

# 2014 County Highlights



## HARDIN County

### TOP OF OHIO EXTENSION EDUCATION AND RESEARCH AREA

1021 West Lima Street, Suite 103, Kenton, Ohio 43326-2399

Phone: (419) 674-2297 [hardin.osu.edu](http://hardin.osu.edu)



*Hardin County Extension appreciates the support of local residents who helped pass the 2014 Extension levy so that programming in 4-H Youth Development, Agriculture and Natural Resources, Family and Consumer Sciences, and Supplemental Nutrition Assistance Program Education (SNAP-Ed) could continue. It is through this levy that staff have generated over \$75,000 in external grants and contracts brought back to Hardin County.*

#### PREPARING YOUTH FOR SUCCESS

- Hardin County **4-H Clubs** had 801 members in 33 clubs, led by 142 volunteers. These youth took 1,444 projects.
- Forty-nine teens participated in **4-H Camp Counselor Training** during 2014. The teens learned to be effective leaders, to make decisions and to be personally responsible for their duties as 4-H Camp Counselors. Youth also learned valuable skills for future jobs.
- The **Real Money, Real World** signature program was provided for 363 students during our first Real Money, Real World Day at Ohio Northern University. Five of six Hardin County schools participated. Afterward, over 80 percent of participants said they were focused on getting an education after high school.
- Forty students participated in the Ada and Espy Elementary **Tech Wizards Programs**, focusing on robotics, movie-making, animation and coding. A partnership with the Hardin County Community School and juvenile court continued to provide nontraditional 4-H programming to 22 youth, who focused on cooking and circuit projects. A total of 82 kids were involved in nontraditional programs.

#### ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Agriculture and natural resources efforts provided weekly clientele email newsletters, newspaper articles, radio and television interviews, and monthly **Ag Council meetings**. Contributions to agriculture were highlighted at the annual **Ag Hall of Fame Banquet**. Extension information was provided to clients through onsite visits, phone calls and electronic communications. Local county **corn, soybean, weed and insect studies** were part of a statewide OSU Extension research effort. **Crop Observation and Recommendation Network (CORN)** conference calls contributed local information to over 3,000 individuals who receive the **CORN newsletter** across Hardin County, Ohio and the nation. **Conservation Tillage Club Breakfast meetings** were held on production and farm management topics, with an average attendance of 62 farmers. The **22nd Annual Conservation Tillage and Technology Conference** was hosted at Ohio Northern University, with over 800 participants.
- A **Fruit and Vegetable Crop Walk program** was provided to address the needs of the Amish community and horticulture industry.
- **Pesticide Applicator Training** was conducted for hundreds of private applicators in the region. A corn rootworm dig and Twilight Tour program was held to address possible resistance of this pest.
- An **online rainfall reporting system** was added to complement the township rainfall reporter system.



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- A two-day Hardin County **Sheep Management Tour** for sheep producers was held once again in 2014, and webinars were held for grain farmers and sheep and goat producers.
- A **pond clinic** was held for homeowners, and a **carcass show** for livestock producers.
- **Master Gardener Volunteers** added greatly to the horticultural education efforts of the county.

## STRENGTHENING FAMILIES AND COMMUNITIES

- The Healthy Lifestyles Coalition worked directly with 350 young children at seven events. Four of these events featured our **Communities Preventing Childhood Obesity research project, “Healthy Horse Derby.”** A proposal was submitted to the Ohio Department of Health for funding of a coalition coordinator to provide expanded programming.
- A single series of **Dining with Diabetes** classes was held involving 18 persons. The three most often cited changes made by these persons included counting carbohydrates, controlling portion sizes and understanding the plate method.
- Recipients of the USDA’s **Supplemental Nutrition Assistance Program Education (SNAP-Ed)** learned how to stretch their food dollars through programs on diet quality, physical activity, food safety and food resource management. Hardin County SNAP-Ed reached 175 people in series of programs on topics that included MyPlate, low-fat dairy and whole grains. Participants reported that they made food- and diet-related changes in all nutrition areas. SNAP-Ed also provided nutrition programming for 500 preschool through second-grade children in 34 classrooms with over 200 programs at Head Start, Kenton City and Upper Scioto Valley Schools, and Hardin Community School.
- Sixty divorcing parents have completed the court-ordered **Successful Co-Parenting** program so far this year. Parents indicated that they learned why they must decrease the conflict between the adults and focus on what is in the best interest for their minor children.
- Twenty-one adults completed **Hardin Leadership** in 2014, and thirty-six sophomores completed the **Hardin Youth Leadership** program. These participants are more likely to volunteer and show a passion to make things better for the benefit of their community. Both of these programs have been continuous in Hardin County for over twenty years.
- Fourteen new **home food preservers** participated in hands-on workshops that make them knowledgeable and comfortable with pressure canning for vegetables and meats. Eleven pressure gauges were tested this year for accuracy.
- Two **Lunch and Learn programs** were offered to county employees, one with a focus on physical activity and one on healthful foods during the holidays. Comments from the 40 participants indicate that they didn’t know how important added physical activity was to their general health status and that they would be making more healthful choices available on their holiday menus.
- **Sun safety** was the topic used at two health fairs and a Cloverbud Day Camp, reaching 140 adults and 70 youth. The use of the DermaScan machine, along with OSU Medical School Graduate Dr. Barbara Reichart, was a great combination at the annual HMH Health Fair. Four participants reported that after the health fair, they sought additional care from a dermatologist and were treated for skin cancer. The light-sensitive beads created great awareness of the sun’s harmful rays for the youth and adults alike.
- Using funding from the Ohio Children’s Trust Fund, four offerings of **Active Parenting Now** were made throughout the Hardin County community. Thirteen parents completed the course. Evaluations indicated that 62.5 percent of the parents reported improved nurturing and attachment. One parent stated, “I am taking time to listen to him so there is less acting up to get my attention. He was just making bids for my attention. Things are so much better between us. I think I found a solution to our issues. I couldn’t be more excited. Thank you for this program.”

**Hardin County receives \$61,613 in federal funding for nutrition education for low-income people, thanks to Extension’s local-state-federal partnership.**