



# 2021.2022 HEALTHY TEXAS YOUTH AMBASSADOR

- **ANNUAL REPORT**  
BUILDING HEALTHY YOUTH  
TO BUILD A HEALTHY TEXAS

**Texas A&M AgriLife Extension Service**

*AgriLifeExtension.tamu.edu*

More Extension publications can be found at [AgriLifeBookstore.org](http://AgriLifeBookstore.org)

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

---

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

# CONTENTS



<b>SECTION</b>	<b>PAGE</b>
<b>STATE COORDINATOR</b>	<b>03</b>
<b>A CALL TO ACTION</b>	<b>04</b>
<b>ABOUT OUR PROGRAM</b>	<b>05</b>
<b>OUTREACH</b>	<b>06</b>
<b>SERVICE AREA</b>	<b>07</b>
<b>REGIONAL IMPACT</b>	<b>08</b>
<b>AMBASSADORS IN ACTION</b>	<b>09</b>
<b>PROGRAM HIGHLIGHTS</b>	<b>11</b>
<b>FUTURE GOALS</b>	<b>13</b>



**Julie  
Gardner  
PH.D**

**STATE  
COORDINATOR**

## **HEALTHY TEXAS YOUTH AMBASSADORS**

Healthy Texas Youth Ambassadors continue to blaze new trails when it comes to health education! This peer education program has proven to be one of the most beneficial methods to provide health education to communities across the state of Texas. Healthy Texas Youth Ambassadors are engaged in and passionate about improving the health of their peers, their families, and their communities. They deliver high quality programs through a variety of ways which empower others to make positive decisions related to nutrition, personal safety, physical activity, and stress management. Healthy Texas Youth Ambassadors embrace the mindset that “prevention is better than the cure” when it comes to healthy choices and reduced risk for chronic disease. These youth are a role model for all!





# A CALL TO ACTION

**“The foundation of success in life is good health: that is the substratum fortune; it is also the basis of happiness. A person cannot accumulate a fortune very well when he is sick.” {PT Barnum}**

Healthy Texas Youth Ambassadors are doers, not watchers when it comes to education. Each year they are challenged to make a difference in their own health and the health of others in the community. Continually, they meet this challenge by identifying the issues affecting the community and developing a plan of action to address these issues. Armed with knowledge and resources related to various aspects of health, these ambassadors work in partnership with county Extension agents to creatively deliver health education related to physical, mental and emotional well-being of youth and adults. They use face-to-face delivery methods, social media, and personal conversations to help others understand the importance of and practice healthy behaviors.

To say Healthy Texas Youth Ambassadors are passionate, determined, and professional is an understatement. They are always ready to answer the call to action when it comes to health education!

**Together we are**  
Building Healthy Youth to Build a Healthy Texas

# ABOUT OUR PROGRAM

Healthy Texas Youth Ambassadors are high school students who have a passion for health! Youth are trained to deliver health messages and education to peers, communities, and schools.

## OUR MISSION

This program is designed for high school age youth who have a passion for health and wellness. Youth will be trained at the local & regional level to become youth health experts who can motivate others to make a change in their lifestyle so they can improve their health. More importantly, these ambassadors will assist local county extension agents with program efforts, project activities, and much more!

## OUR VISION

During the summer, ambassadors will attend one of the Healthy Texas Summits. These Summits will lay the foundation for ambassadors to implement health, wellness, nutrition, and safety programs. Once training is complete, youth ambassadors will provide 40 hours of service to their community. Hours can be earned through peer-to-peer education, school programs, community programs, and service learning opportunities.



# OUTREACH

In 2021 we enrolled 172 Ambassadors in 66 Counties across the state of Texas. Our Healthy Texas Youth Ambassadors are dedicated, passionate, and making a difference in their communities!

**1,467**

**Programs Completed**

Ambassadors provided educational programs related to nutrition, health, and safety throughout their communities. Programs are conducted at local schools, churches, community centers, libraries, and any location where education is requested. Ambassadors partner with their county extension agents and local agencies to impact the health of their neighbors!

**6,589**

**Hours Served**

Ambassadors must provide 40 hours in service to their communities. These hours are spent not only on program delivery, but research, professional development, and program planning. The hours provided by ambassadors allow county extension agents to extend their health outreach to all areas of the community.

**90,049**

**Individuals Reached**

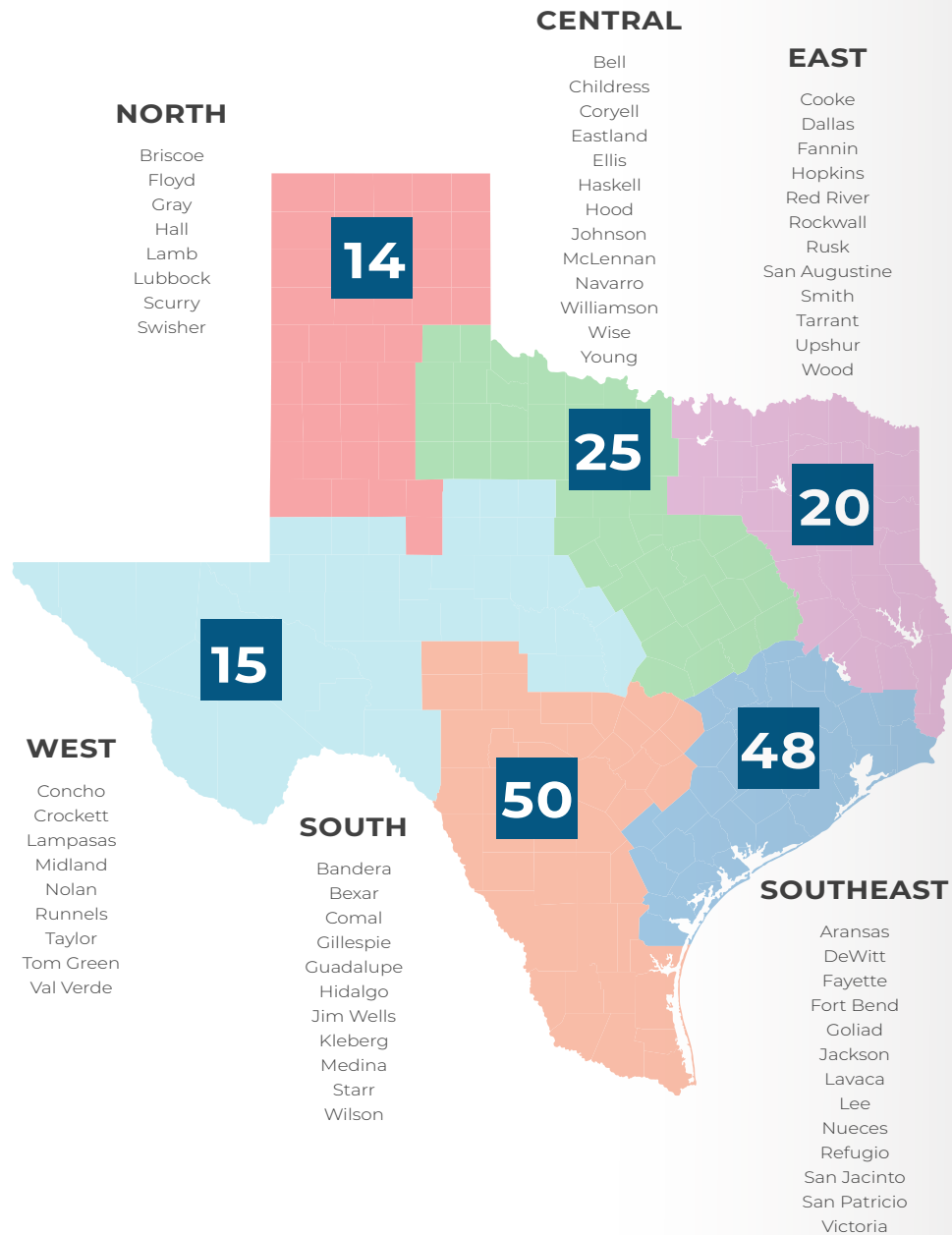
Both young and old are reached through the HTYA program. Our ambassadors are trained to deliver the most up-to-date, research based information to people of all ages, stages, and walks of life. The program enables them to appreciate others and value differences among people within their counties.

# SERVICE AREA



Texas A&M AgriLife is a grassroots organization which uses a network of professionals to improve the lives of Texas. Serving all 254 counties, county educators seek out traditional and non-traditional means to educate youth and adults. These means often include the use of volunteers, both adult and youth. The Healthy Texas Youth Ambassador program is vital to our agency's mission of providing quality, relevant outreach and educational programs and services to the people of Texas.

Most importantly, the Healthy Texas Youth Ambassador program takes a peer education approach to achieving this mission which increases the knowledge gain and intended behavior change of the youth served by this program. The Healthy Texas Youth Ambassador program has youth educators in 66 counties across the state.





# REGIONAL IMPACT

Healthy Texas Youth Ambassadors not only make an impact on their local communities, they are shaping health behaviors of others throughout their districts and regions.

Ambassadors will often partner with counties without an ambassador program to provide direct peer-to-peer education in neighboring counties.

<b>NORTH</b> <b>DISTRICTS</b> <b>01 &amp; 02</b> 14 Ambassadors 8 Counties 163 Programs 665 Hours Served	<b>CENTRAL</b> <b>DISTRICTS</b> <b>03 &amp; 08</b> 25 Ambassadors 13 Counties 234 Programs 1,115 Hours Served	<b>EAST</b> <b>DISTRICTS</b> <b>04 &amp; 05</b> 20 Ambassadors 12 Counties 156 Programs 729 Hours Served
<b>WEST</b> <b>DISTRICTS</b> <b>06 &amp; 07</b> 15 Ambassadors 9 Counties 147 Programs 628 Hours Served	<b>SOUTH</b> <b>DISTRICTS</b> <b>10 &amp; 12</b> 50 Ambassadors 11 Counties 411 Programs 1,755 Hours Served	<b>SOUTHEAST</b> <b>DISTRICTS</b> <b>09 &amp; 11</b> 48 Ambassadors 13 Counties 356 Programs 1,697 Hours Served

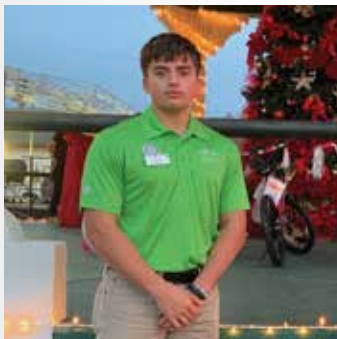
# AMBASSADORS IN ACTION



A leader is one who knows the way, goes the way, and shows the way.

John Maxwell

Healthy Texas Youth Ambassadors are required to give 40 hours of service annually. More times than not, these hours are exceeded! The three ambassadors below have given far beyond the required hours because of their dedication to showing others the way to a healthier life!



**JUAN ROCHA**

SOUTH REGION

STARR COUNTY

121.5 HOURS



**OFILIA GONZALEZ**

WEST REGION

CONCHO COUNTY

119 HOURS



**EMILY GAMBLE**

NORTH REGION

BRISCOE COUNTY

112.75 HOURS

# RAISING THE BAR

Healthy Texas Youth Ambassadors work with local county Extension agents to develop unique, customized, and impactful programs. This approach is beneficial to residents because it fits and meets their programmatic needs. It also builds greater partnerships & networks to improve community health.

**HEB  
BEEF  
COUNCIL  
PTTP  
SOUPERBOWL  
OF CARING**

## ● LOCAL PARTNERSHIPS

Local partnerships are key to the program's success. They provide the necessary support & resources to engage communities in health education and improve lives.

**PUPPET  
SHOW  
PODCAST  
SMOOTHIE  
BIKE**

## ● UNIQUE PROGRAMS

This year's team of ambassadors have done a phenomenal job of thinking outside the box to meet the needs of their communities in unique ways.

**URBAN  
RURAL  
CONTAINER**

## ● COMMUNITY GARDENS

Many counties implemented a community garden this year. Our ambassadors worked together to plant, grow, and harvest fresh produce start to finish.

**VAPING  
DISTRACTED  
DRIVING  
IMPAIRED  
VISION  
FITNESS**

## ● HEALTHY LIFESTYLES

Our ambassadors educate their communities on more than just eating right. They provide a variety of programs to teach their peers about all aspects of health.



## SOUTH TEXAS ROADTRIP

The Healthy South Texas Roadtrip was a collaborative effort among several South Texas counties. Ambassadors from Aransas, San Patricio, Neuces, Goliad, Refugio, DeWitt, Calhoun, Jackson, Gonzales, Wharton, Victoria, Lavaca and Kelberg-Kenedy traveled together across the South region to learn more about agriculture and health in their part of the state.

### AGRICULTURE

#### Exploration

On the Road Trip Experience youth explored a pecan house, a dairy farm, a meat packing plant, mariculture and floriculture and other diverse industries in our counties.

### HEALTH

#### Exploration

Youth were further engaged in Physical Activity through yoga, kayaking, a high ropes course, & nature hikes. Plus they explored careers by visiting the Pharmacy School & Kinesiology Dept at TAMU Kingsville.

### COMMUNITY

#### Exploration

Youth gave their hands to larger service in community service activities such as, park cleanups, food distribution at the food pantry, and beach cleanups.



# PROGRAM HIGHLIGHTS

This year we spotlight four unique programs provided by our Healthy Texas Youth Ambassador team. These are just a few examples of the high quality, engaging programs these youth provide within their communities and county.



## JAXON POTTER | Taylor

Invited to be a guest in Chef Darlene's Spotlight Kitchen. Gave a food demonstration during the West Texas Fair & Rodeo.



## NATHAN MARTIN | Haskell

Partnered with Poison Control Center to organize a puppet show during poison prevention & drug safety awareness month.



## HOMETOWN HARVEST | Dewitt

A community event hosted in part by City of Cuero, Dinner Tonight, and TAMU AgriLife Extension showcasing farm-to-table dining.



## CODY NUNEZ | Victoria

Educational presentation during the bike rodeo. A local officer volunteered to blend our smoothie using the bike. It sent a message that being healthy is fun and tastes good.

# FUTURE GOALS

The Healthy Texas Youth Ambassador program will continue to serve the people of Texas. Specifically, program goals include:



## IMPROVE

the health of others through peer and community education delivered at the local level.



## DISCOVER

local health issues and methods to address these issues through partnership with Texas A&M AgriLife Extension.



## EMPOWER

youth to become leaders in health at the local, state, and national level.

# Thank You

Youth are our future. This statement is common, but what is not common is the approach that youth are our future health educators. They are the one's who will impact chronic disease and illness in the future; providing preventative education to decrease the risk of disease. The Healthy Texas Youth Ambassador program not only makes an impact on the health of their local communities and schools, but has the potential to impact the health of Texas. The youth are improving their knowledge and sharing that knowledge with others in an effort to decrease the burden of disease for future generations.