



CHAMPAIGN County

TOP OF OHIO EXTENSION EDUCATION AND RESEARCH AREA

1512 South US Highway 68, Suite B100, Urbana, Ohio 43078

Phone: (937) 484-1526 champaign.osu.edu/



ADVANCING EMPLOYMENT AND INCOME OPPORTUNITIES

- **The ServSafe Food Handler Program for Managers** was taught in collaboration with the Clark and Champaign County Health Departments. A total of 106 owners, managers, supervisors and culinary instructors participated in the 16 hours of training, and 98% passed the certification examination with an average score of 90%.
- **ServSafe Food Handler Program for Employees**, a four-hour class, served 112 food service employees including two classes taught to inmates at the Clark County Jail. An average 12% increase in knowledge was achieved by these participants, as determined by pre- and post-tests.
 - Completion of both the ServSafe manager and employee classes is required for many individuals to keep their current jobs. The classes also provide the training necessary to obtain a job in the food service industry.

STRENGTHENING FAMILIES AND COMMUNITIES

- Over the past few years numerous Family and Consumer Sciences programs have been offered by employers as **workplace wellness education** to employees. These programs have focused on a financial management series, eating well, diabetes care, gluten-free eating and planning a holiday budget. Employers also offer employee health fairs. A popular addition to traditional health screenings is sun safety programming. In 2013, nearly 200 people were able to “scan their tan” by viewing the ultraviolet ray-damaged areas of their facial skin. Of those mentioned, 25% had received this same information in a previous year. Of those,

51% reported using sunscreen more often, 43% reported wearing hats (for sun protection) more often and 43% reported consulting a dermatologist as a result of the scan.

- **A Matter of Balance** is a program of six 2-hour sessions to help participants view falls and fears of falling as controllable. Participants learn to change their environment to reduce fall risk factors, and they learn to exercise to increase strength and balance. A total of 30 people participated in the program, and 97% of them reported that they felt more comfortable talking about their fear of falling. Ninety-seven percent also felt comfortable increasing their activity, and 99% planned to continue exercising. Lastly, 100% would recommend A Matter of Balance to a friend or relative. Comments included the following: “The class has made me feel more confident about going out with others” and “I’m more aware of things in my home that could cause me to fall.” One participant indicated, “I’ve been telling my doctor about these exercises. He’s amazed that this class has helped me do more things than he’s got me to do in several years.”

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- An **annual weed survey** of over 80 soybean fields was conducted and evaluated. The overall size of each soybean field was estimated, and over 4,600 acres were surveyed. Within each of these fields, the non-soybean (weed) plants were identified and the level of infestation was determined. These surveys help farmers better control weeds, save on herbicide applications and protect the environment.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

EMPOWERMENT *through* EDUCATION

extension.osu.edu

@DirKeithSmith

- The **Crop Observation and Recommendation Network (C.O.R.N.) Newsletter** is distributed to more than 25,000 farmers in Ohio. This weekly newsletter communicates directly to Champaign County farmers about current crop conditions as well as potential cropping problems and solutions. Champaign County Extension served as editor and therefore was instrumental in facilitating this publication during the 2013 growing season. Champaign County Extension also provided local information and updates during weekly conference calls. In addition, Champaign County Extension helps collect primary data necessary for this publication to remain a timely resource for corn, soybean and wheat disease scouting; nutrient management; planting; tillage and harvest decisions; and updates monitoring the progress of insects and diseases.
- **Master Gardeners** conducted the Butterfly Project at all seven county elementary schools. The group provided larvae to all third grade classrooms for a live science project. The larvae were purchased with money raised at the local farmer's market by selling herbs.
- Master Gardeners also placed "Grow to Go" portable planters in the elementary schools so youth could grow their own vegetables.
- Master Gardeners held lectures this year on "Organic Gardening," "Gardening in 'Grow To Go' Planter Boxes," "Planting Rain Gardens," "Using Rain Barrels," "Make It, Take It Herb Gardens," "Learning to Save Your Own Garden Seeds" and "Planting Spring Bulbs."
- The largest event in the county is the eight-day Champaign County Fair, where, this year, 4-H youth displayed over 3,100 projects. **4-H Youth Development** in Champaign County has been a strong tradition and impacts the lives of many in the community throughout generations in traditional club projects. There are 123 4-H Clubs in the county, each allowing youth to specialize in their area of interest.
- Active in the five local school districts is 4-H, which conducts **school awareness programs** that reach over 2,000 third and fourth grade students and give every individual the opportunity to become active in 4-H.
- The financial literacy **Real Money, Real World** program is conducted each year with over 400 eighth grade students in two of the county schools.
- The **ChickQuest** program and **Breads of the Harvest** program are conducted with over 200 third grade students.

Champaign County receives \$29,560 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.

PREPARING YOUTH FOR SUCCESS

- **Champaign County 4-H** touches the lives of over 3,200 4-H youth. Three hundred forty-three advisors give an average of 120 hours per year investing time in our youth that calculates to a value of \$323,000 at the minimum wage rate.
- 4-H members have multiple **leadership opportunities** by being able to participate in Junior Fair Board, Junior Leadership, 10 different Junior Special Committees, Food and Fashion Board and Camp Counseling. Over 150 older teens participate in these groups, learning workforce preparation skills, leadership skills, speaking and team building skills.
- Participants in **4-H Camp** learn self-confidence by interacting and living with youth of their own age for five days. This promotes self-care and social communication skills face-to-face. Camp participants often learn to conquer fears by taking the High Ropes Challenge and by learning team building skills in the Low Ropes Challenge.