

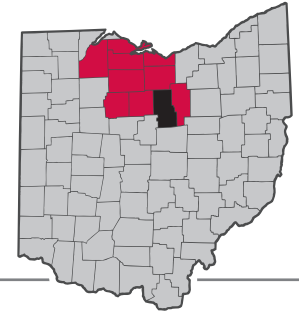


RICHLAND County

ERIE BASIN EXTENSION EDUCATION AND RESEARCH AREA

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PREPARING YOUTH FOR SUCCESS

- The county's 143 certified **4-H volunteers** accounted for more than 33,033 hours of service at an estimated value of \$635,225, which led to the personal development of the county's 2,499 4-H members and/or youth participants. This investment decreases the amount of youth that are at risk of getting into trouble, provides a base for workforce development and creates a positive resource to the community. One volunteer stated, "4-H helps kids become successful as adults." A 4-H member commented, "I learn a lot through 4-H. I appreciate all the opportunities 4-H gives me to prepare for my future."
- Positively influencing teen driver attitudes and behaviors about drinking and driving, avoiding distractions, reducing speed, wearing seatbelts and responsible driving behavior were emphasized in a variety of **teen safety education programs**. The mock crash safety docu-drama (held for 1,249 students from nine high schools in 2013) has reached more than 38,000 students since its inception in 1990. The 4-H CARTEENS monthly program helped 205 first-time juvenile traffic offenders refine their driving skills through hands-on learning experiences.
- **4-H Camp** helps build critical life skills for campers and teen counselors. 4-H Camp experiences help build teamwork, communication and leadership skills, plus cultivates the job readiness skills employers look for while connecting campers to nature. Skills learned by teen 4-H Camp Counselors were transformed into high-quality work-based learning experiences by their leadership for Residential and Day Camp-type experiences for 151 youth 5–15 years old.

- Research shows that youth who volunteer just one hour per week are 50% less likely to engage in destructive behavior and/or abuse drugs, alcohol and cigarettes. **Teen leaders** involved as Junior Fair Board members, camp counselors, Junior Leaders and 4-H CARTEENS instructors provided more than 6,450 hours of volunteer service valued at \$44,183 (based on student minimum wage of \$6.85 per hour) to our county. The benefit of preventing destructive behavior by youth to the community is much greater.
- More than 420 youth and adults learned skills in organizational development, officer education and practice, committee leadership, parliamentary procedure, club management, personal development and decision making to enhance and strengthen the leadership of their local **4-H Club** and county programs. A 12-year 4-H member stated, "4-H teaches me things I will need to know as an adult."
- More than 470 youth are enrolled in livestock projects, learning responsibility, caring for others, increasing knowledge on proper animal care and raising a quality product. These youth participate in Quality Assurance Training, livestock clinics and livestock interview judging. The members' **successful care of livestock** resulted in more than \$325,000 worth of economic advancement at the livestock auction at the county fair.

STRENGTHENING FAMILIES AND COMMUNITIES

- Recipients of the U.S. Department of Agriculture's **Supplemental Nutrition Assistance Program Education (SNAP-Ed)**, formerly called the Food Stamp Nutrition Education Program, learn how to select fruits, vegetables,

whole grains and low-fat dairy products for a healthy diet. Recipients also learn to use limited resources to plan, purchase and prepare food for the family. Through classes offered by OSU Extension, participants learn to be physically active every day and learn how to store and handle food for safe consumption.

- New this year was the Summer Food Service Program for children, which was held at four different sites. The Richland County program assistant partnered with Lutheran Social Services and Cleveland Food Bank staff to offer the nutritional activities and education.
- Richland County SNAP-Ed reached 2,395 people in 204 classes. Evaluations showed that 72% of participants reported learning new information to guide their food shopping, preparation and healthy food selection. In addition, 89% reported they are planning to make changes related to their food selections, shopping or food safety.
- Balancing nutrition with physical activity was a primary focus in countywide **nutrition education programs** for homemakers, community events, county fair participants, 4-H campers and others. More than 215 Richland County residents made improvements to their health via emphasis on eating whole grains, fruits, vegetables and other healthy foods. Nutrition programs strive to prevent obesity and nurture good health habits in children.
- Preserving foods at home has gained new momentum and many people are unfamiliar with reliable information. Preserving foods at home also decreases food costs and allows families to eat healthier. In Richland County, a **freezing and canning workshop** helped residents learn to safely preserve their summer harvest of fruits and vegetables. During the workshop, pressure canners were also tested for accuracy.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- What makes your garden grow? **Master Gardener Volunteers** trained by OSU Extension! These volunteers share research-based information with gardeners through workshops, programs at Kingwood Center and Malabar Farm Days, Raising Richland, community gardens, newsletters, speaker's bureaus and one-on-one consultations. In Richland County, Master Gardener Volunteers contributed more than 3,000 hours, teaching about vegetable and fruit plants/trees, lawn care, plant and disease identification, insects and other pests including emerald ash borer and many other horticultural topics. The economic value of Master Gardener Volunteer contributions is \$57,690.

- **Pesticide Applicator Recertification** provides an opportunity for those handling pesticides to learn new information and update current knowledge on pests while also protecting the environment and the public. Approximately 89 adults learned current Ohio Department of Agriculture regulations.

ADVANCING EMPLOYMENT AND INCOME OPPORTUNITIES

- Inner-city family units worked together to plant, maintain and harvest healthy foods for the family while also decreasing their grocery bill via **community gardens**. Also, hundreds of youth learned about **money management and career decisions** as part of their 4-H projects.

Richland County receives \$41,967 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.