

DISTINGUISHED SERVICE RECOGNITION

Chapter Distinguished Service Recognition

Epsilon Sigma Phi, Alpha Zeta Chapter – Texas

Nominee's Name: Deana Sageser

Title: County Extension Agent-Family and Consumer Sciences

Address: 225 Broadway, Suite 6

City, State Zip: Plainview, TX 79072

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Phone Number: 806-291-5270

Year Initiated into ESP: 1985

Describe Your Education (150 Words Maximum)

B.S. Home and Family Life, Texas Tech University, 1979
Provisional Texas Education Agency Certification, 1979
M.S. Home Economics Education, Texas Tech University, 1984
Certified in Family and Consumer Sciences, 1987-1990
Certified Food Management Instructor, 2003
Safe Sitter Instructor, 2009
TDA Child and Adult Care Food Program Trainer, 2010
Trained Matter of Balance Coach, 2013

Enter Your Employment History (150 Words Maximum)

2001-Present County Extension Agent–Family and Consumer Sciences, Hale County, Texas
1995-2001 Substitute Teacher, Plainview Independent School District, Plainview, Texas
1987-1990 County Extension Agent-Home Economics, Castro County, Texas
1984-1987 County Extension Agent-Home Economics, Bailey County, Texas
1982-1984 County Extension Agent-Home Economics, Hardeman County, Texas
1980-1982 Assistant County Extension Agent-Home Economics, Gray County, Texas

Enter Your ESP Membership and Involvement (150 Words Maximum)

President, Alpha Zeta Chapter, Epsilon Sigma Phi, 2013
State ESP Distinguished Service Award, 2012
President-Elect, Alpha Zeta Chapter, Epsilon Sigma Phi, 2012
Joint Council of Extension Professionals Conference, San Antonio, Texas, 2012
National Conference, Mobile, Alabama, 2012
Secretary, Alpha Zeta Chapter, Epsilon Sigma Phi, 2011
National Conference, Jackson Hole, Wyoming, 2010
National Conference Voting Delegate, Alpha Zeta Chapter, Epsilon Sigma Phi, 2012, 2010
District 2 Director and Alternate Director, Epsilon Sigma Phi, 2008-2009
Awards Committee Member, Alpha Zeta Chapter, Epsilon Sigma Phi 2008, 2010, 2012

Enter Your Professional Accomplishments (150 Words Maximum)

District 2 Outstanding FCS Program Award, 2012
District 2 Outstanding BLT Award, 2011
Texas Extension Specialist Association Award Honors a County Extension Agent Distinguished Achievement Award-Community Resource & Economic Development, 2010
District 2 Outstanding Interpretation and Marketing Brochure Award, 2009
District 2 Multi-County Award, 2008, 2004

National and Texas Extension Association of Family & Consumer Sciences Distinguished Service Award, 2007
State Food Protection Management Advisory Board, 2005-Present
Florence Hall Award, Texas Association of Family & Consumer Sciences/Southern Region Finalist, NEAFCS, 2004
Awards Committee Chair, Texas Extension Association Family & Consumer Sciences, 2004-2006
Decorations/Meal Committee, Texas Extension Association Family & Consumer Sciences Conference, Lubbock, 2004
District 2 Director and Alternate Director, Extension Association of Family & Consumer Sciences, 2002-2006
National and Texas Association of Extension 4-H Agents Distinguished Service Award, 1989
President, Texas Tech Ex's Association of Extension Agents, 1988-1990
Tour Committee, National Association Extension 4-H Agents Annual Conference, Texas, 1985
Vice-President and Membership Chairman, Texas Association Extension 4-H Agents, 1983-1984
Texas Membership Representative, National Association Extension 4-H Agents, 1983-1984

Enter Your Program Accomplishments (400 Words Maximum)

Family Health and Wellness is a key focus in Hale County.

Better Living for Texans Program: 15% of Hale County populations are food stamp recipients and 23% of the county residents are potentially eligible at 185% or lower of the Federal Poverty Income Level. As a response to the need for nutrition education for those receiving public assistance for food purchases, the BLT nutrition education program has been very active since 2001 reaching youth and adults. The BLT/FCS Advisory Committee assist Deana with the insight for programming needs in the county. It is a grant funded program that has provided over \$132,436.96 for programming. For 2011, a total of 882 hours were contributed by agents and support staff. Since 2001, over 995 group programs have been held with over 18,340 participants. Programs have focused on MyPlate, Eat Smart (a preventive health care program to prevent chronic disease), food safety, shopping strategies, healthy snacks, meal planning, label reading, portions and the OrganWise Guys. Programming by single education events, newsletters, lesson series, fairs, and handouts.

Food Safety: Food Protection Management (FPM) and Food Handlers (FH) are state programs designed to reach all food service workers interested in receiving and maintaining certifications. Since 2003, there have been over 180 participate in the FPM classes. FH classes began in 2009 with over 700 individuals being reached. Participants have been from the Plainview and Hale Center High School Food Nutrition Wellness Classes and Wee Care Center in Plainview.

Balancing Food and Play: According to the Centers for Disease Control, about 16% of all children in the United States are overweight. Balance Curriculum is for third grade students and addresses eating fruits and vegetables, physical activity and limiting screen time. In 2007, I participated as a pilot county for the program with 15 students from Abernathy. Since, then a total of 436 students have participated in the program and with an increase of knowledge in the curriculum areas.

Texas Communities Putting Prevention to Work: In 2011, through a \$10,000 stimulus grant from the American Recovery and Reinvestment Act Highland Elementary in Plainview (K-4th grade) was able to promote physical activity and increasing consumption of fruits and vegetables. Eight elementary schools in Texas were selected for the project. The school installed a walking trail with fitness stations, indoor cardio stations, organized Zumba classes, installed a climbing wall, hosted farmers markets, established raised bed gardens, held fitness fair, had an open house and formed a joint use agreement. In the fall of 2011, 456 school and family members walked 14,272 miles in the Walk Across Texas program. Evaluations are administered yearly on selected BLT programs. The FPM, FH and Balance programs have pre and post-test for evaluation purposes. Program summaries are completed yearly.

Summary Statement for Award Presentation (75 Word Maximum)

Deana Sageser is a twenty-two year Extension professional. Through her leadership, collaboration with other agencies, working with diverse audiences and educational programming in the areas of childhood obesity prevention, nutrition, food safety and financial management education, she has influenced how

individuals, families, food establishments and day cares manage finances, provide safe and nutritious food and improve the health and wellness of the adults and youth in the counties she has served.