

### Family and Consumer Sciences

Efforts this year focused on the area of health and wellness. With obesity rates on the rise Extension addressed the need for education in the area of health, wellness, and chronic disease prevention. Programming included an eight week walking program, monthly nutritional education classes for limited resource families, and health and safety programs for school-aged children.

### Walk Across Texas

224 participants walked over 40,000 miles during this eight week program. Participants learned that by engaging in daily physical activity and controlling their weight one can significantly reduce the incidence of chronic disease such as heart disease, high blood pressure, and diabetes.

### Nutrition Education for Limited Resource Families

Through the “Better Living for Texas Program” Extension offered monthly programming to youth, young families and senior citizens. 430 residents learned how to choose foods that are inexpensive and good to eat, how to make your food dollars last longer and learned what food labels mean and how to use them to choose good foods at the grocery store.



Headstart 5 A Day Program

### Health and Safety Programming for School Aged Children

Throughout 2007 Extension partnered with the local hospital and wellness center staff and held educational events on all three school campuses. In March the group held a “Kick Butts Day” in which 500 youth learned about cancer prevention and the dangers of tobacco. In a separate program in May some 360 elementary were treated to a “Water and Sun Safety Week.” Grades pre-K - 4<sup>th</sup> grade learned about water safety and the importance of protecting their skin from the sun’s harmful rays.



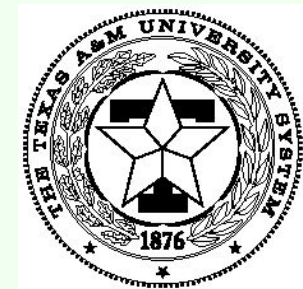
“Sun Safety Day” Youth Showing Off UV Bracelets

### Additional 2007 FCS Health and Wellness Programming

Diabetes Education  
Monthly Nutritional Programming at local Senior Center  
Monthly Meals on Wheels Nutritional Programming  
Fit Kids Summer Day Camp  
Disaster Preparedness Week and Educational Workshops  
Annual Health Fair  
Kelly’s Corner-Weekly Health and Wellness News Column  
Radio Program  
Newsletters



## **SUTTON COUNTY 2007**



Educational programs of Texas Cooperative Extension 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.

## Agriculture & Natural Resources

Efforts this year ranged from a ranch preparedness series to rangeland enhancement. What began as a year addressing drought management strategies turned into one of forage monitoring and parasite control due to higher-than-average rainfall. Educational efforts focused on the emerging issues.

### **Ranch Preparedness Series**

The preparedness workshops took place on March 21<sup>st</sup> and April 19<sup>th</sup>. The first program dealt with topics such as drought, wildfire, and theft. The second workshop centered on animal disease.



Ranch Disaster Preparedness Workshop.

### **Pesticide Applicator Training**

Annually this training is offered to provide training and certification for those needing pesticide applicator licenses in order to purchase and apply restricted-use pesticides. These include city or county staff and land managers.



Pesticide applicator training.

## **Ranching In The 21<sup>st</sup> Century**

Educational workshop offered October 26. Topics for traditional ranchers and new landowners included: *Trends in Ag Land Use, EQIP & Water District Updates, Harvesting Mesquite For Biofuels, Native & Exotic Wildlife Interaction, Designing Feral Hog Traps, Pesticide Laws & Regulations, and Livestock Risk Protection & Drought Insurance.*



Discussing hog trap construction at Ranching In 21<sup>st</sup> Century Workshop.

The main educational focus was on rangeland enhancement. Obvious benefits of adopting brush management plans are improving wildlife and livestock habitat as well as enhancing watersheds. Other benefits include reduction of hazardous fuels, improving access, and altering vegetative communities. Educational efforts included: *Ranch Preparedness Workshop (Emergencies & Natural Disasters)- March 21*  
*Pesticide Applicator Training- April 2*  
*Ranch Preparedness Workshop (Animal Health)-Apr19*  
*Ranchers RoundUp- May 22*  
*Range Enhancement Workshop- August 14*  
*Prescribed Burn Field Tour- October 23,*  
*Ranching In The 21<sup>st</sup> Century Workshop- October 26*  
*Rangeland Herbicide Workshop- November 6*  
Result Demonstrations/ Media Releases & Newsletters

## **4-H & Youth Development**

Youth are provided learning opportunities through club work, project activities, and community service. There is also curriculum enrichment in partnership with local schools. The following projects are active:

Hunter Education	Veterinary Science
Range Evaluation	Wool & Mohair Judging
Food & Nutrition	Clothing & Textiles
Method Demonstrations/	Illustrated Talks
Citizenship	Curriculum Enrichment



Youth taking part in city cleanup; recycle day.

Involvement helps to develop skills and provides new knowledge. Traditional projects such as sheep/goats are offered in addition to new projects such as Photography and Wildlife (P.A.W.S).



Food & Nutrition/Photography & Wildlife Projects.