

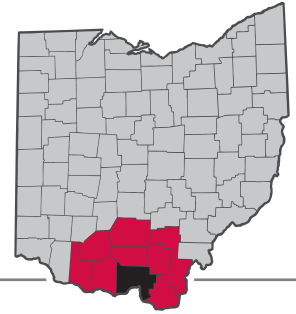


SCIOTO County

OHIO VALLEY EXTENSION EDUCATION AND RESEARCH AREA

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STRENGTHENING FAMILIES AND COMMUNITIES

- In an effort to help Scioto County residents quit smoking, the **“Quit Smoking” project** provides research-based support and addresses the unique needs of Appalachian Ohioans. This project was a joint partnership between The Ohio State University College of Public Health, OSU Extension and the Portsmouth City Health Department. The study began in January 2013 and enrolled 59 participants.
- Exemplifying partnerships in the community, OSU Extension, The Center for Appalachian Philanthropy and Southern Ohio Medical Center jointly offered **diabetes education**. Twenty-three participants received five weeks of diabetes self-management instruction provided by a registered nurse; participants also received three weeks of Dining with Diabetes. One participant stated, “If you opened a restaurant and served the delicious food you prepared for us, you would have a gold mine. I would come and bring my family and friends!”
- A total of \$16,000 was received from the Scioto County Family and Children First Council through the Scioto County Ohio Children’s Trust Fund during 2012–2013 to teach **STEP (Systematic Training for Effective Parenting) classes**. Seventy parents participated in the early childhood program. Parents learned to use “I” messages to express feelings without blame (57%); encourage themselves with statements such as “I am capable” (47%); and deal with tantrums and aggressive behavior (44%). In addition, 41% of participants will use more reflective listening strategies, and 29% will reinforce positive behavior more often.
- As one of 18 counties funded by the U.S. Department of Agriculture’s National Institute of Food and Agriculture, Scioto County is able to offer the **Expanded Food and Nutrition Education Program (EFNEP)** to low-income families with children. Last year, EFNEP reached 226 adults in our county, impacting 983 family members including 431 children. Of those graduating from the program, 92% improved in one or more food resource management practices; 45% less often ran out of food before the end of the month; 42.6% increased their physical activity; 91% improved one or more nutrition practices such as reading labels; and 100% reported improved food intake at the exit of the program.
- The **SNAP-Ed** program added eight additional sites in 2013. Programming reached 3,158 participants in 344 direct and indirect programs. A collaborative gardening project with 4-H, Agriculture and Soil and Water allowed us to bring gardening skills and fresh produce to inner-city children and the elderly in the community.
- A total of 178 participants completed **Successful Co-Parenting**, a program offered in partnership with Scioto County Domestic Court in 2013. Based on evaluation data, 54% of the participants indicate they learned helpful information such as “always be there for the child, allow them to talk to you” and “be understanding, it’s not just about me, others are involved.” Additionally, 51% state they plan to implement changes such as “be careful how I talk to and about my former spouse” and “stop fighting in front of the child.”

PREPARING YOUTH FOR SUCCESS

- The **community garden** was a collaborative effort amongst all program areas of the Scioto County OSU Extension office. Traditionally under-served youth learned about community service, gardening and nutrition in this intergenerational program at the 14th Street Community Center. Approximately 15 youth, ages 9 to 13, participated in the six-week program. Evaluations showed 100% of youth respondents reported trying new fruits and vegetables from the garden. Additionally, 100% reported the garden was a good addition to their urban community. One youth gardener said, "It helped kids with gardening and eating better."
- One thousand one hundred twenty-nine youth participated in 59 community **4-H Clubs**. The youth worked and learned through the 3,127 **4-H projects** in which they were enrolled. Twenty-eight adults completed new volunteer training to bring the total number of adults working with youth to 292. Based on a minimum 35 hours contributed annually by each volunteer, the value of the service contributed exceeds \$224,840. Members strengthened their skills by attending clinics, judging and exhibiting those projects. Additionally, 4-H Clubs were challenged to report on their service projects in 2013. Projects ranged from canned food drives to volunteering at a local animal shelter to donating items to the Salvation Army to cleaning up our state park and more.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Seven hundred fifty-three youth representing eight counties and five species project areas attended three 4-H livestock and **Quality Assurance Training** clinics in 2013. The multi-county efforts involved a variety of educators, agencies and volunteers. Participants gained quality assurance certification and valuable information, enabling them to successfully complete their projects. Furthermore, county offices provided increased programming to clientele, and educators reported more efficient and effective use of programming outputs and cost reduction to individual county programs.
- Ten thousand dollars in funding was acquired to expand **Integrated Pest Management (IPM) Extension programming and monitoring** in Scioto County and the Ohio Valley EERA. Pest emergence data was collected, and it assisted farmers with pest management decisions. IPM use was taught through workshops, field days and schools.
- **OSU Extension Master Gardener training** was introduced as part of the Southern Ohio Correctional Farm (SOCF). Inmates were taught how to cultivate over 1.5 acres of produce. Ongoing education is provided on the

establishment, production, management and pest control of the education fields.

- Education was provided to five Scioto County community garden projects. Over **20,000 pounds of fresh fruits and vegetables were provided** to local food pantries including the Salvation Army, God's Pantry at Second Presbyterian Church, Loaves and Fishes and others.

ADVANCING EMPLOYMENT AND INCOME OPPORTUNITIES

- OSU Extension assisted with the development and coordination of a **marketing plan for the Southern Ohio Correctional Farm (SOCF)** to market over 30,000 pounds of produce to the Ohio Association of Food Banks.
- **On-farm and applied field research trials** were implemented to discover innovative production practices applicable to area farms. Received was \$19,640 in funding to research nutrition programs, genetic variation on physiological fruit disorders of tomato (which caused over \$2 million dollars in income loss to area tomato growers in 2012) and freeze protection techniques for strawberry crops.

Scioto County receives \$83,092 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.