

Healthy Texas Youth Ambassadors



Annual Report

Empowering Youth, Inspiring Health!



HTYA saw record enrollment for the upcoming program year, with 240 students participating. Over 200 ambassadors and agents attended the 2025 HTYA Super Summit in College Station in June.

Relevance

Texas youth face a myriad of health and personal safety issues related to motor vehicle accidents, mental health challenges, substance abuse, nutrition and weight conditions. The following statistics support the need for preventative education which is critical to decreasing risks.

- Texas Department of Transportation indicates that out of 296 teen traffic crash fatalities in Texas in 2023, 49% were not wearing their seat belts at the time of the crash.
- 20 percent, more than 1.2 million Texas youth, report having a mental, emotional, behavioral, or developmental (MEDB) problem.
- 22% of students surveyed in the Center for Disease Control Annual Youth Risk Behavior Survey indicated they had seriously considered attempting suicide within the past year.
- In Texas, 21.5% of youth ages 10 to 17 have obesity, giving Texas a ranking of 46 among the 50 states.
- According to the 2023 Texas Youth Tobacco Survey, 13.8 percent of middle and high school students reported having ever used or tried e-cigarettes.

Healthy Texas Youth Ambassadors are high-school aged youth recruited and trained to serve as community health and wellness leaders. The Healthy Texas Youth Ambassador program was created in 2018 to provide peer-to-peer, community education, and assistance to county Extension agents to help address youth health issues. To date, over 800 youth have participated in the Healthy Texas Youth Ambassador program.



Reaching Every Texan

Each program year, HTYA students share their knowledge of health and wellness with their communities by serving at least 40 hours of leadership, program efforts or community service.



147,804

During the 2024-25 program year, HTYAs served 147,804 youth and adults.



1,938

HTYA students reported hosting or attending 1,938 programs during the 2024-25.



8,215

8,215 service hours were reported by HTYA students in 2024-25.

2025

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Healthy Texas Youth Ambassadors



Peer-to-Peer outreach



Regional Impact

The Healthy Texas Youth Ambassador program takes a peer education approach to providing quality, relevant outreach and educational programs and services across Texas. The HTYA Program had youth educators in 73 counties during the 2024-25 program year. Ambassadors also partner with nearby counties without an ambassador program to extend their educational outreach.

Hours served per region:

North 776 Hours

West 650 Hours

Central 1,184 Hours

South 2,637 Hours

East 1,144 Hours

Southeast 1,893 Hours

HTYAs contribute value to the State

In 2024-25, 184 Healthy Texas Youth Ambassadors were enrolled. This enrollment represented 73 counties where ambassadors were making a difference through health education. The Points of Light Foundation (2023) cites the current value of a volunteer hour at \$31.80. With 8,200 hours reported, youth volunteers and peer education is worth the investment.

\$260,000  **MONETARY VALUE OF HOURS SERVED**

Healthy Texas Youth Ambassadors provided volunteer contributions of over \$260,000. Counties, especially those with limited local resources, depend on volunteers to expand the outreach of health and 4-H programs.

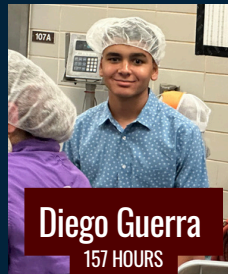


HTYA Top 10 Reported Service Hours

Many HTYA students go above and beyond the required 40 hours of service each program year, with the top 10 students earning a combined total of over 1,330 hours for 2024-25.



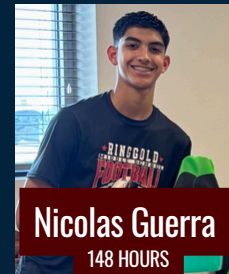
Dylan Kelly
280 HOURS



Diego Guerra
157 HOURS



Spencer Martin
148.25 HOURS



Nicolas Guerra
148 HOURS



Annabella Perk
127.25 HOURS



Charlie Rodriguez
110 HOURS



Olivia Davis
95.5 HOURS



Prax Morgan
93 HOURS



Kaitlyn Roeder
89.5 HOURS



Johnathan Knox
83 HOURS

2025

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Healthy Texas Youth Ambassadors



Learning through experience

HTYAs explore Italy



HTYA 2024-25 International Trip

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. HTYA explored many of the well-known historic sites, but had an amazing tour guide that took them off the beaten path for a few unique experiences as well. The group toured a local chocolate factory, helped in the production of a batch of buffalo mozzarella, swam in the Adriatic Sea, made their own pasta, had a personal olive oil tasting. Students threw some coins in the Trevi Fountain and ate gelato every chance they had!

Healthy South Texas Road Trip

Ambassadors from the South region traveled the area to learn more about agriculture and health in their part of the state.

Healthy South Texas Road Trip highlights:

Homegrown Hospitality in Goliad. Ambassadors bagged commodities for Goliad County Outreach, visited Blazing Grace Marketplace, learned Goliad Main Street responsibilities from the Main Street Director, had lunch at Lazy J Venue while learning table etiquette from Dr. Bochat. Students also learned to make floral table centerpieces, napkin folding and charcuterie.

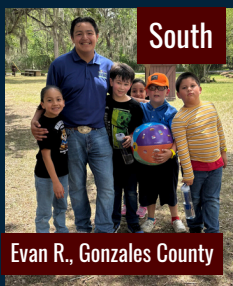
Field to Plate in DeWitt Students visited a cotton field and learned about cotton and how it gets to stores, visited a fabric store that highlights cotton fabric, picked and boxed produce at "The Giving Garden." The final stop of the tour kids got to see how Cuero Pecan House Commercial kitchen makes their own pie shells.

Exploring Jackson County. Ambassadors spent time with seniors at Elder Senior Center, traveled to Lavaca-Navidad River Authority and learned the operations, job training and other aspects of LNRA. Ambassadors had a lunch & learn with Luke Drosche, DAR Specialist, on Disaster Preparedness for hurricane season, then traveled to Kubecka Flying Service learned about crop dusting and other services.

Scenes from the Healthy South Texas Road Trip

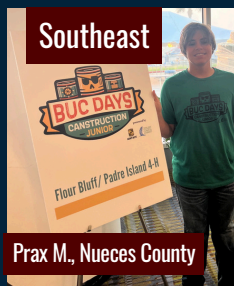


HTYA Snapshots from around the State



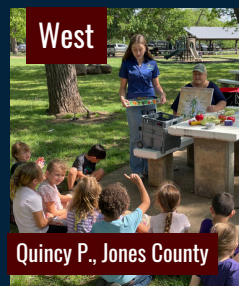
South

Evan R., Gonzales County



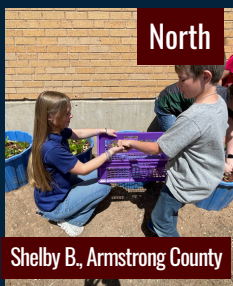
Southeast

Prax M., Nueces County



West

Quincy P., Jones County



North

Shelby B., Armstrong County



Central

Hannah B., Milan County



East

Elizabeth H., Tarrant County

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

Joyce Meyer

State Coordinator

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