

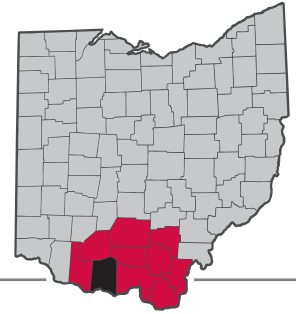


ADAMS County

OHIO VALLEY EXTENSION EDUCATION AND RESEARCH AREA

215 North Cross Street, Room 104, West Union, Ohio 45693-1394

Phone: (937) 544-2339 adams.osu.edu



The Adams County Board of Commissioners again collaborated with their counterparts in Brown and Highland counties to share the services of a Family and Consumer Sciences educator and an Agriculture and Natural Resources educator. These educators make use of radio and print media to reach clientele across the three counties.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Two hundred six individuals were re-certified at one of four area **Pesticide Applicator Recertification** sessions, including 44 from Adams County. Five additional sessions were offered for private and custom applicators to obtain a license through testing. A total of 55 private and 52 custom applicators were tested.
- Educational opportunities for operators of small farms were provided at the **Small Farm College** in Clermont County, the Small Farm Conference at Wilmington College, and the Farm Family Night at Maysville Community College. Farm Family Night is a collaborative effort among the college, University of Kentucky Extension agents, and area OSU Extension educators. These programs combined to reach more than 250 area landowners, homeowners and producers.
- **Water quality** continues to be a concern. Extension collaborated with Soil and Water, NRCS, and Farm Bureau to address this prior to the spring planting season. The program offered information on the 4Rs and phosphorus applications. Fifty area producers attended.
- **Beekeeping** has become popular in southern Ohio. Extension offered four educational programs including a

meeting with the Adams County Beekeepers to discuss pesticides usage and impacts, a class for Master Gardeners, a public meeting on pollinators, and a class for beginners in beekeeping, attended by more than 80 people.

- **Tobacco production** continues to be a source of revenue for many farmers in Adams and Brown counties. Extension hosted a meeting for tobacco growers that featured discussion of prices, improved production practices and disease and insect control.
- **Ag Reality**, a farm financial literacy program offered in Adams, Brown and Highland counties, is a spinoff from Real Money, Real World. The simulation brings together junior ag business students and representatives from agribusiness including lenders; feed, fertilizer, grain and livestock marketers; insurance providers; and agency representatives. The program was offered three times, with juniors from Peebles and the OVCTC participating.

PREPARING YOUTH FOR SUCCESS

- 4-H empowers youth to reach their full potential, working and learning in partnership with caring adults. **Adams County 4-H** membership increased by 3% to 782 youth enrolled in 29 community-based 4-H clubs. Seventeen adults completed the volunteer screening process, bringing the number of advisors to 156. Based on an estimated minimum 35 hours contributed annually by each volunteer, the value of their service to Adams County exceeded \$106,000. Members had opportunities to strengthen their project skills at clinics and the third annual Kids College, and 54 attended or counseled at one of the 4-H summer camps.

- Ten Adams County youth and four teens participated in the region's new **STEM Camp**, which was partially funded by grants from the Ohio 4-H Foundation and the South Central Region Endowment Fund. The camp engaged a total of 56 participants from 10 counties in hands-on exploration of STEM, a field trip to OSU South Centers, and opportunities to learn how STEM applies in the real world.
- **Real Money, Real World** was conducted with North Adams and Manchester eighth-graders. More than 25 different business people and volunteers staffed the simulation stations. Real Money, Real World is an OSU Extension signature program that teaches youth financial literacy.
- **4-H Tech Wizards** received third-year funding in the amount of \$20,429 to continue the STEM-focused after school program at North Adams and Peebles elementary schools. Five adult and 10 teen mentors are working with 37 youth to engage them in hands-on science, technology and engineering activities, with the goals of increasing their scores on standardized science tests and encouraging them to pursue post-secondary education and training in the fields of science and technology.

STRENGTHENING FAMILIES AND COMMUNITIES

- Each year, one in six Americans gets sick from foodborne illness. Training on proper food handling practices at worksites, community functions and in the home can prevent severe illness and high medical costs. Of the 32 total participants, seven Adams County residents working in the food service industry completed the **ServSafe Food Handler Program**. Ninety-two percent of participants improved food safety knowledge and indicated they will make changes (such as wearing gloves when handling food and keeping foods at the proper temperatures) in their worksite to support food safety. Thirty-four Adams County 4-H advisors completed the **Safe Food Handling for Occasional Quantity Cooks** training, with 85% indicating they will implement one or more safe food handling practices.
- Diabetes directly affects one in 10 adult Ohioans and continues to be a health issue for area residents, impacting family and friends of persons with diabetes, healthcare in the community and work productivity. A **Dining with Diabetes** series was held for diabetics and support persons in Adams County. Participants reported improved diabetes management as a result of using strategies learned in the class, including practicing carbohydrate counting, reading Nutrition Facts Labels and controlling portion sizes.
- Understanding the connection between sun exposure resulting in skin damage and the potential development of skin cancer is important in increasing behaviors that protect the skin. Through a **Sun Safety** program, residents learned how to protect their skin from further sun damage through increased use of sun screen, sun hats and clothing. Using the DermaScan machine, 16 adults were screened for sun damage.
- In cooperation with more than 20 local agencies, 256 classes were offered through the U.S. Department of Agriculture's grant-funded **SNAP-Ed**. These classes reached more than 1,700 low-income adults. Ninety-eight percent of participants reported learning new information about nutrition, food safety and thrifty food shopping. Nearly 60% of programs were part of a series in which the same people attended two or more classes targeting the same message. In retrospective surveys, participants reported significant increases in the frequency of choosing low fat dairy foods; eating more whole grains; reading labels for sodium content; and comparing prices before buying food. Through the **Summer Food Service Program**, 269 youth receiving free lunches during the summer participated in SNAP-Ed programs promoting nutrition and physical activity.

Adams County receives \$34,303 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.