

# 2014 County Highlights



## CHAMPAIGN County

### TOP OF OHIO EXTENSION EDUCATION AND RESEARCH AREA

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### PREPARING YOUTH FOR SUCCESS

- A total of 1,207 youth participated in 83 community **4-H Clubs** led by 316 volunteers. Youth increased life skills related to responsibility, leadership, communication and organization. Volunteers invested over 38,000 hours to Champaign County youth.
- 4-H members have multiple **leadership opportunities** by participating in Junior Fair Board, Junior Leadership, 10 junior special committees, Food and Fashion Board, and camp counseling. Over 150 older teens participate in these groups, learning workforce preparation skills, leadership skills, public speaking and team-building skills.
- The county conducts two, five-day **4-H Camps** and one overnight **4-H Cloverbud Camp**. Three hundred youth increased self-confidence by interacting and living with youth of their own age. Participants increased self-care and face-to-face social skills. The high ropes and low ropes challenge courses at camp assist youth in learning to conquer their fears.
- Five local schools conduct **4-H awareness assemblies** each year, reaching over 2,000 elementary students. Further, 189 local elementary schools participate in the **4-H school enrichment program**, where students learn science, math, history and language arts in the 4-H hands-on learning way.
- Over 250 middle school youth participate in **Real Money, Real World** financial literacy program. This four-day, in-school program teaches youth to budget money and allows them to experience what it would be like to be on their own while managing a monthly budget.

- **Quality Assurance Training** educated 732 youth about good production practices and about responsible animal care of their 4-H projects.

### ADVANCING EMPLOYMENT AND INCOME OPPORTUNITIES

- Foodborne diseases cause approximately 76 million illnesses, 325,000 hospitalizations and 5,200 deaths in the United States each year. Most cases can be prevented through education on proper cooking or processing of foods to destroy bacteria. Taught in collaboration with the Clark and Champaign County Health Departments, the **ServSafe Food Handler Program** for Managers was taught four times. A total of 42 owners, managers, supervisors and culinary instructors participated in 16 hours of training, and 85 percent passed the certification examination with an average score of 85 percent. The ServSafe Food Handler Program for Employees—a four-hour class—also served 126 food service employees, including school personnel, foodbank employees and two classes taught to inmates at the Clark County jail.
- Companies are putting more emphasis on keeping healthy employees healthy rather than working primarily with high-risk individuals. The estimated return on **worksite wellness programs** is about a \$2.71 savings on healthcare costs for every \$1 invested. Over the past few years, numerous Family and Consumer Sciences programs have been offered as part of employers' wellness education for employees. Topics addressed have included eating well, diabetes care and food safety. Employers also offer employee health fairs.



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- A popular addition to traditional worksite wellness programs and worksite health screenings is **Sun Safety programming**. In 2014, nearly 300 people were able to “scan their tan” and see the ultraviolet ray-damaged areas on their faces. Of those mentioned, 14 percent had received this same information in a previous year. Of those, 56 percent reported using sunscreen more often, 39 percent reported wearing hats more often as protection from the sun, and 33 percent reported consulting a dermatologist as a result of the scan.

## STRENGTHENING FAMILY AND COMMUNITIES

- Non-fatal, hospital-admitted falls cost Ohio more than \$6.2 billion annually in medical costs, lost wages and decreased quality of life. Older Ohioans are at greatest risk for fall-related injuries and death. The Ohio Department of Aging instituted a campaign on fall prevention in 2013. **A Matter of Balance** is the program endorsed by that initiative to help seniors reduce falls. A total of 66 people participated in Champaign County. As a result of the class, 97 percent of those reporting felt more comfortable talking about their fear of falling; 97 percent felt confident increasing their activity; 99 percent planned to continue exercising; and 100 percent would recommend A Matter of Balance to a friend or relative.
- **Supplemental Nutrition Assistance Program Education (SNAP-Ed)** in Ohio is a \$6.5-million grant funded by USDA’s Food and Nutrition Service in partnership with the Ohio Department of Job and Family Services. The purpose of the program is to encourage SNAP participants and eligible nonparticipating individuals and families to eat a healthy diet, to prepare food with food safety measures in mind and to manage their limited resources effectively. These goals are met through direct and indirect programming; through offering over 33 programming options; through reaching more than 81 adults and 29 youth directly and many more individuals indirectly through health fairs; and through information relay from classroom participants to their families. Significant behavior changes are noted in categories related to MyPlate practices, incorporating more fruits and vegetables, and food safety.

## ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Champaign County Extension conducted an **annual weed survey** of over 80 soybean fields, totaling more than 4,600 acres. Within each of these fields, the weed plants were identified and the level of infestation was determined. Weed control monitoring and herbicide program updates are critical and are the focus point of the annual agronomy

update. Research shows that weeds must be controlled within the first 4–6 weeks after planting to avoid yield loss. In addition, if weeds are kept out of the field for 4–6 weeks after crop emergence, any weeds that later invade will not likely reduce yield significantly.

- **Agriculture and natural resources programs** offered in Champaign County during 2014 addressed topics such as agronomy, farm management, nutrient management, and pesticide safety and education, to name a few. There were 595 participants in these programs.
- **Crop Observation and Recommendation Network (CORN) newsletter** is read by more than 25,000 farmers in Ohio. This weekly newsletter communicates current crop conditions as well as alerts to potential cropping problems and solutions directly to Champaign County farmers. Champaign County Extension staff served as editors of this publication during the 2013 growing season, providing local information and updates during weekly conference calls, and collecting primary data.

**Champaign County receives \$50,572 in federal funding for nutrition education for low-income people, thanks to Extension’s local-state-federal partnership.**