

# Helping Texans Thrive in Potter County

## EXTENSION AGENTS

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## 4-H & Youth Development:

- ▶ **3 4-H members** attended Texas 4-H Day at the Capitol in Austin. They met **2 Representatives and 2 senators**. They also visited with numerous staff members in the office of 10 representatives.
- ▶ **108 swine, 24 rabbits, 21 steers, 6 heifers, 13 lambs, and 6 goats** were exhibited at the **Potter County Show**.
- ▶ **18 steers, 7 heifers, 146 barrows, 6 goats, 8 lambs, 13 gilts** were shown at **Fort Worth, San Angelo, San Antonio, Houston, & Austin** from January-March. Potter county had the **Breed Champion Hampshire barrow** in Houston, **Champion Light Cross San Angelo, Reserve Breed Champion Light Cross Austin, Reserve Dark Cross San Angelo, and Reserve Division 3 Other Cross San Antonio**. Along with numerous steer brands & sale slots across all species.



## Agriculture & Natural Resources:

- ▶ **9 Texas Tech Veterinary students** volunteered their time to teach vet tech labs for 4-H program students. This opportunity exposes adult veterinary students to teaching as a career path in veterinary medicine.
- ▶ Approximately **50 producers** from Oldham, Moore, and Potter counties received timely beef cattle management decision making tools at two workshops held by Texas A&M AgriLife Extension in January and March
- ▶ **First year veterinary science students** attended labs at **Texas Tech** to learn about large animal anatomy and physiology.



## IMPACTS

- ▶ 135 individuals engaged in a Health Talk Express educational program to take action and practice health promoting behavior to lower the risk of chronic disease.
- ▶ 198 total Potter county livestock exhibited across the state of Texas.
- ▶ 10 agricultural producers and land owners received the Private Pesticide Applicator training.

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## Prairie View Cooperative Extension Program

- ▶ Total number of education programs **97**
- ▶ Total number of face-to-face program participants **1277**
- ▶ Total number of volunteer hours **152**
- ▶ Total number of in-kind donations **\$16, 098.50**



## Better Living for Texans

- ▶ **22 Women** participated in the Fresh Start to a Healthier You! program presented in partnership with Sharing Hope Ministry. Participants learned “Creating Safe and Healthier Meals”, “Balancing Your Day”, “Saving More at the Grocery Store”, and “Celebrating Small Bites.”
- ▶ In collaboration with Haven Health, **100 families** were encouraged to drink more water, eat fruits and vegetables regularly, and to grow their own vegetation while visiting the BLT’s display table. This resource fair was held to raise and promote community resource awareness.
- ▶ **150 Attendees** gained understanding of the diverse perspectives for those affected by poverty, and ways to build relationships & strengthen interactions with individuals living in the crisis of poverty at the **WTAMU Social Work Program 1st Annual Symposium**.
- ▶ **37 Region 16 Early Head Start** parents and staff learned the importance of food safety, MyPlate, and tips for saving money at the grocery store. Inexpensive, healthy, and quick recipes for “Cucumber Lime Refresher” and “Banana Pudding in a Bag” were demonstrated and sampled by the audience.



# January — March 2023 County Interpretation

## Family & Community Health

- ▶ **42 educators** from Region 16 were engaged in **Health Talk Express** mental health awareness education. Participants were empowered to Stress Less Live Best with additional skills to include mindful breathing and mindful health practices.
- ▶ **30 older adults** received education on MIND diet, Heart Health, and Healthy Aging to increase mobility, wellness and health resources for older Americans.
- ▶ **105 community organizations** made a commitment to better health & participated in the **Walk Across Texas** New Year worksite wellness event and walked **16,785 miles** to increase their physical activity.
- ▶ **21 Opportunity School childcare providers** were engaged in **Health Talk Express** series and hands-on WAT's Cooking demos and nutrition education to prevent chronic disease.



## Spotlight

**Texas Extension Education Association (TEEA)** – The mission of the Texas Extension Association is to work with Texas A&M AgriLife Extension to strengthen and enrich families through educational programs, leadership development, and community service. Potter Extension Education club members strive to support families through lifelong learning opportunities. They engaged in education including food safety and preservation, family literacy, healthy aging, and healthy cooking.



## SPOTLIGHT

- ▶ The TEEA club members engage in community service and work to improve family and community life for all.
- ▶ TEEA members provide scholarship opportunities for 4-H youth to help them reach their full potential through their educational pursuits. They continue to cooperate with Extension to strengthen, develop and extend education that improves the quality of life for Texas families and communities.

## CONTACT

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