

Courtney



TEXAS A&M
AGRILIFE
EXTENSION

2019 FCH Year

Healthy County Wellness Program is a free program through BlueCross BlueShield that offers many different avenues to get and stay healthy.

- Received Iris Stagner Award for 2018
- Challenges
 - 34 participated 20 completed 6K
 - 33 participated 24 completed County vs County
 - 28 participated 22 completed Keep America Active
 - 37 participated (results aren't in yet) Health for the Holidays
 - 20 (not including last challenge) employees earned \$50 Amazon gift card
- Naturally Slim – 10-week online weight management class
 - 5 participated 3 completed class
- Quarterly “Lunch and learns” with guest speakers
 - “6 Ways to Overcome Stress” by Mark Zollitch from TAC
 - Breakfast and employee survey over health and wellness
 - 42 surveys collected
 - 62% stated they would like family fitness activities. In 2020, we will have “Walk Across Texas” for everyone in the county
 - “Health on the Move” by Airrosti
 - 21 treatments during 3 visits. Dr came to Brownwood.
 - “Financial Health for the Holidays,” by Texas Bank
- County employees have created their own contests in between the state challenges.
- Adopted a county wide wellness incentive plan.

Car Safety was an identified issue from Texas Community Futures Forum.

- 2 car seat checkup events
 - 49 seats inspected
 - 27 new seats issued
 - 7 children completely unrestrained
 - \$57,258.75
- 3 Mature Driver programs presented to 20 people
- “Carfit” is a program to educate mature drivers on the best practices/settings of the car to prevent or reduce injuries. I was certified as a “Carfit” technician and will be hosting “Carfit” events in 2020.

December 9, 2019
(Exhibit # 11)

Childcare Conference was a multi-county event that provided training for people who work in the childcare industry. Specialists from AgriLife and local professionals were the presenters. 43 people attended and each earned 6 clock hours of training.

Financial Wellness – taught about saving, spending, credit, identity theft and Medicare Fraud.

- Received Family Development and Resource Management Award for 2018.
- Money Basics – taught basic money management at The ARK to 6 people.
- Texas Senior Medicare Patrol – continuation of 2018 program.
 - 3 programs, 44 participants
- Building Wealth on a Ramen Noodle Budget – 2-hour workshop about saving, spending, credit management and protecting yourself from identity theft.
 - 52 people attended, from 12 years old to 60+ years of age.
 - Sponsored by First Central Credit Union.
 - Over \$2,600 worth of “free money” given out from local businesses.

Food Handler’s is a 2-hour program, which is accredited by the Department of State Health Services, providing training for front-line food service workers on the basic principles of food safety.

- 6 sessions
- 54 participants

Food Protection Management is a two-day certified food manager program that prepares food service workers to sit for the state Certified Food Manager exam.

- 2 sessions
- 8 participants, 7 passed

Texas Extension Educators Association (TEEA) The mission of the TEEA is to work with the Texas A&M AgriLife Extension Service to strengthen and enrich families through educational programs, leadership development, and community service.

- 3 clubs, 38 members
- 2018-2019 year
 - 9,480 hours of community service
 - Good Samaritan, 4-H and other club activities
 - \$259,274.97 total value of their services

Other FCH programs:

- Healthy Snacking
- Howard Payne Health Fair
- Fitness Fun – 2 times
- “Snap to it” Fitness
- Working on Wellness
- MyPlate and Hydration Station
- Surviving the Texas Heat with Sweet Treats
- Monthly newsletter
- Weekly news column