

## 2014 County Highlights



# COLUMBIANA County

## CROSSROADS EXTENSION EDUCATION AND RESEARCH AREA

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### PREPARING YOUTH FOR SUCCESS

- **4-H Junior Camp** provides a valuable opportunity for life skill development and building positive social relationships in a safe learning environment. This year 35 campers were immersed in camp life, gaining these valuable experiences. Additionally, 12 counselors developed important leadership, communications, and critical thinking skills as they helped the youth navigate the camp experience.
- According to a recent Tufts University study, 4-H youth are almost two times more likely than their peers to attend college or technical school. This is due, in large part, to the life skills developed as youth work through their **4-H projects**. This year, over 500 county youth completed 4-H projects in topics as diverse as robotics, scrapbooking, teen leadership and livestock sciences.
- Studies have indicated the importance of reaching young children with positive activities and role models. Community club advisors and older youth guide the **Columbiana County 4-H** program experience. To ensure strong leadership amongst the older youth, a 4-H Ambassadors Program was started and featured 12 participants this year. These youth were active in program planning, problem-solving and community service activities.

### STRENGTHENING FAMILIES AND COMMUNITIES

- Obesity, poor nutrition, and physical inactivity disproportionately affect minority and low-income people. Of the estimated 105,893 residents living in Columbiana County, 11.8 percent of families with children live in poverty.

In an effort to reduce this disparity and improve the health and well-being of Ohioans, the **Expanded Food and Nutrition Education Program (EFNEP)** teaches an eight-lesson nutrition education series to low-income families with children. EFNEP, funded by USDA-NIFA, contributed \$20,000 this year to our county—funding .5 full-time staff in the OSU Extension office. In 2014, a total of 301 family members were impacted by EFNEP. Graduates significantly increased knowledge and improved behaviors in diet quality (92 percent), food resource management (90 percent) and food safety (64 percent), resulting in 90 percent of graduates running out of food less often each month. Chronic diseases are largely preventable through a healthy lifestyle involving a balanced diet and regular physical activity. Over half of graduates increased their physical activity levels and fruit and vegetable consumption upon completing EFNEP.

**Columbiana County receives \$33,832 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.**



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