



LAWRENCE County

OHIO VALLEY EXTENSION AND EDUCATION RESEARCH AREA

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STRENGTHENING FAMILIES AND COMMUNITIES

- The **Expanded Food and Nutrition Education Program (EFNEP)**, funded by the U.S. Department of Agriculture National Institute of Food and Agriculture, provides community nutrition education to low-income families with young children. EFNEP assists participants in acquiring the knowledge, skills, attitudes and changed behavior necessary to achieve nutritionally sound diets, contributes to the participant's personal development and improves the total family diet and nutritional well-being. A total of 122 adults with children participated in the EFNEP program, with 105 graduating, impacting 498 people in participants' families. Of participants, 89% improved in one or more food resource management practices (planning meals, comparing prices, using a grocery list); 91% improved in one or more nutrition practices (healthy food choices, reading labels, consuming more fruits and vegetables); 73% showed improvement in one or more food safety practices (thawing and storing foods properly); and 48% increased their physical activity.

PREPARING YOUTH FOR SUCCESS

- **Lawrence County 4-H** has 558 4-H members and Cloverbud youth in 30 community clubs. Through 4-H, youth are gaining citizenship, leadership and life skills. The program has 114 adult volunteers who are a huge impact on the process of the members' learning. Each year volunteers contribute a combined total of approximately 3,990 hours in support of Lawrence County 4-H.
- With the help of 13 youth and approximately 30 adult volunteers, 389 youth taking livestock projects and 380

youth taking non-livestock projects were able to be represented at the **2013 Lawrence County Fair**. These youth explore their interests through individual projects to become experts while gaining valuable interviewing skills as they communicate with the judges about their projects.

- **4-H CARTEENS** is a partnership of OSU Extension, the Lawrence County Juvenile Court System, and the Ohio State Highway Patrol. It is a court-mandated traffic safety program for all first-time juvenile traffic offenders. The primary goal of the program is to reduce the number of repeat offenders. Program topics include drinking and driving, seatbelt safety, cell phone usage, consequences of unsafe driving and suggestions for safer driving. The nine CARTEENS members helped prepare and present prom safety programs to all Lawrence County High Schools. This year, 205 juvenile traffic offenders attended the monthly sessions. Every youth offender is given a five-question post-test at the end of each session, of which 96% passed.

ADVANCING EMPLOYMENT AND INCOME OPPORTUNITIES

- Thirteen older youth served on the **Junior Fair Board**, which allowed them to demonstrate their leadership skills either by announcing or passing out ribbons at shows or helping younger youth at the Cloverbud activities at the fair. They also learned citizenship skills and the importance of giving back to the community. The Junior Fair Board has an annual sweet tooth auction at the fair to help raise money to buy holiday presents for needy children or to help other members in-need in the community.

- Lawrence County sent two counselors and 8 campers to the multi-county overnight **4-H Camp** at Canters Cave 4-H Camp/Elizabeth L. Evans Outdoor Education Center. While being at camp these youth learned social/communication skills, team building skills and gained knowledge about their environment. Each of the counselors had to further their education with 24 hours of training. During these trainings they gained hands-on learning, leadership and communication skills along with an overnight training camp at Canters Cave in March.
- As a result of 4-H and FFA **youth participation in livestock projects** at the county fair, 401 market projects were sold this year for total sales in the amount of \$277,313. A large portion of these funds are spent locally as youth prepare for the upcoming school year or to purchase supplies and animals for their 4-H projects in the upcoming year.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Three hundred forty-eight 4-H and FFA members learned good production practices through **Quality Assurance Training** held at the fairgrounds. They also attended species-specific clinics to help them better prepare for the fair. Members learned the importance of keeping their animals' water clean and the importance of tagging or using other methods of identification of animals.

Lawrence County receives \$45,644 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.