

Webster Parish Profile



Report to Stakeholders

March 2011

About the LSU AgCenter

The LSU AgCenter is dedicated to providing innovative research, information and education to improve people's lives. Working in a unique statewide network of parish extension offices, research stations and academic departments, the LSU AgCenter helps Louisiana citizens make the best use of natural resources, protect the environment, enhance agricultural enterprises and develop human and community resources.



Nutrition Program Highlights

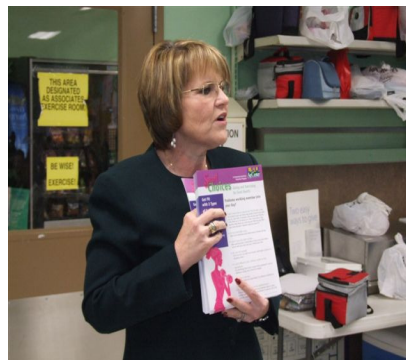
- **Smart Portions Healthy Weight Program**

Smart Portions classes aim to help individuals to achieve a healthy weight to improve their health. The class is conducted for businesses, churches and groups upon request, in addition to being held at the parish Extension office. Currently the class is being taught at the local Wal-Mart where the employees participate in the weekly sessions. Any group interested in scheduling these series of classes can contact Joan Almond for more information.



- **Smart Bodies for Youth**

Each school year, elementary schools in Webster Parish are recruited to be Smart Bodies schools. The schools receive free teaching kits and an opportunity for their students to tour The Body Walk. Teachers receive training by Extension agents and they integrate classroom activities with hands-on-learning to teach children how to build strong bodies and develop active minds. The Smart Bodies program is a joint initiative of the LSU AgCenter and Blue Cross Blue Shield of Louisiana Foundation. The program is normally held at one school each year. Schools that have participated previously are Stewart, Cotton Valley, Union and Central Elementary. Schools receive approximately \$2,000 of free educational materials for implementing the program.



- **-Family Nutrition Program (SNAP-ED)**

LaDonna Chreene, nutrition educator, works closely with low income families to teach nutrition lessons for parents as well as preschool centers such as Head Start. Research based nutrition information is designed to serve limited income families and youth. Children and parents are taught to make healthy choices with lower levels of fat and sugar and to eat high fiber and exercise regularly. Groups meet at Head Start centers, Council on Aging centers and Community Action sites.

- **Chefs in the Kitchen**

Summer classes were taught for rural children in the Central/Heflin area of Webster parish. The series of classes were held at the Central Community Center and approximately 25 kids participated. Joan Almond and LaDonna Chreene taught the series and focused on social skills as well as nutrition information including food safety, making healthy choices and food preparation skills.

Webster Parish Extension Office

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Web site:

LSUAgCenter.com/Webster

Office Hours:

8:00a.m. - 4:30 p.m.

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Programs:

4-H Youth Development

Family & Consumer Sciences (FCS)

Nutrition

Family & Child Development

Parents Preparing for
Success—Daycare Provider
Certification
FNP -Family Nutrition
Program
Nutrition and Health

Teaching Methods:

- Series of classes, demonstrations & Workshops
- Guest Presentations
- Health Fairs
- Monthly Newsarticles in local newspapers
- Living Well Quarterly Newsletter
- Web Site Articles
- Publications
- Office Visits
- Phone Interviews
- Tours
- Power Points
- Videos

Parish Facts

Webster parish has an estimated population of 40,544 according to data from the County Health Rankings. The following are statistics that influence the programming of the LSU AgCenter Webster Extension Service:

- Persons under 18 years old - 23.1%
- Persons 65 years old and over - 17.2%
- Median household income - \$34,207
- Persons below poverty - 20.5%
- Adult obesity- 31%
- Adult Smokers- 23%
- Diabetic Screening- 77%
- Access to healthy foods- 45%
- High School Graduation- 65%
- Children in Poverty- 29%

Family & Child Development Program Highlights

• **Child Development Associate Credential and Child Care Provider Classes**

The Childcare provider classes provide the training required by the state for early childhood educators to teach in child care centers. The Child Associate credential provides 120 hours of education which gives the educator a higher level of credential to educate young children and earn higher income.

• **Character Critter Training**

The purpose of this program is to teach preschool children how to be honest, responsible, caring, reliable and be a good citizen through lesson plans taught to and given to early childhood educators. Each child receives a Character Critter book in which they can relate to the characters.

• **Parenting Program for Success Program:**

This educational parenting program is for low-income families with a child one year or younger. The participants are taught a series of 6 lessons on child development, finances, and parenting skills.

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• **Who Gets Grandma's Yellow Pie Plate?**

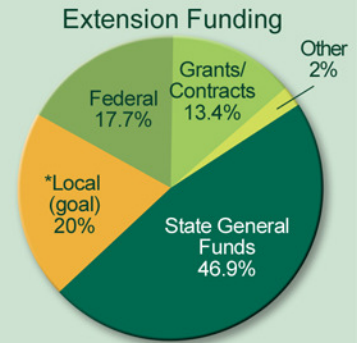
A program on transferring untitled property . A 2 hour class offered to clientele by agent, Joan Almond. This program has been presented to various groups throughout the parish.

• **Community Volunteer Groups (Webster Parish Homemaker's Organization)**

Volunteer groups throughout the parish that meet monthly. Agent attends quarterly meetings that are held at the parish extension office. These volunteers assist with FCS programs as needed in addition to providing scholarships for youth and adults in the parish. The Eunice Smithey Scholarship is a \$500 scholarship as well as Anne Harper Scholarship

• **Divorce: Children in the Middle**

A parenting class that is court ordered by the Twenty-Sixth Judicial District of Louisiana. Parents in Webster Parish are ordered to attend the class which is taught at the Webster Extension Office every other month. The class helps parents avoid putting their children in the middle of their divorce. The class is taught by extension agent, Joan Almond.



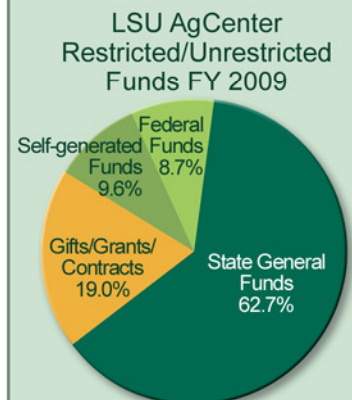
Local Funding is provided by the Parish Police Jury, Parish School Board and the City of Minden.

How we are funded.

You are the local supporters and beneficiaries in the LSU AgCenter's Extension programs. Just 20 percent support keeps these programs in your community.

Your parish extension office offers programs in:

- Sustaining Louisiana's agriculture, forestry and fisheries.
- Building leaders and good citizens through 4-H youth development.
- Family, nutrition, health and community development to enhance the quality of life for Louisiana citizens.



For the latest research-based information on just about anything, visit our Web site:

LSUAgCenter.com