

2014 County Highlights



TRUMBULL County

WESTERN RESERVE EXTENSION EDUCATION AND RESEARCH AREA

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STRENGTHENING FAMILIES AND COMMUNITIES

- Diabetes affects 17 million Americans with annual health care costs estimated at \$200 billion. **Take Charge of Your Diabetes programs** held in Trumbull County in 2014 focused on how to manage food intake and portion control, possible complications of diabetes and the importance of exercise. Thirty-eight people participated and as a result, 96 percent learned about portion control and 85 percent learned why the plate method was useful in meal-planning.
- OSU Extension Family and Consumer Sciences has been working with Ohio's **Smarter Lunchroom pilot project** to create sustainable, research-based, focused principles that promote healthful eating in seven schools. These lunchrooms that guide smarter choices with the way children eat and can make choices helped increase students' consumption of fruits and vegetables by 65 percent.
- Recipients of the USDA's **Supplemental Nutrition Assistance Program Education (SNAP-Ed)**, formerly called the Food Stamp Nutrition Education Program, learned how to stretch their food dollars through classes offered by OSU Extension. SNAP-Ed in Trumbull County provided direct contact to participants with information and educational classes. Class topics included healthy eating, food safety and how to stretch food dollars.

PREPARING YOUTH FOR SUCCESS

- The Trumbull County **4-H CARTEENS** program finished its seventh year and impacted 108 youth to increase their driving skills. As a result of the program, 97 percent agreed

that the CARTEENS program would make them safer drivers. Ninety-seven percent also agreed they would never ride in a car with someone who had been drinking. When asked if they would ever drink while driving, 99 percent answered that they never would, and 98 percent of the teen drivers said the class helped them see the risks of unsafe driving. Parents are required to attend the program as well. One parent said, "It was very informative because it helps give the teens and the parents a visual and hands-on experience of what can happen."

- Trumbull County 4-H helps young people understand what it means to raise an animal, specifically when that animal becomes a product in the food chain. The Ohio 4-H **Quality Assurance Training** program teaches young people their responsibilities as food producers. In Trumbull County, 100 youth participated in the Quality Assurance Training program, and 86 percent agreed the program helped them understand quality assurance when working with livestock. Seventy-nine percent agreed the training helped them understand what withdrawal time is and how to calculate it; 70 percent agreed they learned what drug residue is and how to calculate it; 74 percent agreed they learned how to read medicine labels and understand the components; and 81 percent agreed they understand the importance of a good working relationship with a veterinarian.
- In partnership with Warren City Schools, 132 students participated in **Real Money, Real World**. Through this program, students learned to manage their money and pay bills. Through a real-life simulation program, students also learned the importance of a good education in relationship



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to earning a good job. Fifteen volunteers assisted with the simulation. At the conclusion of this program, 88 students strongly believed participating in the program gave them a better idea of what's involved in earning, spending and managing money. Several students commented on how much money they needed to maintain the lifestyle they had chosen for themselves, and several other students commented on the importance of a college education.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Trumbull County Extension, in partnership with the Trumbull County Health Department, helped make a community connection in 2014 in Northeast Ohio by offering a **School to Farm road trip**. Twenty-two decision-makers from six school districts participated in a daylong bus trip, visiting and learning about local food opportunities and making healthy school food choices. Attendees reported an increase in their knowledge of the benefits of local foods in the school lunch program. Attendees also reported an increase in their understanding of accessing and purchasing local foods, as well as an increase in their confidence to make connections with local farms.
- **Master Gardener Volunteers**, trained by OSU Extension, help Extension share research-based information with gardeners through workshops, community gardens and one-on-one consultations. In total, the 40 Trumbull County Master Gardeners volunteered over 2,000 hours (value of \$61,460) in 2014, educating over 1,098 Trumbull County residents on gardening and healthy lifestyles. In addition, 11 residents completed the 50-hour training course to become certified Master Gardeners.
- Seventy-two Trumbull County farmers who hold a private pesticide applicator license attended **Pesticide Applicator Recertification**, sponsored by OSU Extension during the 2014 winter. Of attendees, 100 percent reported they have improved practices to protect the environment, are better informed about compliance with pesticide and environmental regulations, and have a better understanding of how to check personal protection equipment. Purdue University places a \$625 value per hour on pesticide certification training based on Extension pest management knowledge, cooperation with Ohio Department of Agriculture, prevention of individual and commercial mishandling of toxic chemicals, and potential increases in productivity. In Trumbull County this translates to \$135,000 of economic benefit.
- OSU Extension offered **formal and informal education for Trumbull County crop producers** throughout 2014. Two

major workshops and three webinars were held to help corn and soybean producers stay on the cutting edge. One hundred fifty-seven farmers farming over 363,000 acres attended the Northeast Ohio Agronomy School, Soybean Production Field Night, and the Crop Production webinars to learn more about weed control, fertilizer usage, precision agriculture, getting higher yields, protecting Lake Erie from phosphorus and dealing with soybean and corn diseases. One hundred percent of the attendees reported they have soil-tested during the past three years, and 89.7 percent indicated they would soil-test in 2014.

Trumbull County receives \$61,368 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.