

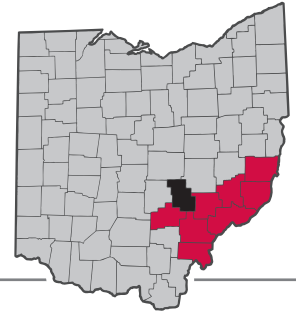


PERRY County

BUCKEYE HILLS EXTENSION EDUCATION AND RESEARCH AREA

104 South Columbus, P.O. Box 279, Somerset, Ohio 43783-0279

Phone: (740) 743-1602 perry.osu.edu/



STRENGTHENING FAMILIES AND COMMUNITIES

- **Successful Co-Parenting: Helping Children Cope with Divorce**, a court-mandated program for couples going through a divorce or dissolution with children, focuses on the emotional process of divorce and strengthening families during this transition. One hundred four individuals participated. Evaluations showed that 95% agree or strongly agree they learned new information; 97% agree or strongly agree they plan to use the information learned; 92% agree or strongly agree they feel more prepared to co-parent; and 97% agree or strongly agree this program was helpful.
- **Successful Co-Parenting: Principles of Parenting** is a court-mandated program for non-married individuals petitioning for custody of their child(ren). This series encompasses the “Challenges of Parenting,” “Responsibility: The Most Basic ‘R’” and “Something Better than Punishment, Discipline.” Forty-five individuals participated in programming efforts. Evaluations showed 92% learned something new, and 68% planned to adopt one or more educational practices shared.
- Using social media, three **Live Healthy, Live Well eChallenges** were offered with nearly 300 adults participating. Bi-weekly email messages encouraged participants to increase their physical activity, improve their diet and use coping techniques to reduce stress. Over 82% of participants reported adopting one or more of the recommended practices that might help reduce their risk of developing chronic disease, and 95% reported maintaining or losing weight in post-challenge surveys. A six-month follow up survey with participants found that 70% reported “encouragement to try new healthy foods” as their greatest

benefit from participating. While research on the cost savings of workplace wellness programs varies, studies have typically shown a return of \$3 per \$1 spent, and a new study shows a health insurance savings of \$2.38 per month by employees who participate.

- Traditionally, food preservation instructions are verbally passed down from generation to generation. OSU Extension provides support to those involved in home processing of foods by answering consumer calls, conducting **home food preservation workshops and pressure canner testing**. Five pressure canner testing events, a home food preservation workshop, a tomato and pepper tasting and numerous one-on-one, in-office or farmer’s markets tests were conducted for more than 20 canner units. Sixty percent of those tested either needed new parts to ensure their safety during home food preservation or needed to have adjustments made to ensure their safety during processing time.

PREPARING YOUTH FOR SUCCESS

- **4-H CARTEENS** is a collaborative effort with OSU Extension, the Perry County Juvenile Court, and the Ohio State Highway Patrol. Sixty-five Perry County teens along with their parents attended this peer-taught program. Five 4-H teens have been trained to serve as peer instructors. Primary offenses for teen sentencing include speeding and failure to control. In post-program evaluation, 83% of teens and 86% of parents rated the overall CARTEENS program as good or excellent. Seventy-nine percent of parents agreed that CARTEENS will help their teen become a safer driver.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

EMPOWERMENT *through* EDUCATION

extension.osu.edu

@DirKeithSmith

- Today's youth need a clear understanding of how to manage their finances. **Real Money, Real World**, an OSU Extension signature program, gives students an understanding of how education and life choices affect future income. Participants learn about the costs of life expenses such as housing, transportation, food and child care, and they learn to balance wants versus needs. Perry County conducted this hands-on program for 314 eighth grade students in three school districts. Through post-program evaluation, 94% of participants indicated that this program gave them a better idea of what is involved in earning, spending and managing money, and 92% of participants believed that participating in the program would help them in the future.
- Thirty-four **Junior Fair Board** members gained workforce skills while planning and assisting with Junior Fair events and livestock shows. From start to finish, teens gained skills in completing applications and interviews, public speaking, record keeping, customer service, teamwork and working cooperatively with adults. Furthermore, members garner accountability and goal setting as they work to retain their Junior Fair Board position; on average, 84% do so annually. This year's members logged over 500 working hours during the five-day Perry County Fair alone, resulting in a value of \$9,615 to our local community (based on 2011 Ohio volunteer value from The Independent Sector report).
- Fourteen producers attended a **goat pasture and fencing program** focusing on intensive grazing, fencing and paddock design, alternative forages and watering systems. As a result the group is organizing efforts to form a local association to help promote the goat industry.
- Perry County **Master Gardener Volunteers** completed work in various community projects including hosting their annual plant sale, working with youth and gardening and speaking at invited functions.

ADVANCING EMPLOYMENT AND INCOME OPPORTUNITIES

- **Managing Your Money** is a monthly money management class for clients through the Perry County Department of Job and Family Services. Seventeen clients participated in programming efforts. Evaluations showed 100% learned something new, and 92% plan to adopt one or more of the educational practices shared.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- In 2013, 456 Perry County 4-H members were enrolled in at least one food-producing livestock project, dictating continued need for livestock education. All youth participated in livestock **Quality Assurance Training**, learning about good production practices to raise safe, high-quality food products for consumers. Completion of Quality Assurance Training is encouraged by commodity groups, and it is required by the State of Ohio and many packing plants nationwide. Fifty-five new youth successfully passed an optional Quality Assurance Training test (scores of 70% and higher) to opt out of the program for up to three years. Participating in this program prepares youth for future success in the livestock and/or agriculture fields, while working to ensure a safe food market for our nation.
- Two separate **Pesticide Applicator Recertification** programs were offered to 46 local producers in the field of agriculture and natural resources. Programs are designed to provide current pesticide regulations and safety issues. For every category in which producers are certified, they must obtain a minimum of three hours of recertification training, or 30 minutes for each category.