



MORROW County

HEART OF OHIO EXTENSION EDUCATION AND RESEARCH AREA

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STRENGTHENING FAMILIES AND COMMUNITIES

- Diabetes is a health problem for many Ohioans, and it is important to target programming to diabetes prevention and management. In April a series of **Dining with Diabetes** classes was offered to Morrow County residents. This program consisted of a series of three in-depth classes with nine participants. The participants learned strategies to manage their diabetes through menu planning, carbohydrate counting, portion control, label reading and taste testing healthy recipes.
- Morrow County Extension offered **Mom and Me Intro to Sewing** to participants interested in learning basic sewing skills while spending quality time with their child or grandchild. The two-class free workshop took place in March and was comprised of 11 children and 10 mothers/grandmothers.
- To improve the county's overall health and well-being two **Live Healthy, Live Well eChallenge series** were offered. Over 20 participants took the eChallenges titled "Zero Holiday Weight Gain Challenge" and "Spring Wellness Challenge."
- To ensure and promote **food safety**, pressure canner lids were tested at the Morrow County Extension office.
- **Scarlet and Gray News** is published to advertise programs, honor outstanding 4-H members and advisors and educate readers on topics related to agriculture, natural resources, community development, youth development, nutrition and family living. *Scarlet and Gray News* is mailed quarterly to over 1,300 families.

- **SNAP-Ed** of Morrow County offered information on nutrition, food safety and thrifty shopping to 1,263 participants through 205 direct education classes taught at the Job Training Office, No Limits Outreach Center, Morrow County WIC, Trinity UM Church food pantry, Seniors on Center and four public sites for fiscal year 2013. Of participants, 77% self-report that they plan to make a change due to information learned at the SNAP-Ed program they attended.

PREPARING YOUTH FOR SUCCESS

- A total of 231 Morrow County fifth graders attended the **2013 Safety Day Camp** organized by OSU Extension. Fourteen county agencies, businesses and volunteers provided programming for this daylong event. Evaluations show 78.8% of the campers "learned a lot from this day camp" and 68.3% "learned something (they) can use."
- Junior Fair Board, Camp Counselor Training, Junior Leaders, Teen Leaders, Fashion Board, and 4-H CARTEENS provided 77 teens with at least 12 hours of **skills development training** in leadership, public speaking, program planning, community service, mentoring and conflict management.
- The **4-H Youth Development** program reaches over 2,700, or 40%, of Morrow County youth through research-based educational programming such as school enrichment, safety programs, environmental education, summer day camps and after school programs.
- This year 148 **volunteers assisted youth** in developing life skills through 4-H. They volunteered approximately 7,000 hours—a donated economic value of over \$130,000.



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- In cooperation with Morrow County Juvenile Court, first-time teen traffic offenders attend **4-H CARTEENS**, an auto safety educational program held monthly. Teens and attending parents learn effective strategies for safe driving through 4-H teen-led activities and guest speakers. A total of 106 teens participated thus far in 2013.
- **4-H Camp** helps build teamwork, communications and leadership, cultivating the job readiness skills employers look for, all while giving campers a chance to connect to nature. In Morrow County 133 youth ages 8–14 with 48 teen counselors and 10 volunteer adult supervisors attended camp. Teen counselors donated 6,240 hours or \$27,172 of service to Morrow County.
- **Earth Day** for 395 Morrow County second graders provided hands-on educational programs based on Ohio Academic Content Science Standards and Benchmarks.
- **Quality Assurance Training** sessions provided by OSU Extension and the Morrow County Junior Fair educates youth on animal care and handling, record keeping and how to carry out health care activities in a manner that will maintain a wholesome food product from the project animal. Over 800 youth and their parents attended.
- Through **Why Trees Matter** 98 youth learned the benefits and importance of trees.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- **Pasture for Profit School** was held this spring to help producers manage their forage resources more economically. Thirty-one producers attended the three-session training.
- A three-session beef school was held in Mt. Gilead using broadcast presentations through the web. Thirty-two beef producers from Morrow and surrounding counties attended each session. Seventeen additional sites were available across the state with over 453 in total attendance. The **2013 Ohio Beef Cattle School** provided a significant potential economic impact for the participants. The value of crossbreeding was recognized by the participants as 34% of survey respondents indicated that they will implement a greater use of crossbreeding in their breeding programs. Research has indicated that structured crossbreeding programs will increase cow-calf production levels by 23.3%. Given typical weaning weights and current market prices, these producers can realize a \$316,440 positive economic impact in their calf crops
- Sheep and goat farmers in Ohio and surrounding states learned valuable information that will help them manage

their animals. The **Sheep and Goat Web Series**, sponsored by OSU Extension and The Ohio Sheep Improvement Association, included four sessions broadcast to 18 locations in Ohio and farmers' homes. Around 460 farmers from 34 Ohio counties, Indiana and West Virginia viewed the live presentation, and 894 (as of 4/1/13) have watched the archived recordings of the sessions. Those who viewed the live presentations indicated on evaluations that they raise 5,248 ewes or does, finish 5,834 lambs or kids annually and manage 5,943 acres of pasture and hay ground. Attendees (93%) felt they gained knowledge by attending the program. Improvement in knowledge varied by subject and ranged from a low of 26% to a high of 91%. Overall 63% of the attendees planned on making a change to their operation based on information they learned at the program. Because of what they learned from the program 55% estimated they would earn more profit on their operation. The average estimated profit per head was \$8.94.

- **Pesticide Applicator Training** was conducted twice in Morrow County with over 94 private applicators in attendance. Applicators indicated gaining knowledge in the correct use of pesticides to protect crops and the environment.

Morrow County receives \$28,117 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.