



## 2023 FCH Highlights

**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. **29 childcare providers** or directors from 6 counties provide care for **881 children** enrolled in **12 childcare centers** or family day homes. A total of **174 clock hours** were provided to childcare professionals needing to meet state-mandated training requirements established by the state of Texas.

**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.

- 5 sessions
- 62 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.

- 4 sessions
- 22 participants

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

- **County Reward**
  - 44 employees completed an annual physical
  - 52 challenges were completed earning the employees Amazon rewards
  - Estimated **\$3,150** rewards
- **Lunch n Learns** – guest speakers were our Wellness Consultant from TAC and Health Director from the Brown County/Brownwood Health Department
  - Eating Healthy to Prevent Diabetes and Heart Disease – 32 attendees
  - Show Those Pearly Whites: Discover the Surprising Connection Between Dental and Physical Health – 40 attendees
  - WebMD One - 28 attendees

**Healthy School Recognized Campus** - is a 3-way partnership which includes the school, parents, and Extension to focus on developing healthy lifestyles for a lifetime. Last year Wendy and I completed this program and won 2 state awards for it. This year Nick joined us. Three different programs were utilized to educate the students, parents and school staff.

- 220 students from Coggin Elementary School participated
- Walk Across Texas!
- Healthier Me!
- Fresh Start to a Healthier You!

December 18, 2023  
(Exhibit #5)

**Matter of Balance** – is an 8-lesson class that is designed to reduce the fear of falling by setting goals for increasing activity levels, making small changes to reduce fall risks at home and exercise to increase strength and balance.

- 5 participants

**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, 26 members
- 2022-2023 year
  - **10,145 hours of community service**
    - Good Samaritan, Brown County Youth Fair, 4-H and other club activities
  - **\$321,600.80** total value of their services

**Walk Across Texas!** is an 8-week physical activity challenge where teams walk 832 miles, the distance across Texas.

- 31 participants
- **6,964** we walked across Texas almost 8 times.
- If the 31 adult participants completing the program continue walking at the same level as during WAT! they have the potential to save a collective **\$199,699** in future health care costs by avoiding type 2 diabetes and by reducing work absences. The economic benefit of the Walk Across Texas! Adult program is a measure that uses WAT! program evaluation results, disease risk rates, health care costs, and worker productivity.
- Weekly newsletters were emailed to participants and to educate on healthy lifestyles.

#### **Media**

- Newsletters – 29
  - General FCH – 12
  - Healthy School Recognized Campus – 9
  - Walk Across Texas! – 8
- News Articles – 66
- Facebook pages – 2
- Followers - 403
- Facebook posts – 308