

2014 County Highlights

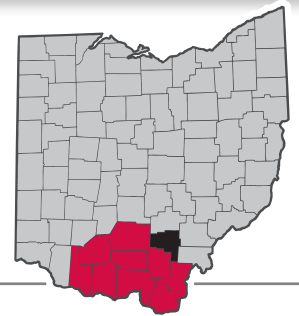


VINTON County

OHIO VALLEY EXTENSION EDUCATION AND RESEARCH AREA

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PREPARING YOUTH FOR SUCCESS

- Marketable/Life Skills:** As members of 28 organized community clubs and special interest activities, 562 youth participated in Vinton County 4-H. They learned to be good citizens and to value and practice service for others. These clubs and programs were led by 79 caring adults who developed positive and sustaining relationships that provided safe, inclusive environments for youth to determine goals, make decisions and envision their future. Through 4-H membership and 4-H project completion, these youth developed leadership and interviewing skills.
- Junior Fair:** The Vinton County Junior Fair is a busy worksite for Vinton County 4-H Junior Leaders/Junior Fair Board members. These teens practiced marketable skills in communication, cooperation, recordkeeping and organizing. They also planned events as they took on the responsibility of conducting Junior Fair shows and activities. Their public speaking skills have vastly improved through managing, emceeding and organizing these events. They practice leadership while serving as role models to younger members throughout the year, especially during the fair. The Junior Leaders/Junior Fair Board members planned and organized a series of educational activities each day of the Vinton County Junior Fair.
- 4-H Camp:** Youth development experts know 4-H Camp helps build critical life skills for both campers and youth counselors. 4-H Camp helps build teamwork, communication and leadership, cultivating job readiness skills while connecting campers with nature. In June 2014, 147 youth ages 8–18 participated in the Vinton County 4-H camping program at Canter's Cave. Youth experienced living in a cabin with other youth, and they learned valuable life skills while participating in crafts, nature programs and team-building activities.
- Leadership Retreat:** Twenty-five teens participated in the Fifth Vinton County Leadership Retreat at Canter's Cave in January. Teens are recruited from 4-H, school youth extracurricular groups and other youth organizations to participate in the overnight retreat. The retreat builds leadership, service and teaching skills in today's youth. In all, 95 percent of youth indicated they learned new skills that will enable them to be better leaders in their clubs, teams and organizations.
- Youth Volunteers:** Volunteers who work directly with youth are critical to ensuring a positive youth development experience for Vinton County 4-H members. Based on an estimated 100 hours per year at a value of \$22.55 an hour, 79 adult 4-H volunteers contributed an estimated \$178,145 worth of support to our county's future leaders in 2014. Support for their efforts—including initial screening, orientation to the role and continuing training—is an ongoing emphasis in Vinton County Extension. In 2014, advisors attended two required update meetings that provided program logistics updates and training for club programming ideas and implementation.

PREPARING YOUTH FOR SUCCESS

- Alternative Spring Break (ASB):** This is a collaborative project between the Vinton County Extension office and the OSU Office of Economic Access. Ohio State students spent



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the week interacting with over 1,400 students in Vinton County Schools addressing topics such as ACT testing, high school and college class selection, interviewing, scholarships, paying for college, preparing for senior year, four steps to get to college, and postsecondary options and comparisons. Vinton County is one of only three counties in Ohio that has the opportunity to host a group of Ohio State students as part of the ASB program. In evaluations, 100 percent of the teachers and administrators indicated that students were excited following the ASB students' trip and asked numerous questions about college and postsecondary options.

STRENGTHENING FAMILIES AND COMMUNITIES

- **Food and Nutrition Education for Parents:** The Expanded Food and Nutrition Education Program (EFNEP) targets low-income families with children. In 2014, Vinton County EFNEP impacted 53 people in participants' families, including 20 children. As a result of participating in EFNEP, 82 percent of participants showed improvement in one or more food resource management practices (planning meals, comparing prices, using a grocery list); 91 percent improved in one or more nutrition practices (healthy food choices, reading food labels, preparing foods without added salt); 64 percent showed improvement in one or more food safety practices (thawing and storing foods properly); and 36 percent increased their physical activity.
- **Food Preservation, Food Security and Safety:** In 2014, 229 residents attended 42 Extension events related to food preservation, food security and food safety. This included 22 Vinton County 4-H advisors who attended Extension's Occasional Quantity Cooks food safety training. Evaluations indicated that 65 percent of attendees learned new food safety information, and 100 percent passed their certification evaluation. In addition, 18 individuals attended four food preservation classes held throughout the summer. Thirty percent of these individuals indicated that they were learning the food preservation methods (canning, freezing and/or drying) for the first time.
- **Live Healthy, Live Well:** In 2014, 25 Vinton County residents participated in two email-based activities as part of the Live Healthy, Live Well signature program email challenges. Of these participants, 90 percent reported learning new health and wellness information, and an additional 75 percent reported that they adopted one or more new healthy practices as a result of information gained through the challenges.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- **Appalachian Ohio Woodland Owner Outreach Effort:** Even though two-thirds of Ohio's forest is located in Appalachian Counties, woodland owners in this region have historically been under-represented at outreach efforts conducted by state forestry and natural resources agencies. "A Day in the Woods: Second Friday Series" is a collaborative effort to enhance participation of Ohio's Appalachian woodland owners in forestry and natural resources educational efforts. Total participation in 2014 was 254 with an average of 36 participants per event. Many of the participants attended multiple programs. Participants who completed the evaluations reported managing more than 13,898 acres of woodland, and 79 percent indicated that participation in the program would result in a positive change in the management of their woodlands.

Vinton County receives \$72,165 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.