LSU AgCenter
Tensas Parish Profile
Report to Stakeholders January 2026

ABOUT THE LSU AGCENTER
The LSU AgCenter is dedicated to providing innovative research, information and education to improve people's lives. Working in a 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.







PROGRAM HIGHLIGHTS

Nutrition and Community Health
The LSU AgCenter's Nutrition & Community Health program in Tensas Parish works to improve residents' well-being through education and initiatives that encourage healthy eating, physical activity, and chronic disease prevention. The Flavors of Health Nutrition Agent offers guidance on setting realistic goals, making small lifestyle changes, and choosing nutritious foods to support long-term healthy habits. Tensas Parish faces serious health challenges, ranking among the lowest in Louisiana for health outcomes, with high rates of obesity, diabetes, physical inactivity, and food insecurity. Through education and environmental improvements, the program aims to create a healthier, more resilient community.

4-H Youth Development
Programming focuses on gardening, community service, and STEM. Programs emphasizing gardening as a source of local food and learning different ways to prepare and serve foods are implemented in Tensas Parish. Families are provided with tools needed to choose healthier eating patterns and physical activity. Jr. Leader Meetings focus on leadership, and the importance of community service. 4 youth serve on the NE Leadership Board. STEM activities are provided in elementary 4-H meetings and enrichment programs. Obesity is a problem in Tensas and 4-H is addressing the issue with programs including summer school activities, workshops, and the Progressive Ag Safety Day. The REI Grant is allowing youth access to swimming lessons and nature activities.

Agriculture and Natural Resources
With an agricultural driven economy, Tensas Parish producers use all available resources to support themselves and the local economy. Crop production demonstrations, workshops, social media, and field days are held. Master Farmer field days, workshops and trainings are held annually to demonstrate Best Management Practices (BMPs) to producers and landowners. Research and demonstration projects showcased BMPs impact energy on soil, water, plant, animal, and air quality issues. Horticulture programming in Tensas Parish consists of annual field days, workshops, Delta Master Gardener plant sales, volunteer development, farmer's market outreach, and collaborations with 4-H and FCS programs to provide technical assistance and outreach to home gardeners.

PROGRAMS

4-H and Youth Development
- School Enrichment
- Healthy Living and Gardening

Agriculture and Natural Resources
- Animal Production
- Environmental Education
- Horticulture/Lawn and Garden
- Forestry and Wildlife
- Row Crops
- Cover Crops and Conservation

Nutrition and Community Health
- Nutrition

EXTENSION OFFICE

Tensas Parish Extension Office
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Email:
tensas@agcenter.lsu.edu

Office Hours:
Mon.-Fri.: 7:30 a.m.-4:30 p.m.

Website:
www.LSUAgCenter.com/Tensas

Social Media:
- LSU AgCenter Facebook
- Twitter: @ladelta
- Podcast: LA Delta Crop Report
- YouTube: LA Delta Crop Report
- Tensas Parish 4-H Facebook
- Northeast Region Horticulture Facebook
- Delta Master Gardeners Facebook
- The Tensas Healthy Communities Facebook

Parish Chair:
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Additional Contact:
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WHOM WE REACH:
More than 150 youth through 4-H membership and 7 school 4-H Clubs and more than 800 adults through agriculture and natural resources.

HOW WE REACH THEM:
4-H Clubs, school enrichment, field days, publications, newsletters, class series, website, social media, workshops, presentations, videos, trainings and summer school programs. Regular coalition meetings and nutrition education lessons.

EXPANDING OUR EFFORTS:
107 volunteers from 4-H, Master Gardeners, Master Horseman, family and community.

PARISH FACTS:
LSU AgCenter county agents provide research-based information on plant, aquaculture, wildlife and animal enterprises to Tensas Parish residents. The total dollar amount from these commodities were: Animal enterprises, $527,002; aquaculture and wildlife, $656,015; plant enterprises, $130,137,947.
Land area — 603 square miles; Population —3,844; Population under 18 years old — 21%; Population 65 years old and over — 30.1%; Median household income — $36,074; Persons below poverty — 30.8%

LOCAL ISSUES AND PLANS FOR THIS YEAR:

Increase productivity and profitability of Louisiana agriculture.
- Conduct Crop Variety and Production Demonstrations
- Social media, webpage content and seminars on agriculture practices.
- Conduct demonstrations with focus on soil health, water quality and protection of natural resources.
- Conduct farm and home educational visits, field days, and trainings to support gardeners and producers with up-to-date BMP's.
- Conducting lessons and demonstrations to teach healthy living and nutrition to individuals and families.
- Supporting communities and identifying barriers and solutions to health and wellness & coalition development.

Promote the wide use of natural resources and protection of the environment.
- Conduct Community and Home Gardening Demonstrations
- Social Media and Educational Programs
- Conduct Environmental Demonstrations

Build leaders and good citizens through 4-H Youth Development.
- Develop and implement service-learning projects in Tensas Parish.
- Continue Enrichment Educational Programs.
- School Enrichment Programs: Social and Emotional Development, Lego Engineering, Ag Literacy, Communication Skills, and Embryology
- Increase Participation in Parish, Regional, and State Activities

Strengthen families and communities.
- Conduct educational trainings and demonstrations on nutrition and exercise.
- Conduct multi-parish parenting trainings and workshops.
- Increase community involvement in healthy living programs.

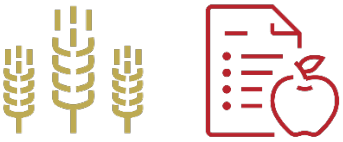


HOW IS EXTENSION FUNDED?
- Federal funding from the USDA/ NIFA.
- State general funds from the Louisiana Legislature.
- Local support from parish government, including police juries and school boards.
- Self-generated funds.



WHAT ROLE DO YOU PLAY?
Our stakeholders at the parish level are the local supporters and beneficiaries of the LSU AgCenter cooperative extension programs. Their support keeps these critical programs in their communities.





EACH PARISH OFFERS PROGRAMMING IN:
- 4-H and Youth Development.
- Agriculture and Natural Resources.
- Nutrition and Community Health

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www.LSUAgCenter.com

Matt Lee, LSU Vice President for Agriculture, Louisiana State University Agricultural Center, Louisiana Agricultural Experiment Station, Louisiana Cooperative Extension Service, LSU College of Agriculture. The LSU AgCenter and LSU provide equal opportunities in programs and employment.