

Courtney



2022 FCH Highlights

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

- Challenges through TAC
 - Heart and Sole: 30 participated, 17 completed
 - Spring Training: 29 participated, 15 completed
 - County vs. County: 28 participated, 15 completed
 - Smiles for Miles: 25 participated, 14 completed
 - 22 employees earned various amounts for Amazon gift cards
- **Lunch n Learns** – guest speakers were other AgriLife FCH Agents and our Wellness Consultant from TAC
 - MyPlate – 24 attendees
 - Your Work, Your Life: Keeping a Healthy Balance – 33 attendees
 - Smoothie Power - 28 attendees
- Participants were sent a survey about the benefits of joining the Healthy County Program.

Positive Benefits of Healthy County



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

- 4 sessions – Brownwood Chamber's Lemonade Stand youth and parents, Underwood's Cafeteria, Early ISD Staff, May High School Culinary Arts students
- 95 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.

- 3 sessions
- 9 participants

December 19, 2022
(Exhibit # 5)

Car Seat Event is a free event where trained technicians check to see if the car seat is correctly installed then teach the parent how to install it correctly. AgriLife hosted 1 event and assisted TX DOT with a second event.

AgriLife event:

- **25** inspections
- **16** news seats given out
- **9** old unsafe seats collected and destroyed
- **2** missing labels
- **1** car seat recall
- **0** arrived correctly restrained

TX DOT event:

- 51 seats checked
- 33 new seats given out
- 100% misuse

The proper use of child safety seats reduces the risk of injury and death, leading to reduced medical costs, avoidance of lost future earnings, and improved quality of life. These economic benefits are an estimated \$2,441 per child age 0 to 4 and \$2,921 per child age 4 to 8+ for new seats distributed, and \$695 per child for seat misuse corrected with an assumed 75% continued use.

Based on the AgriLife event only and this formula, the total economic impact for the **25 inspections** at the event on April 21st is **\$36,287**.

Childcare Conference was a multi-county event that provided training for people who work in the childcare industry. Our presenters were from the childcare licensing agency, local experts, and AgriLife FCH Agents. **42 childcare providers** or directors from 6 counties provide care for **881 children** enrolled in **12 childcare centers** or family day homes. A total of **252 clock hours** were provided to childcare professionals seeding to meet state-mandated training requirements established by the state of Texas.

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, 29 members
- 2020-2021 year
 - **2 scholarships**
 - **10,749 hours of community service**
 - Good Samaritan, Brown County Youth Fair, 4-H and other club activities
 - **\$516,982.52** total value of their services

Media

- Newsletters – 22
 - Healthy School Recognized Campus – 10
 - General FCH - 12
- News Articles – 58
- Facebook pages – 2
- Followers - 386
- Facebook posts – 281

RELEVANCE

Texas youth continue to face health issues similar to those of adults. In fact, **17.3 percent of Texas youth ages 10 - 17 are considered obese**, with Texas ranking 12th among other states in regard to youth obesity status (<https://stateofobesity.org>). In addition to obesity, the top causes of death for youth ages 10-19 include unintentional injuries, cancer, suicide, heart disease, respiratory disease, and influenza. In response, Texas A&M AgriLife Extension has many resources that can be used in the classroom or as part of 4-H youth development project activities. These resources provided education and hands-on activities that encourage healthy food intake and best practices related to safety, mental health, and general health. In addition, there are opportunities for high school age youth to become trained Healthy Texas Youth Ambassadors which will equip them with the knowledge and skills to assist the County Extension Agent and adult volunteers in providing positive health educational activities for youth in the classroom and through the 4-H youth development program.

RESPONSE

Healthy School Recognized Campus (HSRC) was created by Texas A&M AgriLife Extension to give schools an opportunity to show their commitment to promoting healthy lifestyle behaviors for their students, staff, and parents.

HSRC was a joint effort between the Family and Community Health (FCH) Agent and Better Living for Texans (BLT) Agent.

Target Audience

This program was targeted towards **255 youth in PreK - 2nd grade** at Coggin Elementary students, plus parents and staff.

Partnerships & Collaborators

- Coach Stefenia Phipps and Coach Dianna McDonald with Brownwood ISD and Coggin Elementary
- Emalee Parrott, Healthy Texas Youth Ambassador
- Kristi Karwell with TX DOT
- Kendra Bryan, Jennifer Goodwin and Dr. Robert Goodwin with Goodwin DDS Office
- River Crest Hospital
- Center for Life Resources (Mental Health Authority)
- Boys and Girls Club of Brown County

Curriculum

- **Walk Across Texas!** is a program to help youth start moving more and increase their physical activity time, preparing for a lifetime habit. Classes compete together as a group, combining their miles to walk 832 miles - the distance across Texas.
- **Fresh Start to a Healthier You!** is a 4 lesson adult-learning series that teaches the importance of healthy nutrition with an emphasis on increasing fruit and vegetable intake, physical activity, food safety and food resource management.
- **Healthier Me!** is a fun 8 lesson series that teaches youth the importance of healthy living through interactive lessons and games.

VALUE STATEMENT

Youth Family & Community Health

Texas A&M AgriLife Extension Service youth programs provide valuable knowledge and skills within the scope of Family and Community Health. Through participation in projects or curriculum, youth are exposed to academic disciplines on topics ranging from food and nutrition, and health and personal safety.

36%

of Brown County
 Adults are **obese**.

36%
 reported

insufficient sleep

30%

reported **no leisure-time physical activity**.



HEALTHIER ME!

Each lesson has three components: a **health lesson**, an **incentive item** to reinforce the lesson, and a **newsletter** to educate the parent about the lesson and encourage parent engagement by having the child show/teach the parent.

The health lesson topics and incentive items were:

1. Hydration - water bottle
2. 5 Food Groups - MyPlate
3. Eat a Rainbow - MyPlate apron
4. Physical Activity - exercise dice
5. Pedestrian and Bicycle Safety - reflective drawstring bag filled with activity book and light-up bracelet
6. Proper Handwashing - hand sanitizer
7. Importance of Sleep - book
8. Dental Hygiene - toothbrush

Newsletter 7



Parents, please remember to have your child wear tennis shoes on PE day.



Team Rankings
(in miles)

| | | |
|---|-----------------------|--------|
| 1 | 1 st Grade | 1126.5 |
| 2 | Prek | 768.5 |
| 3 | Kindergarten | 730 |
| 4 | 2 nd | 597 |

Center for
Life Resources

Thanks to Center For Life Resources for providing books for all the kids.

Tips for better sleep

- Have a consistent bedtime
- Create a bedtime routine
- Encourage daily exercise

Bedtime

pajamas

brush teeth

go potty

read

lights out

Ask your child about the bedtime routines we talked about last week.

I hope you enjoy reading your child's new book with them.



Girls squeeze fruit and learn how they can "eat water."

EVALUATION STRATEGY

Two post-tests were utilized to measure knowledge gained through **Healthier Me!** with first and second graders after lessons 4 and 8.

- 107 students took the first test.
- 103 students took the second test.



RESULTS

Students were given a 5 question multiple choice test that the teacher or agent read aloud to them.

Test 1

- 102 out of 107 (95%) knew how much water they need to drink a day.
- 100 out of 107 (94%) knew when they need to drink water.
- 100 out of 107 (94%) understood what eating a rainbow means.

Test 2

- 103 out of 103 (100%) understood the best way to wash hands to get rid of germs.
- 102 out of 103 (99%) understood that taking a bath before bed helped in creating a good bedtime routine.
- 101 out of 103 (98%) knew they need to wear a helmet when riding a bicycle to protect their heads.

Fresh Start to a Healthier You!

- 11 adult participants
- 6 adults completed the 4-lesson series (1 person face-to-face and 5 online). There was a 100% improvement in the use of MyPlate. Survey results are pending for the online participants.

Walk Across Texas!

- 255 students logged almost 4,000. They walked across Texas almost 5 times!

FUTURE PROGRAMMING

Brown County FCH and BLT agents will continue implementation in area ISDs as part of the Healthy School Recognized Campus designation.

- We will return to Coggin Elementary in the spring semester to evaluate long term knowledge attained.
- Expansion will include schools in Brownwood and possibly Bangs ISD.
- Partnerships will continue with the coaches to reach the youth audience of early elementary grades using the same **Healthier Me!** topics.
- To best meet the adult audience, we will implement **Walk Across Texas!** at BLT qualifying campuses.

ACKNOWLEDGEMENTS

We would like to express our gratitude to all of our partners and collaborators with Brown County Extension.

TESTIMONIALS

Youth

"I'm so thirsty; I sweated out all my hydration." 1st grade boy

Adult

"I am now buying canned vegetables with no sodium and canned fruit with no added sugar."

Aubree, a 2nd grader loves to use her water bottle everyday.



For more information:

Courtney Parrott
County Extension Agent

Family & Community Health

325.646.6385

courtney.parrott@ag.tamu.edu