

2014 County Highlights



DELAWARE County

HEART OF OHIO EXTENSION EDUCATION AND RESEARCH AREA

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STRENGTHENING FAMILIES AND COMMUNITIES

- **For the Children** is a monthly 2.5-hour court-mandated parenting education program for couples going through a divorce or dissolution whose children are under 18. Two hundred twenty-seven parents completed the program. Program evaluations indicated that 87 percent of participants felt more prepared to co-parent.
- While attending **Supplemental Nutrition Assistance Program Education (SNAP-Ed)** in Delaware County, participants learned to select fruits and vegetables, select whole grains, and select low-fat dairy products for a healthy diet. They also learned to use limited resources to plan, purchase and prepare food for the family; to be physically active every day; and to store and handle food so it is safe to eat. This information was learned at 283 direct education programs held in cooperation with the Delaware County Department of Job and Family Services, nonprofit social services agencies, low-income housing sites, congregate meal sites of the senior nutrition program, and youth programs at Woodward Elementary and Head Start. Over 60 percent of the participants indicated that they now use MyPlate and food labels to make healthier food choices. Over 66 percent of the adults are now eating at least one kind of fruit and vegetable for different colors each day, and 66.7 percent of the youth indicated they now eat breakfast.
- **Basic budgeting skills** were increased through 13 sessions for 52 Delaware County Department of Job and Family Services clientele. Nine participants in the Getting Ahead program also increased money management skills through a budgeting class.

- Nutrition information is critical for assisting individuals to be healthy. Eighteen adults increased skills in diabetic nutrition and meal planning through **Dining with Diabetes**. Nine adults were enrolled in an online Spring Weight Loss Challenge, and 13 adults in a senior adults class indicated they would change their eating habits.
- Food safety was promoted through two sessions at Kroger Marketplace. Six **food preservation programs** were conducted for 19 adults and 78 students. All indicated that their knowledge and skills increased in safe methods of canning and freezing foods.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Ohio ranks in the Top Ten states for **direct-to-consumer food marketing sales**. Producers view direct marketing as an alternative market outlet to increase their income while consumers see it as a means of gaining access to fresher, healthier, higher quality goods at lower costs. Delaware County Extension partnered with local organizations to conduct three workshops, delivering information to over 75 farmers to help them enhance their family farm operation through direct marketing of local foods.
- Eighteen farm women from Central Ohio completed a six-week **Annie's Project** course. These women learned how to migrate farm risks through management of production, finances, marketing, human resources and legal risks.
- Sixty-nine farm businesses that attended Delaware County **Pesticide Applicator Recertification** were recertified for their Ohio Department of Agriculture pesticide licenses.



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One hundred percent stated that they are more aware of best-use practices on the farm in relation to the safety of themselves and their staff and families.

- In collaboration with NRCS and SWCD, a **High Tunnel Production Field Day** was held at a local Delaware County producer's operation. Forty-seven total attendees learned valuable aspects of growing high-value specialty crops with high tunnels. One hundred percent of the attendees found that the field day was a value to their operation.
- Twenty-one new **Master Gardener Volunteers** were trained by OSU Extension in 2014. In Delaware County, Master Gardener Volunteers shared research-based information to the public through the Master Gardeners Helpline, the weekly "Dig In With the Master Gardeners" article for the *Delaware Gazette*, and gardening seminars and workshops. Over 18,000 households were reached. In all, Master Gardener Volunteers donated over 7,300 hours to Extension-sponsored programs and a variety of community projects such as community gardens, where the volunteers donated over 200 pounds of produce to PIN in 2014. This, along with the hours donated, represent a total economic impact of \$134,124 to Delaware County.

PREPARING YOUTH FOR SUCCESS

- Delaware County supported 58 **4-H Clubs**, involving almost 1,250 youths, ages 5 to 19, and 315 adult volunteers. Volunteers contributed over 20,000 hours of time to teach youth life skills—representing an economic value of over \$400,000 to Delaware County.
- **4-H Camp** helps build critical life skills for both campers and youth counselors by stressing teamwork, communication and leadership. One hundred fifty-eight youth, ages 9 to 16, attended Delaware County 4-H Camp at 4-H Camp Ohio. Ninety-three percent of the campers reported learning how to be responsible for themselves and their things while at camp. A 10-year-old camper wrote, "I learned to give everyone a chance (and) to respect others for their differences".
- In cooperation with Delaware County juvenile court, first-time teen traffic offenders get powerful lessons through the **4-H CARTEENS** auto safety program. About 73 percent of the teen participants indicated their opinion on following speed limits changed for the positive, and 68 percent had an at least moderate change of opinion on the need to eliminate distractions while driving. Four hundred thirty-three teens attended a CARTEENS session.
- **Real Money, Real World** gives students an awareness of how income and life choices affect lifestyle. Participants experience life at age 27 and paying for housing, transportation, childcare and other monthly expenses. This hands-on program reached over 500 Delaware County students, and nearly 90 percent believed the program gave them a better idea of what is involved in earning, spending and managing money.
- **Rockets Away!** and **ChickQuest—4-H school enrichment programs**—use science, engineering and technology to provide hands-on curriculum in classrooms. ChickQuest reached 168 Delaware County third graders, and Rockets Away! reached 184 Delaware County fifth graders.
- **Quality Assurance Training** uses an interactive approach to training youth in the proper handling, treatment and recordkeeping for animals that will be used for food. This year, 408 youth and 58 advisors attended Quality Assurance Training, where they learned to recognize the importance of providing a quality product to meat processors.

Delaware County receives \$35,189 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.