

HEALTHY TEXAS YOUTH AMBASSADORS

2023 - 2024 ANNUAL REPORT



Building Healthy Youth to Build a Healthy Texas


HEALTHY TEXAS
Y · O · U · T · H
AMBASSADORS

TEXAS A&M
AGRILIFE
EXTENSION



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!



**JULIE
GARDNER
PH.D.**

STATE COORDINATOR

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.

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!

VISION

Following their selection at both the county and local level, ambassadors will attend the Healthy Texas Super Summit. This Summit 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.



In 2023 we enrolled 149 Ambassadors in 61 Counties across the state of Texas. Our Healthy Texas Youth Ambassadors are dedicated, passionate, and making a difference in their communities!

1,445

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!

7,015

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.

100,502

Individuals Reached

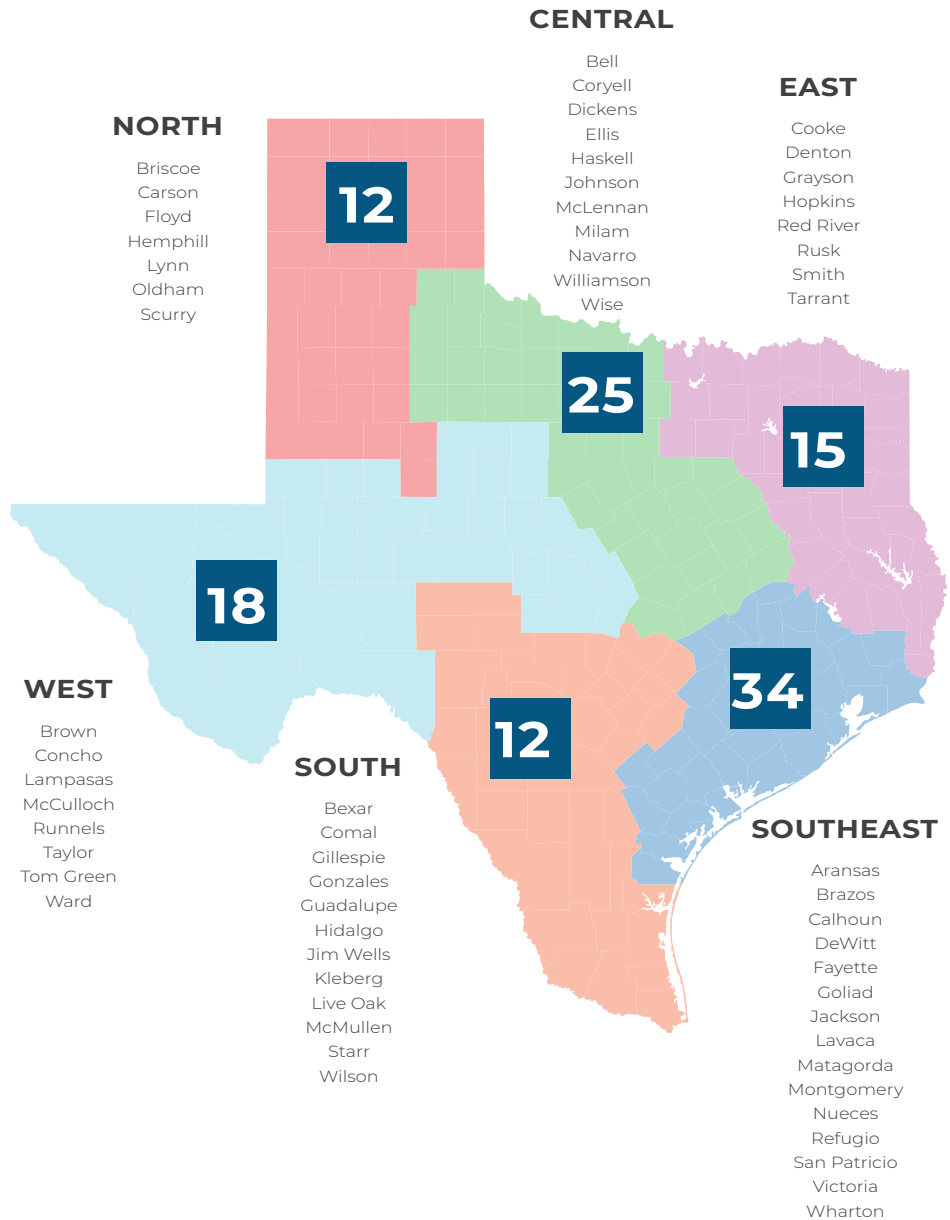
Both young and old are reached through the HTYA program. Our ambassadors are trained to deliver the most up-to-date, research based information to people of all ages, stages, and walks of life. The program enables them to appreciate others and value differences among people within their counties.

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 61 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.

NORTH DISTRICTS 01 & 02 12 Ambassadors 7 Counties 121 Programs 591 Hours Served	CENTRAL DISTRICTS 03 & 08 25 Ambassadors 11 Counties 245 Programs 1,253 Hours Served	EAST DISTRICTS 04 & 05 15 Ambassadors 8 Counties 176 Programs 700 Hours Served
WEST DISTRICTS 06 & 07 18 Ambassadors 8 Counties 171 Programs 820 Hours Served	SOUTH DISTRICTS 10 & 12 45 Ambassadors 12 Counties 432 Programs 2,038 Hours Served	SOUTHEAST DISTRICTS 09 & 11 34 Ambassadors 15 Counties 300 Programs 1,613 Hours Served

AMBASSADORS IN ACTION



CHARLIE RODRIGUEZ

EAST REGION

RUSK COUNTY

129.5 HOURS

“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 listed have given far beyond the required hours because of their dedication to showing others the way to a healthier life!



JASMINE PRICE

CENTRAL REGION

BELL COUNTY

95.25 HOURS



PEYTON WIREBAUGH

SOUTH REGION

COMAL COUNTY

92.75 HOURS



In the summer of 2024 our Healthy Texas Youth Ambassadors were given the opportunity to tour the southern boot of Italy and explore all that their culture has to offer. We explored many of the well-known historic sites, but had an amazing tour guide that took us off the beaten path for a few unique experiences as well. We toured a local chocolate factory, helped in the production of a batch of buffalo mozzarella, swam in the Adriatic Sea, made our own pasta, had a personal olive oil tasting, threw some coins in the Trevi Fountain and ate gelato every chance we had!

4-H TAKES YOU PLACES!



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

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

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

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



COOKING HEALTHIER MEALS

Youth were encouraged to eat healthier meals and snacks as result of hands-on cooking experiences.

PROGRAM HIGHLIGHTS



SUN SAFETY

Ambassadors from South Texas provided education about sun protection behaviour and how to minimize UVR exposure and ultimately reduce the risk of skin cancer.



CARSEAT CHECK

Texas A&M AgriLife Extension Passenger Safety and KidSafe Initiatives is a TxDOT funded project to deliver education on child passenger safety and safe driving practice statewide.



FIRST RESPONDERS

Ambassadors from Central Texas collected supplies and assembled first aid kits for their community.

Health encompasses more than just nutrition! This year we are spotlighting three 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.

“I believe that the greatest gift you can give your family and the world is a healthy you.”

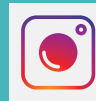
{Joyce Meyer}



THANK YOU



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