

2014 County Highlights

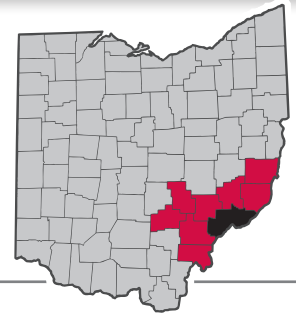


WASHINGTON County

BUCKEYE HILLS EXTENSION EDUCATION AND RESEARCH AREA

202 Davis Avenue, Marietta, Ohio 45750-7431

Phone: (740) 376-7431 washington.osu.edu



STRENGTHENING FAMILIES AND COMMUNITIES

- **Live Healthy, Live Well** is a program offered via blog, Facebook and interactive email challenges to help people improve their health. Through the program, Washington County Extension provides these individuals with research-based information and encourages them to make informed choices about healthy eating, active living and overall improved wellness. More than 100 people took the email challenges during spring and fall 2014, and even more participated through the other social media venues.
- **Manage Your Money** is a six-week email challenge designed to help consumers improve their financial well-being. Nearly 200 people in the Washington County region participated in 2014. The post-assessment revealed that the majority of participants found the materials helpful and planned to make changes such as adding to their emergency fund, determining their net worth and visiting with a financial advisor to set money aside for retirement.
- **Successful Co-Parenting** is designed to equip divorcing parents with knowledge, skills, tools, awareness and strategies to help their children adjust to their parents' breakup. During 2014, about 200 individuals took the parenting class and submitted an evaluation; 92 percent reported that they learned new information, and 89 percent reported that they felt more prepared to co-parent as a result of the program.
- **Dining with Diabetes** is a series of classes conducted by OSU Extension and Marietta Memorial Hospital. It helps individuals learn strategies to manage their diabetes through menu-planning, carbohydrate-counting, portion control,

label-reading and taste-testing healthy recipes. As a result of the classes, participants reported weight loss, lowered A1C levels and decreased blood pressure. One hundred percent gained new knowledge, and most have implemented at least one recommended practice.

- In 2014, 615 unduplicated residents participated directly in at least one of 275 **Supplemental Nutrition Assistance Program Education (SNAP-Ed)** classes. Indirectly, 4,106 residents benefited from newsletters, displays and educational packets. Three food pantries and one free meal site collaborated to turn indirect displays into monthly direct series sites by providing space and encouragement for participants. SNAP-Ed expanded in 2014 to include schools, so 59 second graders enjoyed Balance My Day curriculum and learned the importance of breakfast to their growth and development. At nine sites, 281 youth participated in 73 Summer Food Service Programs held at schools, parks and churches. Programs focused on encouraging youth to exercise; using MyPlate to increase the intake of dairy, vegetables, fruits and whole grains; and eating breakfast daily.
- Grant assistance provided by Washington County Extension aided the Little Muskingum Volunteer Fire Department in purchasing a **new four-wheel drive emergency rescue vehicle** that replaced a 19-year-old, two-wheel drive model. The new squad will serve 1,700 residents in a four-township area of a very rural area in eastern Washington County.

PREPARING YOUTH FOR SUCCESS

- In 2014, 3,382 school-aged youth gained a variety of new skills by participating in **Washington County 4-H** activities



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including camp, school activities and community clubs. The 35 community clubs had 850 members led by 112 adult volunteers. Specifically, youth participated in projects in animal sciences (741); biological, earth, environmental, physical, and plant sciences (913); communications and expressive art (17); consumer and family sciences (52); food, nutrition, and healthy lifestyle education (1,768); leadership and personal development (353); and technology and engineering (46).

- Ten to 12 **4-H CARTEENS** youth volunteers meet with advisors monthly to discuss, plan and practice the traffic safety lessons they later present to 10 to 20 teen offenders and their parents/guardians who are ordered to attend the program by the juvenile court judge. Included in the presentation is discussion led by a trooper from the Ohio State Highway Patrol. The program helps the teen volunteers increase their skills in public speaking, organization, teaching and teamwork. CARTEENS youth also volunteer for several community service activities in our county.
- Self-discipline, decision-making, concentration and responsibility are the focus of **4-H shooting sports**, Washington County's largest 4-H special interest project area. In 2014, 133 youth learned safe and responsible use of firearms and archery equipment from 17 adult and five teen certified volunteers.
- More than 220 youth participated in 50 SNAP-Ed **Summer Food Service Programs** at nine sites. Programs, held at schools, parks and churches focused on encouraging youth to exercise; use MyPlate to increase their dairy, vegetables, fruits, and whole grains; and eat breakfast every day.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Drug administration, effective animal identification and keeping good medical records were just a few of the topics at the 2014 **Quality Assurance Training**, taught to 700 youth and adults who were raising livestock for human consumption.
- At Washington County Extension's semiannual garden party events, 131 gardeners learned about use of pesticides, garden photography, building a mini greenhouse and native plants. Sixty-five gardeners participated in the daylong **Garden Road Show to the Franklin Park Conservatory**.
- **Row Crop Round-Up**—focused on corn production— attracted 26 local farmers who learned about hybrid seed selection and nitrogen management. Farmers were eager to gain information on nutrient management with the hope of reducing their costs while improving water quality.

- All 38 farm businesses who attended **Pesticide Applicator Recertification** training were recertified for their Ohio Department of Agriculture pesticide licenses. They stated that the program helped them become more aware of best-use practices on the farm in relation to their safety.
- **Farm to Health Series: Maximize Your Nutrients informational cards** were pilot-tested at several farmer's markets across the county and at local fair events. These cards are available for many common fruits and vegetables and support how having the option to purchase locally grown food benefits the consumer, the farmer and the community.
- Outdoor recreation improves mental and physical health. As part of an ongoing project to enhance local parks, the Washington County Extension office assisted in **securing Ohio Department of Natural Resources NatureWorks monies** to build a pavilion in one of the county's most populated townships.

ADVANCING EMPLOYMENT AND INCOME OPPORTUNITIES

- Infrastructure is a vital component of economic growth and development. **More than \$250,000 in emergency road repair projects were funded** through assistance from Washington County Extension Community Development.

Washington County receives \$122,558 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.