

2014 County Highlights



RICHLAND County

ERIE BASIN EXTENSION EDUCATION AND RESEARCH AREA

1495 West Longview Avenue, Suite 206, Mansfield, Ohio 44906

Phone: (419) 747-8755 richland.osu.edu



PREPARING YOUTH FOR SUCCESS

- The county's 139 certified 4-H volunteers accounted for more than 32,109 hours of service at an estimated value of \$724,058, which led to the personal development of the county's 2,493 4-H community club members and/or youth participants. This investment helps to decrease the number of kids that are at risk of getting into trouble, provides a base for workforce development and creates a positive resource to the community. A former 4-H member commented, "Without 4-H in my life I would not have the career opportunities I enjoy now. I want my kids to have the same experience to give them a head start in life. No other youth organization helps produce great kids like 4-H does."
- The mock crash safety docu-drama (held for 1,262 students from nine high schools in 2014) has reached more than 39,500 students since its inception in 1990. The **4-H CARTEENS** monthly program helped 257 first-time juvenile traffic offenders refine their driving skills through hands-on learning experiences.
- **4-H Camp** experiences help build teamwork, communication and leadership, cultivating job readiness skills while connecting campers with nature. Skills learned by teen 4-H Camp Counselors helped provide leadership for 127 youth ages 5–15 who took part in Residential and Day Camp-type experiences.
- Research shows that youth who volunteer just one hour per week are 50 percent less likely to abuse drugs, alcohol, cigarettes or engage in destructive behavior. **Teen leaders** involved as Junior Fair Board members, 4-H Camp Counselors, Junior Leaders and 4-H CARTEENS instructors

provided more than 6,620 hours of volunteer service valued at \$47,995 (based on student minimum wage of \$7.25 per hour) to our county. The benefit of preventing destructive behavior by youth to the community is much greater.

- More than 420 youth and adults learned skills in organizational development, officer education, committee leadership, parliamentary procedure, club management, personal development and decision-making to enhance and strengthen the leadership of their local **4-H Club** and county programs.
- More than 685 youth are enrolled in livestock projects. These youth learn responsibility, care for others, increase their knowledge on proper animal care and raise quality products by participating in **Quality Assurance Training**, livestock clinics and livestock interview judging. The members' successful care of livestock resulted in more than \$550,000 worth of economic advancement at the livestock auction at the county fair.

STRENGTHENING FAMILIES AND COMMUNITIES

- Recipients of **Supplemental Nutrition Assistant Program Education (SNAP-Ed)** learn to select fruits, vegetables, whole grains and low-fat dairy products for a healthy diet. Recipients also learn to decrease their risk of obesity using USDA's MyPlate as a guide. Setting SNAP-Ed apart from a typical nutrition class is a curriculum that is mindful of the fact that the population served have limited resources to plan, purchase and prepare food for their families. More than 1,200 Richland County residents participated in one of 95 classes taught by Extension's SNAP-Ed program.



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- Through classes offered by OSU Extension at camps, neighborhood centers, preschools and summer schools, SNAP-Ed participants also learn about the importance of daily physical activity as well as the safe storage and handling of food. One participant stated she has learned how to shop more effectively (saving money) and has arranged childcare during her shopping so she can focus on reading labels and checking prices. Another male participant used lists for planned shopping, which has decreased multiple trips to the grocery store and has decreased spending on unnecessary items.
- SNAP-Ed has also had success partnering with the North End Community Improvement Collaborative (NECIC) to promote positive behavior change via the new “Double SNAP Match” program, which teaches participants to buy produce in-season for best taste and price. Participants also learn that farmer’s markets often have in-season produce at a lower price than grocery stores.
- Balancing nutrition with physical activity and making healthier food choices was a primary focus in countywide **nutrition education programs** for 165 homemakers, community events, county fair participants, 4-H campers and others. Nutrition programs strive to nurture good health habits in children, prevent childhood obesity and teach children to select healthy choices for in-home meals.
- Preserving foods at home has gained new momentum, and many people are unfamiliar with reliable information. Preserving foods at home also allows families to eat healthier and to decrease food costs. In Richland County, a freezing and canning workshop helped residents learn to safely preserve their summer harvest of fruits and vegetables. During the workshop, residents also learned to decrease the possibility of foodborne illness and to ensure that their pressure canners had been tested for accuracy.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- What makes your garden grow? **Master Gardener Volunteers** trained by OSU Extension! These volunteers share research-based information with gardeners through workshops, programs at Kingwood Center and Malabar Farm Days, Raising Richland (garden summit), community gardens, newsletters, speaker bureaus and one-on-one consultations. In Richland County, Master Gardener Volunteers contributed more than 3,500 hours teaching about vegetable and fruit plants/trees, lawn care, plant and disease identification, insects and other pests, emerald ash borer, and many other horticultural topics. The economic value of these contributions is \$78,925.

- **Pesticide Applicator Recertification** provides an opportunity for those handling pesticides to learn new information and update current knowledge on pests while also protecting the environment and the public. Approximately 93 adults learned how to follow current Ohio Department of Agriculture regulations and how to increase profitability in the workplace.
- OSU Extension provides critical information to citizens via the Ohioline website, fact sheets and one-on-one consultations. Use of this research-based information helps farmers, homeowners, backyard gardeners and those involved in agriculture or agriculture-type hobbies to keep abreast of the latest **technology and production practices**.

ADVANCING EMPLOYMENT AND INCOME OPPORTUNITIES

- Inner-city family units worked together to plant, maintain and harvest **healthy foods for the family** while also decreasing their grocery bill via community gardens, and hundreds of youth learned about **money management and career decisions** as a part of their 4-H projects.

Richland County receives \$57,9020 in federal funding for nutrition education for low-income people, thanks to Extension’s local-state-federal partnership.