

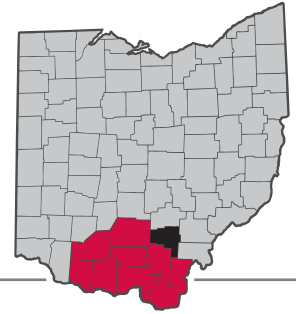


## VINTON County

### OHIO VALLEY EXTENSION EDUCATION AND RESEARCH AREA

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#### PREPARING YOUTH FOR SUCCESS

- **Vinton County 4-H** reached 486 youth who learned to value and practice service for others and to be good citizens as members of 34 organized community clubs and special interest activities. These clubs and programs were led by 81 caring adults who developed positive and sustaining relationships that provided safe, inclusive environments for youth to determine goals, make decisions and envision their future. Members developed leadership and interviewing skills as part of being club members and officers as well as by completing their selected projects.
- The **Vinton County Junior Fair** is a busy worksite for Vinton County 4-H Junior Leaders/Junior Fair Board members. These teens practice marketable skills in communications, cooperation, record keeping and organizing events as they take the major up-front roles in conducting Junior Fair shows and activities. Their public speaking skills have vastly improved through managing, emceeding and organizing these events. They practice leadership while serving as role models to younger members throughout the year, especially during the fair. The Junior Leaders/Junior Fair Board members planned and organized a series of educational activities each day of the fair.
- 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. One hundred fifteen youth ages 8–18 participated in the Vinton County 4-H camping program in June. Youth experienced living in a cabin with other youth and learned valuable life skills. Each track included a nature program, a team building activity and a craft that further expanded the marketable skills that youth gained during the four-day 4-H Camp at Canter's Cave.
- Twenty-eight teens participated in the fourth **Vinton County Leadership Retreat** at Canter's Cave in January. Teens are recruited from 4-H, school youth extracurricular groups and other youth organizations to participate in the overnight retreat. The retreat builds leadership, service and teaching skills in today's youth. A pre- and post-test survey using a 4-point scale to assess knowledge level was used with the following results: Youth being able to express their thoughts clearly to others improved from 3.3 to 3.9; youth being comfortable speaking in front of a group improved from 3.4 to 3.7; and youth working well with others that are different from themselves improved from 3.6 to 3.9.
- Volunteers who work directly with youth are critical to ensuring a positive youth development experience for Vinton County 4-H members. Over **81 adult volunteers provide leadership** in the 4-H program, and each donates 100 volunteer hours per year. At the current Ohio rate of \$22.14 per volunteer hour, this equates to \$179,334 worth of volunteer support to our county's future leaders. Support for their efforts, including initial screening, orientation to the role and continuing training, is an ongoing emphasis. Advisors attended two required update meetings that provided program logistic updates and training for club programming ideas and implementation.
- **Alternative Spring Break (ASB)** is a collaborative project between the Vinton County Extension office and The Ohio State University Office of Economic Access. Ohio State



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students spent the week interacting with over 1,400 students in Vinton County schools. The students addressed topics such as ACT testing, high school and college class selection, interviewing, scholarships, paying for college, preparing for senior year, four steps to get to college and post-secondary options and comparisons. Vinton County is one of only three counties in Ohio that has the opportunity to host a group of Ohio State students as part of the ASB program. Of the teachers and administrators, 100% indicated that students were excited following ASB, with students asking numerous questions about college and post-secondary options.

resources educational efforts. Typical programs consist of an indoor introductory session followed by lunch and hands-on field-oriented sessions. Events utilize active and historic research and demonstration areas at the Vinton Furnace State Forest for field exercises. Total participation in 2013 was 223 with an average participation of 28 per event. Many of the participants attended multiple programs. Participants who completed the evaluations reported more than 10,200 acres of woodland managed, and 74% indicated that participation in the program would result in a positive change in the management of their woodlands. The blog site, [go.osu.edu/seohiowoods](http://go.osu.edu/seohiowoods), received a total of 3,638 visits.

## STRENGTHENING FAMILIES AND COMMUNITIES

- The **Expanded Food and Nutrition Education Program (EFNEP)** targets low-income youth and low-income families with young children. It is designed to assist participants in acquiring the knowledge, skills, attitudes and changed behaviors necessary to achieve nutritionally sound diets; contribute to the participants' personal development; and improve the diet and nutritional well-being of the overall family. In Vinton County, 84 individuals were reached by EFNEP; this includes 38 children. Of adult participants, 95% showed improvement in one or more food resource management practices such as using a grocery list to shop for foods; 95% showed improvement in one or more nutrition practices such as meal planning in advance; and 63% showed improvement in one or more food safety practices such as thawing and storing foods properly.
- **Supplemental Nutrition Assistance Program Education (SNAP-Ed)** classes teach adults how to stretch their food dollars. Educators offer interactive classes on diet quality, physical activity, food safety and food resource management. In Vinton County, 1,245 limited-income individuals received SNAP-Ed newsletters or information. Educators work with these families to manage their food dollars and extend foods received from assistance programs. Post-program evaluations showed 80% of participants indicated learning new information to guide their food safety, food shopping, food preparation and healthy food selection.

**Vinton County receives \$59,615 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.**

## ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Even though two-thirds of Ohio's forest is located in Appalachian counties, woodland owners in this region have historically been underrepresented at outreach efforts conducted by state forestry and natural resources agencies. **A Day in the Woods—Second Friday Series** is a collaborative effort to enhance participation of Ohio's Appalachian woodland owners in forestry and natural