STRENGTHENING FAMILIES AND COMMUNITIES

- Public health assessments conducted within the past three years indicate over 60 percent of Clermont County adults are overweight or obese based on body mass index. Clermont County Extension taught 306 nutrition education programs in 2015, directly reaching 5,310 residents. Senior citizens, families with/without children and youth participated in interactive classes developed to improve quality of diet and basic cooking skills, manage food resources by including healthy foods in the family budget, practice safe food preparation, make positive changes in lifestyles, and increase physical activity. As a result of Supplemental Nutrition Assistance Program Education (SNAP-Ed), positive behavior change was reported using pre-test and post-test evaluation in nine out of 15 outcome measures.

- Research indicates that every $1 spent on nutrition education saves as much as $10 in long-term healthcare costs. The economic value of this local benefit was $1,226,780.

- Do You Have Food Sense is the title of a program with the aim of educating participants from Inter Parish Ministries Mobile Food Pantry about the importance of planning and preparing nutritious meals. Participants learn through a dialogue approach to adult learning, including hands-on food preparation and food tastings. The following quote was received in a six-month evaluation self-reporting: “I now eat smaller portions of food because I am a Type II diabetic. I don’t use grease and I bake instead of frying. I eat more raw vegetables and less meat. I learned how to budget my money and make healthier food for my family.”

- To meet the demand for safe home food preservation information, Preserving the Harvest workshops are conducted monthly throughout the growing season. Post-class evaluation forms from 71 participants showed increased knowledge in safe food preservation techniques and self-confidence in water bath and pressurized canning.

- Clermont County Extension is identified as a HUD-Approved Local Housing Counseling Agency on three topics: pre-purchase homebuying, resolving or preventing mortgage delinquency or default, and nondelinquent post-purchase counseling. Five families received counseling and qualified for financial assistance through Ohio’s First-Time Homebuyer Program, and two families completed educational requirements to purchase a home through the USDA Rural Development Housing Program. These seven families added $1 million to the local housing economy.

- Partnership with Child Focus, Inc., provided financial education training with the Consumer Financial Protection Bureau’s Your Money, Your Goals: A Financial Empowerment Toolkit for Social Services Programs for 54 Early Head-Start Teachers. The training reached over 1,000 Clermont County families with preschool-aged children. Evaluation is currently underway.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Six Quality Assurance Training sessions were conducted to educate youth and parents/guardians about quality care for animals raised for food. Two of the sessions focused on 4-H equine safety, ethics and health. Twelve peer trainers were educated to conduct peer-to-peer presentations along with two agriculture education instructors. The adults were separated from youth participants to have their own session of Quality Assurance Training, all being conducted at the same time. The trainings certified 332 exhibitors with an additional 91 taught through agriculture education coursework.

- Partnering with the Ohio Department of Agriculture, two recertification sessions were held with 36 pesticide applicators attending to update their license. Participants who attended Pesticide Applicator Recertification received training on core agronomy and horticulture categories.
Clermont County receives $124,330 in federal funding for nutrition education for low-income people, thanks to Extension’s local-state-federal partnership.

PREPARING YOUTH FOR SUCCESS

• Clermont County 4-H enrolled 935 members in 40 community clubs. This year, 14 new volunteers participated in an orientation and joined 190 experienced adult volunteers. Adult volunteers provide support and encouragement, teach life skills and help develop leadership and communication skills to make Clermont County youth successful.

• LOOK to Clermont is a teen leadership and workforce preparation program that is preparing tomorrow’s leaders today. LOOK to Clermont graduated 18 youth from 12 different school districts. Participants engage in a series of practical learning experiences designed to develop and enhance all dimensions of leadership as well as provide opportunities to practice their leadership skills and instill a lifelong commitment to community service.