

**NOMINATION FOR
SOUTHERN REGION DIVERSITY AWARD--INDIVIDUAL**

Alpha Zeta Chapter, Epsilon Sigma Phi, Texas



Name: Deborah B. Watt

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Austin, Texas 78721

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Education: M. Ed. - Home Economics Ed., Sam Houston State University, 1980
B.S. - Home Economics Ed., University of Texas at Austin, 1974
Certified Extension Mentor, 2002
Food Protection Management Trainer, 1996
Certified in Family and Consumer AAFC, 1987
Licensed Dietitian, 1984
TEA Certified in Home Economics Education, 1974

Employment:

- ▶ Extension Agent - Expanded Nutrition Program, Travis County, 2003-present
- ▶ County Extension Agent - Family and Consumer Science, Caldwell County, 1996-2003
- ▶ County Extension Agent - Family and Consumer Science, Ellis County, 1989-1996
- ▶ County Extension Agent - Home Economics, Atascosa County, 1977-1989

Professional Accomplishments:

Diversity Award – Individual, Alpha Zeta Chapter of Epsilon Sigma Phi, 2006
29 years of Extension experience as a Family and Consumer Sciences Agent
American Association of Family and Consumer Science, and Texas affiliate, 1974-present
National Extension Association of Family and Consumer Science, and Texas affiliate 1977-present
Alpha Zeta Chapter of Epsilon Sigma Phi, 1982-present
West Region Family and Consumer Sciences Programming Excellence Award, 2006
Continued Excellence Award, Texas from NEAFCS, 1996
Distinguished Service Award, Texas/National Association of Extension Home Economists, 1990

Program Accomplishments:

Provided leadership, supervision, guidance, and training to paraprofessional nutrition educators serving limited resources families and youth in the Austin area. Responsible for the day to day administration of the unit and marketing and interpretation of the program, including guiding the adult program in a new direction while rebuilding the youth program. Coordinated the implementation of a youth overweight research project with Baylor College of Medicine/Children's Nutrition Research Center.

Adult Program: Beginning in August 2003, Mrs. Watt implemented several changes to the adult phase of the ENP program with the goals of improving the quality of the educational program for WIC clients and allowing the staff to be able to reach other limited resource audiences in Travis County. She developed a bilingual take-home lesson called "Starting with the Basics" given to Women, Infants and Children clients during ENP enrollment. Also, revised the ENP class schedule to facilitate graduation of WIC clients. She also collaborated with the Austin WIC Administrator and Clinic Supervisors to implement scheduling procedures that resulted in more contact with clients and increased the ENP staff's ability to graduate clients in a timely manner.

Her interpretation of the ENP Program to Parent Support Specialists in eligible schools, Even Start, and Advanced led to:

- Seven new nutrition education series with adult clients in East Austin Schools, April and May 2005.
- Two new nutrition education series with Even Start program, June and July 2005
- Three new monthly nutrition education series with Avance, September 2005
- Nine nutrition series in Title I Schools in the spring of 2006
- Nineteen nutrition series scheduled for the 2006-07 school year with Title I schools

Youth Program: In August 2005, established an agreement with Extend-A-Care for Kids Inc. to provide the ENP Youth Program in the 33 Title I schools served by Extend-A-Care. During the 2005-06 program year 1,778 limited resource youth were reached through Extend-A-Care for Kids, an increase of 1,363 youth from the previous program year. Increased ENP's outreach with the USDA Summer Feeding Program managed by Austin Parks and Recreation. In 2004, conducted the ENP Youth series at 10 Summer Feeding sites reaching 414 youth. In 2005, the program grew to 19 sites and 1,001 youth. Summer of 2006, ENP staff and volunteers conducted programs in all 31 sites.

Administrative Duties : Since August of 2003, added one full-time Nutrition Education Assistant position to the unit; hired and trained three Nutrition Education Assistants, and hired and trained three Youth Associates. In 2004, worked with the Director of Purchasing for Texas Cooperative Extension and the landlord to bring the Travis County ENP office lease into compliance. Assisted in securing a number of improvements for the ENP.

Program Interpretation: Provided leadership through planning and conducting the 35th Anniversary Celebration of Travis County ENP, August 12, 2004. United States Congressman Lloyd Doggett was present at the event to announce Travis County ENP's participation in the Baylor College of Medicine/Children's Nutrition Research Center's Healthy Home Eating Environments grant.

Partnerships and Collaborative Efforts: Renewed and expanded partnerships with Extend-A-Care for Kids, Austin Parks and Recreation, the University of Texas Department of Nutrition, and WIC. Established new partnerships with Austin ISD Parent Support Specialists, Avance, Even Start, Heart House, River City Youth Foundation, YMCA, the Wesley Foundation, Capital 4-H, and Austin/Travis County Health and Human Services. Committee Involvement: Member, Austin ISD School Health Advisory Council; Member, Texas Action for Healthy Kids Alliance; Member, Austin Travis County Health and Human Service's Disease Prevention Project and Healthy Tots Advisory Council. In 2004, Organized and recruited members for a new Travis County ENP Advisory Committee. Committee has actively marketed and interpreted the program to the Austin nutrition community and Austin ISD's Team Nutrition Committee.

Grant Implementation: Beginning in January of 2006, was critical in the successful implementation of a childhood overweight grant in collaboration with the Baylor College of Medicine/Children's Nutrition Research Center.

Support Statement:

Deborah Watt as Extension Agent for the Travis County ENP unit, provides leadership, supervision, guidance, and training to paraprofessional nutrition educators serving limited resources families and youth in the Austin area. She is also responsible for day to day administration of the unit and marketing and interpretation of the program. Since her appointment as Extension Agent – ENP, she has implemented changes that have diversified the adult program while rebuilding an inactive youth program.