



## TRUMBULL County

### WESTERN RESERVE EXTENSION EDUCATION AND RESEARCH AREA

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#### STRENGTHENING FAMILIES AND COMMUNITIES

- By offering a **Farm to School road trip**, Trumbull County Extension—in partnership with Trumbull County Health Department—made community connection a reality in Northeast Ohio. Thirty-six decision makers from nine school districts participated in a daylong bus trip, visiting and learning about local food opportunities and making healthy school food choices. Attendees reported a large increase (more than a 2-point gain on a 5-point scale) in their knowledge of the benefits of using local foods in the school lunch program, how to access and purchase local foods and how to connect to local farms.
- Recipients of the U.S. Department of Agriculture's **Supplemental Nutrition Assistance Program Education (SNAP-Ed)**, formerly called the Food Stamp Nutrition Education Program, learned how to stretch their food dollars through classes offered by OSU Extension. Educators offer interactive classes on diet quality, physical activity, food safety and food resource management. The Family Nutrition Program (FNP) in Trumbull County provided direct contact to 1,470 participants with information and educational classes. Class topics included healthy eating, food safety and how to stretch food dollars. Participant evaluations showed results: 51% of direct participants reported learning a lot of new information; 46% of direct participants reported learning some new information; and 77% stated they plan on making healthier changes as a result of what they learned.
- Diabetes affects 17 million Americans with annual health care costs estimated at \$200 billion. **Take Charge of Your Diabetes**, held in Trumbull County, focused on how to

manage food intake and portion control, and the importance of exercise. Thirty-eight people participated and as a result, 96% learned about portion control and 85% learned why the plate method was useful in meal planning.

#### PREPARING YOUTH FOR SUCCESS

- **Real Money, Real World**, an OSU Extension signature program, was held in partnership with Warren City Schools with 48 eighth grade students. Real Money, Real World gives students an understanding of how current income and life choices affect future income. Participants learn how much to expect to pay for housing, transportation, childcare, and how to balance wants versus needs. As a result of the program, students showed a 51% increase in their knowledge of what it costs to run a household. They demonstrated a 49% increase in their understanding of paycheck deductions, and 29% increased their understanding of how education impacts the job they desire.
- The number one cause of death for teens is traffic crashes. Trumbull County OSU Extension **4-H CARTEENS** is educating teen drivers about safe driving. The program is in its seventh year and impacted 117 teen drivers and their parents in 2013. After the program, 64% said they would rarely break the speed limit; 95% said they would frequently wear their seatbelt; 97% said they would rarely drive in a reckless manner; and 96% said they would never ride in a car with someone who was drinking.
- **Quality Assurance Training** teaches young people their responsibilities as a food producer. In Trumbull County, 168 youth participated in Quality Assurance Training.



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Of participants, 82% agreed the program helped them understand their role as food producers; 74% agreed they learned how to read feed tags and follow procedures; 79% agreed they know how to record any medication their animal receives; and 81% agreed they understand how to care for their animals in a humane way.

## ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Sixty-one Trumbull County farmers who hold a private pesticide applicator license attended **Pesticide Applicator Recertification**, sponsored by OSU Extension during winter 2013. Of attendees, 100% reported they have improved practices to protect the environment, are better informed about compliance with pesticide and environmental regulations and better understand how to check personal protection equipment. Purdue University places a \$625 value/hour on pesticide certification training based on Extension pest management knowledge, cooperation with Ohio Department of Agriculture, prevention of individual and commercial mishandling of toxic chemicals and potential increases in productivity. In Trumbull County this translates to \$114,375 of economic benefit.
- OSU Extension offered formal and informal education for Trumbull County crop producers throughout 2013. Two major workshops were held to help corn and soybean producers stay on the cutting edge. One hundred fifteen farmers farming over 263,000 acres attended the **Northeast Ohio Agronomy School** and an **Intensive Soybean Workshop** to learn more about weed control, fertilizer usage, precision agriculture, getting higher yield, protecting Lake Erie from phosphorus and dealing with soil compaction. Ninety-three percent of the attendees reported they would soil test in 2013 as a result of the Northeast Ohio Agronomy School, and the Intensive Soybean Workshop attendees rated the the information presented to be worth \$26.71 per acre.

**Trumbull County receives \$28,336 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.**