foods and engage in regular physical activity to promote health and reduce their risk for obesity. The Texas public benefits through a healthier population, reduced health care costs, and increased productivity.</p>

*Educational programs of the Texas A&M 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*

*2016 Harrison Better Living for Texans  
Back to the Basics On-Line Course  
Prepared by  
Louriseal McDonald, CEA-FCS*

**Relevance:**

In Harrison County, an estimated 11,961 individuals receive benefits from the Supplemental Nutrition Assistance Program (SNAP), historically known as food stamps. Studies have shown that 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). Having enough food to eat is also a challenge; an estimated 1 out of 6 households experience food insecurity.

**Response:**

The Better Living for Texans (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/need for physical activity, stretch food dollars, and prepare and store food safely.

During the fall of 2014, the East Region BLT Advisory Board met and brainstormed creative ideas on how to reach limited resource audiences. Everyone agreed to try an on-line method, which would not expose limited resource audience' privacy. They are able to receive the information without their identity being revealed. Also, the participants' diverse beliefs and cultural differences regarding food and nutrition as well as physical activity are protected.

After learning about this new innovative educational tool, the Harrison Family and Consumer Sciences (FCS) program area committee decided to implement the BLT *Back to the Basics* on-line curriculum, this program focuses on meal planning, physical activities, stretching food dollars, and adopting selected behaviors that can reduce the risk of foodborne illness. Several national, state and southern region awards were received due to exemplary dedication and commitment.

In 2016, Harrison FCS committee agreed to implement the same program again. However, they wanted to target two local colleges: Wiley College and East Texas Baptist University.

**Results:**

41 adult college students (4 White, 37 African American, 18 Male and 23 Female) successfully completed the three part on-line series. Pre-test, post-test and 30-day follow up surveys were utilized to evaluate the program. The following are the results:

*How many times a week or day did you eat fruit? Count any kind of fruit-fresh, canned, and frozen. Do not count juice.*

31.71% (13 out of 41) responded 1-2 times a week  
24.39% (10 out of 41) responded 3-4 times a week  
19.51% (8 out of 41) responded 1 time a day  
9.76% (4 out of 41) responded 2 times a day  
9.76% (4 out of 41) responded none or rarely  
4.88% (2 out of 41) responded 3 or none times a day

Each time you ate vegetables, how much did you eat?

39.02% (16 out of 41) responded about ½ cup

31.71% (13 out of 41) responded about 1 cup

21.95% (9 out of 41) responded less than ½ cup

7.32% (3 out of 41) responded more than 1 cup

Question	All of the time	Most of the time	Some of the time	Hardly ever	Never	Not Sure	Response	Average Value
Plan your meals in advance	7	11	14	2	7	-----	41	2.78
Use a list when shopping	4	12	9	7	9	-----	41	3.12
Compare prices when shopping	9	9	8	8	6	-----	40	2.83
Wash your hands with warm water and soap for 20 seconds before preparing food	28	6	6	-----	1	-----	41	1.54
Wash your fresh fruits and vegetables before eating or preparing them	18	13	6	4	-----	-----	41	1.90
Choose to be physically active for at least 30 minutes, five days a week.	9	12	11	7	2	-----	41	2.54

**2016 Harrison Extension Education Association**

***Relevance***

The Texas Extension Education Association was organized in 1926 as a way to strengthen and enrich families through educational programs, leadership development and community service by volunteer members of the Association, in coordination with Texas A&M AgriLife Extension, TEEA functions exclusively for charitable, educational and scientific purposes as a 501c3 organization.

***Response***

The Harrison Extension Education Association consists of one club: Sabine EEA Club. There are twenty members. They have continued to be active in the community.

***Results***

These individuals have donated a total of 2500 volunteer hours in programs and community activities. They raised over \$3000 during the Annual Cornbread & Bean Luncheon and an additional \$2000 during the Annual Chili Dog Luncheon. The monies were used for educational programs, conventions, training meetings and scholarships. They collected and donated food items to the local food pantry. They visited nursing homes and hospitals. Financial contributions were made to the local food pantry, Toys for Tots and the Harrison County 4-H scholarship fund. They donated auction items and money to the district and state for 4-H scholarships. Also, they donated funds to the Coins for Friendship to help support the state 4-H Center in Brownwood, TX.



## **2016 Multi-County Dinner Tonight**

### ***Relevance***

Research shows daily calorie intake from foods eaten away from home increased from 18% to 32% in the last 25 years. Foods eaten away from home tend to be more calorie dense and nutritionally poorer than foods prepared at home, on average. Providing families with healthy recipes and menu planning tips through the multi-faceted Dinner Tonight! Program is intended to encourage families to eat at home more often and hopefully make healthier food choices.

The Dinner Tonight weekly video demonstration program was created by a team of agents interested in expanding outreach opportunities through technology. Each Monday, a video demonstration, featuring a quick and healthy recipe is released for the public to view. The Dinner Tonight Healthy Cooking Schools are a method of expanding the video demonstrations by offering face to face educational methods to teach families about meal planning and healthy food preparation. While there are many groups who conduct cooking schools, the Dinner Tonight healthy cooking school has a unique emphasis. The demonstration recipes are cost effective, easy to prepare and fit into a healthy meal plan. The goals of the cooking school are to promote family mealtime while teaching families healthy meal planning and food preparation techniques. The vision for the Dinner Tonight healthy cooking school is to create a high visibility, large scale event that is fun and informative for participants.

### ***Response***

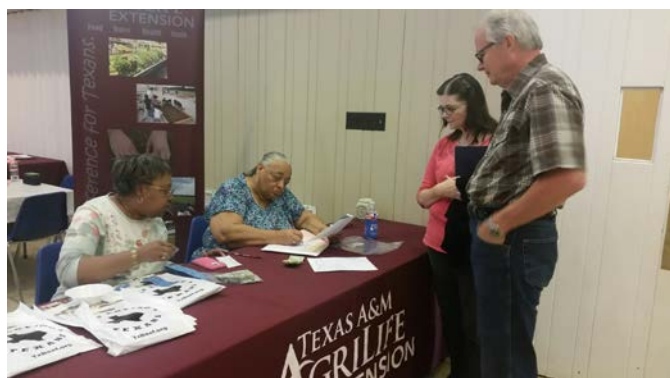
Harrison, Gregg, Rusk, Smith, Panola, Upshur and Wood Counties Family and consumer Sciences Agents as well as volunteers planned and implemented a Dinner Tonight Cooking School in Gregg County for the general public.

### ***Results***

As a result of the planning and marketing efforts over 30 people attended the Dinner Tonight Healthy Cooking School. Several agents demonstrated healthy meals and snacks for the audience. Positive feedback was shared: "I did not know that I could make quick, easy, tasty snacks for my family."

### ***Acknowledgements***

A huge thank you goes to the Harrison Family and Consumer Sciences committee members for agreeing to assist with registration. A special thank you goes to all the Family and Consumer Sciences agents in this cluster who worked together so diligently.





**2016 Multi-County Child Care Conference**

**Relevance**

Over 60 percent of children from birth through age 6 (not yet in kindergarten) receive some form of child care on a regular basis from persons other than their parents. The Texas Workforce Commission estimates that there are over 100,000 child care providers caring for more than 760,000 children under the age of 13 in licensed or regulated child care facilities in the state of Texas. Additionally, child care is the 16<sup>th</sup> largest industry in the state, generating over 145,000 jobs and \$2.3 billion in wages for Texans. Findings from longitudinal research have clearly established the fact that quality does matter when it comes to child care. Children who receive high-quality care (e.g., warm sensitive caregiving, well-educated child care staff, low child-to-adult ratios, small group size) develop better language, math, and social skills; exhibit fewer behavior problems; and tend to be better prepared for entrance into school. Having a well-trained child care workforce is essential to providing the high quality child care that children need to develop physically, socially, emotionally, and cognitively.

**Response**

On January 23, 2016, the Texas A&M AgriLife Extension Service conducted a child care provider training conference in Carthage for **19** child care providers and directors who provide care for **280** children enrolled in **8** child care centers or family day homes. Nineteen participants completed a written evaluation of the conference (see Table 1 for participant characteristics). A total of **114** clock hours of training were provided to child care professionals seeking to meet state mandated training requirements established by the state of Texas.

**Results**

**Table 1. Participant Characteristics (N = 19)\***

<b>Variable</b>	<b>Percentage</b>	<b>Mean</b>
<b>Age (in years)</b>		42.3
<b>Number of Years in Child Care Profession</b>		11.6
<b>Gender</b>		
Female	94.7	
Male	0.0	
<b>Ethnicity</b>		
African American	36.8	
Caucasian	57.9	
Hispanic/Latino	0.0	
Other	0.0	
<b>Education</b>		
Less than High School Diploma	0.0	
High School Diploma	68.4	
Associates Degree	31.6	
College Graduate	0.0	
<b>Program Type</b>		
Home Day Care	5.3	
Child Care Center (other than Head Start)	89.4	
Other (e.g., Montessori)	0.0	
<b>Program Licensed and/or Registered</b>		
Yes	89.5	
No	0.0	
<b>Attended Extension-Sponsored Training in Past</b>		
Yes	78.9	
No	21.1	
Not Sure	0.0	
Percentages do not always equal 100% due to missing cases.		

## Family and Consumer Sciences

Participants were asked to indicate their agreement or disagreement with a series of items related to the training. Nineteen participants completed written surveys (See Table 2 for participant responses).

**Table 2. Child Care Provider Conference Outcomes (N = 19)\***

Item	Percent in Agreement*	Percent not in Agreement*
<b>Acquisition of New Information</b>		
Learned new information	100.0%	0.0%
Will utilize new information to strengthen program	100.0%	0.0%
<b>Intent to Use Information</b>		
Will use now	100.0%	0.0%
Will use in future	100.0%	0.0%
<b>Training's Influence on Provider/Program Quality</b>		
Will be more effective provider	100.0%	0.0%
Will lead to improvements in quality of care offered	100.0%	0.0%
<b>Relevancy of Training</b>		
Helped provider obtain required clock hours	100.0%	0.0%
Topics relevant to daily work	100.0%	0.0%
<b>Other</b>		
Training cost-effective	94.7%	5.3%
Plan to attend another Extension conference	100.0%	0.0%
*Percentages do not equal 100% due to missing cases		

In addition to the above items, participants were asked to rate the quality of the conference compared to other child care trainings they have attended in the past by non-Extension organizations/agencies. Table 3 below contains the results.

**Table 3. Perceptions of Quality Compared to Other Non-Extension Trainings (N = 19)\***

Item*	Much Worse	Worse	Same	Better	Much Better
Compared to other child care trainings you have attended (not provided by Extension), how would you rate the quality of today's training?	0.0%	0.0%	21.1%	42.1%	31.6%
*Percentages do not equal 100% due to missing cases					

As can be seen in the tables above, child care providers found the training to be very beneficial. One hundred percent of participants acquired new information from the conference, considered the training to be very relevant to the work they do, plan to utilize the information gained at the conference to improve their programs, and consider themselves better equipped to work with the children in their care. Moreover, **74%** of providers rated the training "Better" or "Much Better" compared to other trainings they have attended that were not conducted by Extension.

### *Acknowledgments*

A huge thank you goes to Dr. Stephen Green and his staff for compiling evaluation results. A special thank you goes to the agents in this cluster who worked together to provide a successful child care conference. Of course, a big thank you goes to all of the speakers and volunteers who donated their precious time

## 2016 Harrison County 4-H Grows Outcome Summary

*Developed by Matt Garrett, County Extension Agent-Agriculture & Natural Resources*

**Relevance:** The 4-H enrollment for 2014-2015 for Harrison County was 89 youth. The 4-H Advisory Board wanted to analyze what our strengths and weaknesses were. It was determined that Shooting Sports was the fastest growing part of our county program. In addition to this it is estimated by the 2015 U.S. census that there are 66,417 citizens of Harrison County. It is estimated that 6% of that total are between the age of 10-14. That is the second focus for our program. That is a total of 3985 potential members for 4-H.

**Response:** In order to implement a successful county 4-H program, the County Extension Agent will work with the 4-H and Youth Advisory Board (or the Leadership Advisory Board), Volunteer Leaders Association, County Council, volunteers and other partners. A variety of promotional and educational methods will be used to manage and implement a successful County 4-H program. These will include (but are not limited to): face to face individual and group meetings such as workshops, demonstrations, trainings, contests and recognition events; written communication such as letters and newsletters; media such as radio, television and newsprint; and electronic communication such as email, blogs and social media.

**Results:**

Monthly Meetings	KMHT Radio (Jan-Dec.)
Marshall News Messenger weekly article (Jan.-Dec)	4-H Advisory Board Meetings Quarterly
One Day 4-H-October	National 4-H Week-October
Club Manager Training-August	Fire Ant Festival-October
Court Report / Scholarship Presentation	Harrison County 4-H Camp-June
Karnack ISD Planning meeting ACE Program	Livestock Judging Clinic-April
What is 4-H Texas Early College High School-September	4-H Fun Day-September
Marshall ISD planning for Grow Green Marshall Garden-December	

**What is 4-H Program: 79 attendees**

97.1% of participants increased understanding in at least one program item.

70.8% of participants will probably adopt at least one practice from the program

Topic Presented	Before	After	%Change
How 4-H started	1.44	3.35	63.7%
Occupations that 4-H can help prepare me for	1.71	3.42	57.0%
What is a land grant university	1.39	3.09	56.7%
Opportunities through 4-H	1.82	3.48	55.3%
School Activities that are also 4-H contests	1.63	3.22	53.0%
Role of the County Extension Agent	1.40	2.91	50.3%
Scholarships available through 4-H	2.33	3.64	43.7%

- \*23.3% probably will join 4-H
- \*16.4% definitely will join 4-H
- \*2.8% already have joined 4-H

### **2016 Harrison County 4-H Camp: 42 attendees**

The goal of this annual camp is to increase awareness in the Harrison County 4-H program. The camp is a 2 day camp held each June at the Trinity Episcopal Church. Each year we have 40- 45 participants. The participants are exposed to the AgriLife Extension Stream trailer to be exposed to erosion and hydrology. Texas Farm Bureau was on hand with the Ag Product trailer that explains where certain commodities come from. Texas Parks and Wildlife was there with their Wildlife Biology trailer to enhance wildlife stewardship amongst our young people. At completion of the Camp a survey was conducted to measure the success of the program. An example question would be butter and margarine are the same thing... True or False

- 55.3% of the participants scored a 100 on the test
- 18.4% scored a 90 on the test
- 21.1% scored an 80 on the test

In conclusion 94.8% of the participants scored an 80 or higher. Our message was delivered successfully

### **2016 Growth:**

At the conclusion of the year our numbers have grown from 89 to 102. **(114% increase)**

Total Shooting Sports participants has increased from 32 in 2014-15 to 62 in 2015-16 **(193% increase)**

The 4-H Advisory Board along with our Leadership Advisory Board has stressed the importance of growing our youth program. We have several things in place that should prove to be very successful. The Grow Green Marshall project teaming up with Marshall ISD has the potential to reach 125 S.T.E.M students in the 5<sup>th</sup> and 6<sup>th</sup> grade. There is a new after school club forming at Waskom ISD. In addition to growing our program we have to continue to develop and grow our Club Managers and Adult Leaders as well.

With continued promotion via, social media, newspaper, radio and word of mouth we hope to continue the growth and development of the youth of Harrison County through our 4-H program.

### **Fire Ant Festival**

Fire Ant Festival is one of the primary festivals held in Marshall annually. The purpose of the event is to celebrate how Harrison County tries to manage fire ants and boost the economy. Each year the Extension office assists with one of the contest while marketing the Extension programs. Members of the Harrison County 4-H program also set up an informational booth each year to help promote and market the local 4-H program.

### **Wonderland of Lights**

Wonderland of Lights is another major festival held in Marshall annually. People from across the country come to Marshall, TX to view the Christmas lights. Visitors can also enjoy an outdoor skating rink and tour immaculate home with Christmas décor. Each year Harrison Count 4-H members as well as the county agents assist with this unique event whether it is Santa's Workshop or the Christmas Parade.

# Texas A&M AgriLife Extension Service Harrison County

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