

2014 County Highlights

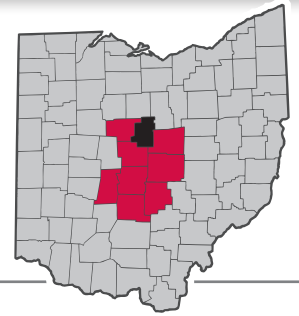


MORROW County

HEART OF OHIO EXTENSION EDUCATION AND RESEARCH AREA

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STRENGTHENING FAMILIES AND COMMUNITIES

- Over 70 individuals participated in a series of **Live Healthy, Live Well email challenges** titled “Zero Holiday Weight Gain Challenge,” “Spring Wellness Challenge” and “Fall Wellness Challenge.” The series consists of weekly educational email messages, a tracking log for progress, drawings from participants for wellness prizes, pre- and post-challenge surveys to collect participant improvements, and the option of following the Live Healthy, Live Well Facebook page.
- To ensure and promote food safety, pressure canner lids were tested throughout the year. A one-day event took place at the Perry Cook Memorial Library for **Pressure Canner Inspection and Food Safety Q&A** with an Extension field specialist. Twenty-two participants asked questions and/or had canners inspected.
- Perry Cook Public Library offered a monthly **“Healthy Living” class**, using MyPlate and SuperTracker to teach 19 participants about nutrition and weight management.
- During **America Saves** and **Ohio Saves** week in February, Extension partnered with financial institutions such as Farmers Citizens Bank, U.S. Bank-Marengo Office and First Federal Bank of Ohio to reach consumers and create positive financial action. Morrow County contributed as one of 1,319 organizations that reached over 40 million people. Cooperative Extension programs reached 175,726 people with 10,361 people setting a savings goal.
- **Supplemental Nutrition Assistance Program Education (SNAP-Ed)** offered information on nutrition, food safety and thrifty shopping to 902 adult participants through 135 direct

education classes taught at the Job Training Office, No Limits Outreach Center, WIC, Trinity United Methodist Church food pantry and three public sites. Seventy percent of participants in the 22 vegetables and fruits classes reported improving in the area of eating vegetables and fruits of different colors. An additional 185 county participants per month received a SNAP-Ed-targeted handout and viewed the accompanying display at two food pantries.

- The new **“Balance My Day” curriculum** for schools was available through the SNAP-Ed program. Kindergarten through second-grade students at Northmor Elementary were given an eight-lesson nutrition series during their gym time. Approximately 244 students participated in these classes. Twenty-one fifth- through sixth-grade students at the Tomorrow Center were given age-appropriate nutrition lessons from this curriculum.

PREPARING YOUTH FOR SUCCESS

- Junior Fair Board, Camp Counselor Training, Junior Leaders, Teen Leaders, Fashion Board, and 4-H CARTEENS provided 77 teens with at least 24 hours of **skills development training** in leadership, public speaking, program-planning, community service, mentoring and conflict management.
- The **4-H youth development program** reaches over 2,000 youth through research-based educational programming such as school enrichment, safety programs, environmental education, summer day camps and afterschool programs.
- This year 157 **volunteers assisted youth** in developing life skills through 4-H. They volunteered approximately 7,000 hours, a donated economic value of over \$149,000.



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- In cooperation with juvenile court, first-time teen traffic offenders attend the **4-H CARTEENS** auto safety educational program held monthly. Teens and attending parents learn effective strategies for safe driving through 4-H teen-led activities and guest speakers. A total of 87 teens participated thus far in 2014.
- Young people know **4-H Camp** is fun, and youth development experts know 4-H Camp helps build critical life skills for both campers and youth counselors. 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 eighty-four youth (ages 8–14), 41 teen counselors and eight volunteer adult supervisors attended camp. Teen counselors donated 6,240 hours or \$49,608 of service.
- “All sessions were helpful to me as a teacher,” was the response of all teachers at the **Earth Day event**, which provided hands-on educational programs based on Ohio Academic Content Science Standards and Benchmarks. Four hundred nine second graders attended. Animals, trees, plants, insects and energy were the programs highlighted.
- **Quality Assurance Training** educates youth and their parents on proper animal care and handling, recordkeeping, and ways to carry out healthcare activities in a manner that will maintain a wholesome food product from the project animal. Over 680 youth and their parents attended this educational program.
- Through the signature program **Real Money, Real World**, 297 teens from three middle schools learned lifestyle and budget choices.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- A three-session “**Beef School**” held in Mt. Gilead used broadcast presentations through the web. Twenty-one additional sites were available across the state, with over 765 in total attendance. Overall, the mean rating by attendees of the program was 8.6 on a 10-point scale, where 1 was “poor” and 10 was “excellent.” Ninety percent of the respondents stated they would make changes to their beef operation, and 89.7 percent indicated they would earn more profit with their beef cattle operation as a result of attending.
- Sheep and goat farmers in Ohio and surrounding states learned valuable information that will help them manage their animals. The **Sheep and Goat Web Series**, sponsored by OSU Extension and the Ohio Sheep Improvement Association, included four sessions broadcast to 16 locations in Ohio and farmers’ homes. Around 494 farmers from 34 Ohio counties, Indiana and West Virginia viewed the

live presentation, and 383 have watched the archived recordings of the sessions. Attendees (98 percent) felt they gained knowledge by attending the program. Attendees’ estimates of their knowledge before and after the program showed improvement for all the subjects taught. Overall, 98 percent of the attendees planned on making a change to their operation based on information they learned at the program.

- **Pesticide Applicator Training** was conducted twice in Morrow County, with over 68 private applicators in attendance. Applicators indicated gaining knowledge in the correct use of pesticides to protect the crop and environment.
- Growers of fresh produce were **certified in good agricultural practices**. Sixteen producers learned about the best practices for food safety on the farm. They also learned about promoting high-quality, safe produce from Ohio growers.
- In conjunction with Morrow County SWCD, 31 farmers learned about cover crops and remote sensing for crop scouting at the **Agronomy Field Day**.

Morrow County receives \$42,036 in federal funding for nutrition education for low-income people, thanks to Extension’s local-state-federal partnership.