



TEXAS A&M
AGRILIFE
EXTENSION



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Prairie View Highlights

Prairie View A&M University's (PVAMU) Cooperative Extension Program (CEP) in collaboration with Maverick Boys & Girls Club Afterschool Program at two after-school sites is conducting Moving For Fun program, promotes staying active to decrease childhood obesity. In Potter County, close to 40% of adults are obese and 28% are physically inactive. The program includes an overview of the benefits of staying intentionally active including improving mood, burning calories, boosting immunity, and helping form healthy exercise habits. The kids used their pedometers to count their steps and either walked for 20 minutes, played Sharks and Minnows, or Kickball. They enjoyed the activity and calculating how many steps they accumulated. They were excited to be doing something active and were encouraged to be more active during the week. Many were surprised they had about 1,200 steps per session and some kids calculating upwards of 3,000 steps achieved during the short amount of time. To increase steps, some continued to move during our discussion!

ANR Highlights

- Virtual Hemp by-products seminar – 25 attendees from across the nation learned about by-products and potential commodities/manufacturing
- 35 high school completed the TCFA program by completing job interviews with Potter agent
- Ag agent completed state validation of 175 hogs in Potter county for major shows across Texas.
- Tri-State Livestock show supports youth from across that panhandle region in September.

FCH Highlights

Financial Stability- Potter families engaged in Dave Ramsey Financial Peace University, Retirement Planning Classes, Financial Stability Classes and Stretching Food Dollars in partnership with Amarillo Habitat for Humanity. 544 educational event contacts and 3164 total contacts participated in financial education. Participants built a solid foundation for long term personal financial wellness. Participants increased financial stability knowledge and life skills. Responses were very positive related to program curriculum and planned behavior change. AgriLife financial literacy programs provided families with basic financial education and resources to help set and reach financial goals and plans for their future. Families made better financial decisions and implemented recommended financial practices and increased their ability to achieve financial security.



4-H Highlights

- 4-H Enrollment night – assisted 10 new 4-H members with enrollment and scholarships to join.
- Horse club assists with the World Team Penning Finals
- Members received Gold Star awards
- Tri-State Fair livestock show – multiple members competed.
- 35 youth participated in Big Fun in D1 contests bringing home big awards!
- National 4-H week community service – Cadillac Ranch cleanup day

BLT Highlights

- The Walk N Talk Adult series offers an 8-week physical activity program. Over the 8-week WAT series, participants will learn about different types of beverages that can support hydration and nutrition as well as a healthy weight. Emphasis is on beverages that have little or no added sugars. This course was offered virtually to Region 16, and Downtown Women's Center. The program was also offered face-to-face at Wesley Community Center for the older adults.
- The Walk N Talk youth series was offered face-to-face at Maverick boys and girls club and Rolling Hills Elementary. The children were able to get that extra hour of physical activity after school and learn about drinking water and staying away from added sugars.
- BLT Agent Bonny Cunningham created physical activity videos for BLT participants to enjoy while being at home. The videos consisted of at home workouts to keep participants moving and healthy while being quarantined during Covid-19.

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