



PICKAWAY County

HEART OF OHIO EXTENSION EDUCATION AND RESEARCH AREA

110 Island Road, Suite B, P.O. Box 9, Circleville, Ohio 43113-0009

Phone: (740) 474-7534 pickaway.osu.edu/



ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Pickaway County Extension and the Pickaway County Community Foundation collaborated on a successful grant application through the Ohio Department of Agriculture Specialty Crop Grant program. Thirty thousand dollars was awarded to continue programs with specialty crop growers in Pickaway County as part of the **Ohio Fresh Foods Corridor**.
 - The Ohio Fresh Foods Corridor is a brand created by Pickaway County growers who want to help people experience the connection with their food. The Corridor runs along U.S. State Route 23 through Pickaway County and heads north toward Columbus and south toward Chillicothe and Portsmouth on the Ohio River.
 - Under the leadership of the PCN Ag committee chaired by the OSU Extension Agriculture and Natural Resources educator, the goal is to help people experience the connection with their food by promoting homegrown entrepreneurship, new investment and the value of Pickaway County's existing strengths in food and agriculture. To further this mission, the Ohio Fresh Foods Corridor brand was developed for Pickaway County around our strengths: our prime location along U.S. State Route 23, our ample resources and the diversity of agriculture in our area. The project proposal encompasses a series of educational workshops about specialty crops for producers and entrepreneurs, "Taste of" events and further brand building activities.

- Fifty-two producers viewed a **demonstration plot of ten different types of cover crops** intended to enhance soil quality and prevent nutrient movement into Ohio's waters. OSU Extension specialist Jim Hoorman and cover crop seed supplier Jay Brandt gave participants the pros and cons of different species of grasses and legumes. This program was co-sponsored by the Pickaway County Soil and Water Conservation District as an effort to address nutrient management issues in South Central Ohio.

STRENGTHENING FAMILIES AND COMMUNITIES

- Forty-five Pickaway County employees are participating in the four-year **Ohio Bureau of Workers' Compensation Wellness Grant program**. The employees completed a biometric health screening and health risk appraisal. The top six health promotion priorities based on prevalence of risks include fitness promotion, good nutrition, healthy weight maintenance, osteoporosis awareness, blood pressure awareness and proper sleep. Seventy-one percent of the participating employees had a "health age" greater than or equal to their actual age.
- In 2013, 1,369 limited-income individuals (1,050 adults and 319 youth) participated directly in 189 U.S. Department of Agriculture **Supplemental Nutrition Assistance Program Education (SNAP-Ed)** interactive classes. End of program evaluations showed that 95% of participants learned new information to guide their food safety, food shopping, preparation and healthy food selection; and 84% plan to use this information to make changes. Three hundred nineteen

youth participated in 25 programs of the Summer Food Service Program at the YMCA or a local park.

- Using social media, the Pickaway County Extension Family and Consumer Sciences educator conducted two six-week **Live Healthy, Live Well eChallenges** with over 291 adults participating during the past year. Bi-weekly email messages encouraged respondents to increase their physical activity, improve their diet and use coping techniques to reduce stress. Over 82% of participants report adopting one or more of the recommended practices that might help reduce their risk of developing chronic disease, and 95% report 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.

PREPARING YOUTH FOR SUCCESS

- More than ever, the youth of today need a clear understanding of how to manage their finances. **Real Money, Real World**, an OSU Extension signature program, gives middle school students an understanding of how current education, income and life choices affect future income. Participants learn how much to expect to pay for housing, transportation, food, utilities, college loans, clothing, insurance and childcare, and they learn how to balance wants versus needs. In Pickaway County, this hands-on program was offered to 850 eighth graders. Forty community partners participated in the simulation, staffing booths, teaching financial education and assisting the students in making sound financial decisions. Student self-assessment statements included, “I would buy less brand name clothes,” “Kids are expensive,” “Life is a whole lot harder than I thought” and “Money doesn’t go very far.”
- Young people know **4-H Camp** is fun, and youth development experts know 4-H Camp helps build critical life skills for both campers and youth counselors. 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. Pickaway County’s traditional 4-H Camp at Tar Hollow State Park Resident Camp offered experiences to 71 campers ages 9–13, and 31 teen counselors. **4-H Camp Counselors** participated in 28 hours of a combination of onsite and classroom training. Other camping experiences offered to Pickaway County youth were 4-H Shooting Sports Camp, Forestry Camp, Ohio 4-H Sea Camp, State 4-H Leadership

Camp and Citizenship-Washington Focus, providing specialized educational opportunities to eight Pickaway County youth. Three thousand two hundred forty dollars were contributed by the community to support teens attending awards trips and to assist families-in-need in sending their kids to 4-H Camp.

- OSU Extension conducted 4-H Livestock Skillathons, evaluating project work and providing state-mandated **Quality Assurance Training** for youth with 4-H livestock projects. In June, OSU Extension evaluated over 800 4-H projects in 10 different species of animals. The two-day event was facilitated by 61 volunteers, contributing a total of 305 volunteer hours, which according to the Independent Sector volunteer rate of \$19.51 per hour, is valued at \$5,951. The event was also dependent upon the in-kind donation of a local business for the use of laptop computers; the donation is valued at \$800.

Pickaway County receives \$30,741 in federal funding for nutrition education for low-income people, thanks to Extension’s local-state-federal partnership.