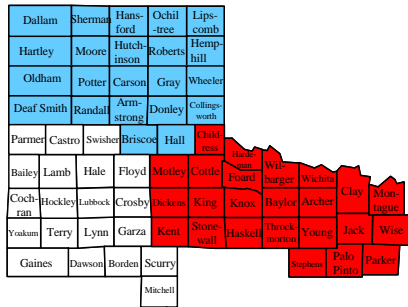
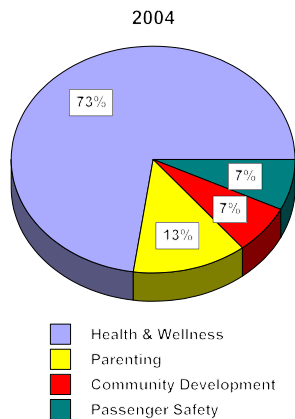


2004 District 2 Family and Consumer Sciences Programming Highlights



During 2004, District 2 County Extension Agents-Family and Consumer Sciences (CEAs-FCS) conducted outcome programs in a variety of subjects. The majority or 73% of programming focused on Health and Wellness issues including diabetes education, nutrition, and health and aging. Other significant outcome programming included parenting, community development, and passenger safety. (See Figure 1)



Health & Wellness - 73% Parenting - 13%
 Nutrition - 46% Community Development - 7%
 Diabetes - 20% Passenger Safety - 7%
 Health & Aging - 7%

Figure 1

HEALTH AND WELLNESS

Overall in Health and Wellness, there were 708 nutrition programs which reached 11,362 educational contacts in group methods and 5,569 in individual contacts. Additionally, 481 volunteers reached 16,838 additional educational contacts.

FCS Agents in nine counties including Bailey, Dawson, Floyd, Gaines, Hale, Hockley, Mitchell, Lubbock and Terry conducted **Do Well, Be Well with Diabetes** educational programs which reached 587 educational contacts in group methods. It is estimated that **\$26,122** in diabetic health care costs was saved in District 2 in 2004 (Rice and McCorkle, 2004), while statewide economic impact reached \$73.8 million. In **Dawson County**, 94% of participants reported they now select diabetic appropriate food when dining away from home. In **Floyd County**, participants reported that 82% now never skip meals and 91% learned the importance of checking their feet daily. **Terry County** Do Well, Be Well participants increased blood glucose monitoring by 100%, 100% of participants received a dilated eye exam, participant average blood glucose levels decreased by 31 points, and 24 participants received new glucose monitors valued at \$1,440.

In 2004, Extension introduced **Cooking Well with Diabetes Cooking Schools** throughout Texas. According to a recent research study, it takes 23 hours of diabetes education before an individual makes behavioral changes to significantly improve glucose levels. Therefore, the addition of the second phase of the Do Well, Be Well with Diabetes program, Cooking Well with Diabetes School will be implemented in District 2.

Extension Family and Consumer Sciences has partnered with the Texas Department of State Health Services to provide **Food Protection Management** qualification education for food industry workers. Twenty percent or 4 of the 20 District 2 Extension Agents conducted 13 group methods which reached 133 educational contacts. The range of participant qualification success rate (passing the exam) was 100% to 63% with an average of 87%. One county in District 2 attained 100% success rate: which included **Hockley County**. Other counties reaching significant success rates included **Hale** at 94%, **Lamb** at 90% and **Floyd** at 89%. **Floyd County** participants identified avoidance of cross contamination as the most important concept they learned during the course.

The **Better Living for Texans (BLT)** Food Nutrition Education program is a \$3 million reimbursable Federal contract which focuses on nutrition education for food stamp recipient families. BLT accounted for 496 programs which reached 7,381 in group methods and 4,702 in individual contacts.

In **Swisher County**, 100% of the participants have improved personal hygiene by washing hands before and after food preparation, and 92% now practice portion control when eating. Also, 100% of the participants now report going to the grocery store with a shopping list in order to avoid impulse purchases. In **Hale County**, 86% of the participants reported eating the recommended number of servings and the appropriate serving size while 78% increased their knowledge of food safety practices.

After participation in general nutrition educational programming, **Garza County** participants reported behavioral improvements including: 100% now use an artificial sweetener rather than sugar; 100% now share a dessert with a friend; 100% trim visible fat from meat; and 80% no longer fry foods.

A number of **Health Fairs** were conducted throughout District 2. Fourteen counties including Bailey, Castro, Cochran, Dawson, Gaines, Garza, Hale, Lamb, Lubbock, Mitchell, Parmer, Swisher, Terry and Yoakum reported 3,556 contacts in group methods. Health Fair screenings included blood pressure, complete lipid profile, glucose, metabolic panel, homo cystine, bone density, CBC, flu/pneumonia shots, T/D shots, cholesterol, glaucoma, mammograms, hematocrit, vision acuity, and children were finger printed and photographed. One hundred three **Garza County**

Health and Fitness Fair participants received health screenings for blood pressure, glucose, vision, glaucoma, cholesterol and also received flu immunizations. Total savings to health fair participants was over \$11,000. Plans are underway in **Parmer County** to co-sponsor a tri-county diabetic health fair in 2005. In **Borden County**, as a result of the Aging Gracefully series, 60% of the participants are now comparing prices of generic medications to name brand medications.

Fifty-five percent of District 2 counties have initiated efforts to address the **Childhood Overweight** epidemic. Initial efforts include collaborating with schools, health care providers, civic organizations, restaurants and media to emphasize healthy eating behaviors of youth and increased physical activity. After a program on the childhood overweight issue presented to the Parent Teacher Organization by the **Floyd County** FCS Agent, the school requested in-school obesity education. FCS Agents in **Bailey, Castro, Dawson, Floyd, Hale, Hockley, Lamb, Lubbock, Mitchell, Swisher and Terry counties** have conducted preliminary educational programs on the societal dilemma of childhood overweight, and will be providing more in-depth programming in 2005.

FAMILY LIFE

The **FRED** family literacy program was designed to increase parental involvement in children's early literacy development. Twenty counties statewide participated in FRED, and **11 counties, or 55%, were from the North Region**. Those programs focused on father/child quality interaction during reading times. In **Lubbock County**, 90% of the participants reported spending a great deal of time with their children and 70% reported an increase in time spent with their children.

Statewide results from pre- and post-test data indicated a significant improvement in a number of areas, including the amount of time fathers spent reading to their children, number of books read, level of involvement in their children's education, amount and quality of time spent together, and overall quality of the father-child relationship. The percentage of fathers reading to their children three or more times per week increased from 53.9% (pre-test) to 84.2% (post-test).

As a result of a **Yoakum County** parenting shortcourse, one participant reported that "I do not yell as a first response, but count to 10." Another parent explained that "now we (parent and teen) sit down and talk about the problem, look for options and try to find a solution together." Yet another parent indicated that "letting teenagers be part of the process for setting consequences" was an important concept that she learned.

Lubbock County Building Strong Families: Tools for Success Conference was attended by 751. A random sample survey of 116 respondents indicated that 91% had made improvements in knowledge of parenting responsibilities, understanding of growth and development, discipline, self-esteem building, parent-child communications and effective decision making. Also, 87% of participants acquired tools to empower youth to resist negative choices and develop competence to make positive life choices.

Elder Issues programming resulted in establishment of a Senior Citizen Center in **Borden County**. Four District 2 counties are currently piloting the six lesson series on Master of Memory Improvement. These counties include **Castro, Floyd, Garza and Mitchell counties**.

FAMILY ECONOMICS

In **Lubbock County**, all who file Chapter 13 bankruptcy participate in a court mandated monthly 8-hour financial management workshop. Thirty-nine percent of those who completed the workshop paid more than 70% back to their unsecured creditors. The Lubbock County Trustee's Office disbursed \$1,568,216 to unsecured creditors.

SAFETY

During a comprehensive **Lamb County** safety program, safety fairs were conducted in the five school districts and a child passenger safety seat check educational program was held. Evaluation results of the Safety Fairs, which were attended by 1034 students and 53 teachers revealed that 82% of students learned one or more school bus safety rules and 68% of the participants have encouraged other family members to wear seat belts. During the Child Passenger Safety Seat Check Point, 98% of the 47 children under the age of eight were not buckled safely in the vehicle. Forty-four new child safety seats were distributed to **Lamb County** families at a value of \$1,500. A significant accomplishment in **Lamb County** was the lowering of the speed limit from 70 to 65 miles per hour along a dangerous stretch of highway. **Lamb County** Injury Coalition, FCS Program Area Committee and TXDOT collaborated to decrease the speed limit. **Lamb County** received a \$17,000 TXDOT Safe Communities Grant to address vehicle related injury prevention. A Rollover Seat Belt Convincer has been constructed for use in **Lamb** and surrounding counties.

YOUTH HEALTH

Efforts to address the North Region interdisciplinary TCFF issue of substance abuse among youth was initiated in the fall of 2004. There is a high need for education on tobacco use prevention since the percentage of high school students in the North Region using tobacco is 43% which is almost double the national average of 22%. Tobacco use prevention education was implemented as a joint educational effort between FCS & 4-H. A \$50,000 grant from the Texas Cancer Council enhanced program support to **Armstrong, Childress and Swisher counties** and additionally 12 other counties received mini grants. **Towards No Tobacco (TNT)** is a nationally recognized exemplary model curriculum which is validated by replicated evaluation results. Results with 7th grade audiences indicated at 60% reduction in weekly or regular use of cigarettes and a 100% reduction in smokeless tobacco use two years later.

Fifty-five percent of the District 2 counties have been trained on Towards No Tobacco Use and will be providing youth tobacco use prevention education in 2005. Those counties include **Bailey, Borden, Cochran, Floyd, Gaines, Hale, Hockley, Lamb, Lubbock, Terry and Yoakum**.