

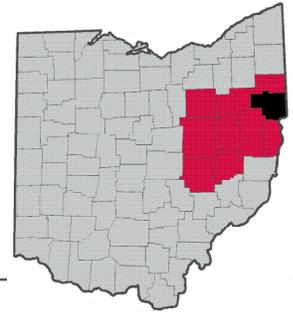
## 2015 County Highlights

# Columbiana County

### Crossroads Extension Education and Research Area

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### PREPARING YOUTH FOR SUCCESS

- Volunteers and youth members are the backbone of the 4-H program. Our volunteers are everyday heroes who invest selflessly in our youth, offering their time, expertise and appropriate adult role modeling. Here in Columbiana County, we currently have 140 certified volunteers and 43 pending volunteers. Their efforts help impact our county's youth in a positive way. Our volunteers complete tasks that allow our program to reach 746 youth members in areas such as project completion, community service opportunities and leadership experiences. This year our 4-H members completed over 1,250 projects with the assistance of supportive advisors and key leaders.
- Volunteer training opportunities were provided to help equip our volunteers with the knowledge and skills they need to be more effective in their chosen roles. Each certified volunteer completed the annual child abuse recognition and reporting training. Additionally, we offered committee- and advisor-specific training to keep our county in step with governmental and 4-H policies and procedures. This year's training, which 176 individuals completed, focused on areas such as child safety, fiscal policy and nonprofit management best practices.
- At 4-H Camp Whitewood, youth experience a one-week opportunity filled with activities focused on team-building, boating, swimming, nature hikes and much more. This year, Columbiana and Trumbull counties partnered to host almost 50 campers and counselors in June. The camp counselor position gives youth 14 and older the opportunity to be trained in a leadership role, which builds critical life skills.
- The 4-H ambassador program—a leadership training group for older youth—facilitated day camps for younger members. The YMCA hosted our Get Fit with 4-H Day Camp, where community children were involved in activities that got them moving and helped them distinguish between healthy and unhealthy food choices. Almost 20 participants enjoyed the event. The Columbiana County Agricultural Society hosted

our Ambassador's Splash Day event. The focus of the day was the water cycle and water conservation. The eight youth leaders offered innovative activities and an educational presentation that focused on these topics. Splash Day was very successful and a lot of fun for the 61 youth participants.

- Community service is an important part of the 4-H program. Our Junior Leaders Club, local 4-H Clubs and 4-H Ambassadors Club completed several community service events throughout the year. Extension staff helped set up community service projects that included participation in the Run from Drugs 5K, The Windsor House Easter Egg Hunt and Petting Zoo, and the Fleming House Easter Egg Event. The 4-H Junior Leaders also donated their time to ushering at the Canfield Fair.
- The Columbiana County Agricultural Society and Columbiana County Extension partner to lead Field Day for Columbiana County schools. This day focuses on 4-H project inquiry and provides a tremendous opportunity for current 4-H members to gain public speaking experience. Over 200 youth attended this year's event with several indicating interest in joining 4-H in the 2016 project year.
- Extension personnel are often invited by 4-H community clubs to give a presentation during a club meeting. This provides an opportunity for strengthening 4-H camaraderie as well as educational training. This year's educational topics included stomp the ANTs (Automatic Negative Talk), healthy stress management, communicating with empathy, problem-solving and negotiation skills, handling peer pressure, and effects of alcohol on the teen brain.

### STRENGTHENING FAMILIES AND COMMUNITIES

- Obesity, poor nutrition and physical inactivity disproportionately affect minority and low-income citizens. Of the estimated 105,893 residents living in Columbiana County, 11.8 percent of families with children live in poverty. In an effort to reduce this disparity and improve the health and well-being of Ohioans, the Expanded Food and



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Nutrition Education Program (EFNEP) teaches an eight lesson nutrition education series to low-income families with children. EFNEP, funded by USDA-NIFA, contributed \$20,000 in 2015 to Columbiana County, funding .7 FTE staff in the Columbiana County Extension office. In 2015, a total of 211 family members were impacted by EFNEP. The 59 graduates significantly increased knowledge and improved behaviors in diet quality (97 percent), food resource management (87 percent) and food safety (63 percent), resulting in 90 percent of graduates running out of food less often each month. We would like to thank our site partners: LaBelle Terrace, Fleming House, Salvation Army, Community Resource Center, Way Station-East Liverpool, Catholic Charities, Salvation Army-East Liverpool, Way Station-Columbiana, and East Palestine Library.

### **ADVANCING EMPLOYMENT AND INCOME OPPORTUNITIES**

- Job retention trainings were provided by Extension staff for Job and Family Service's Summer Youth Work Program. Over 220 youth received training to strengthen employability. Some of the topics included safe use of social media, positive communications with co-workers and following employer protocols and role designations.
- Financial literacy education was completed for both Lisbon schools and the MCTA program here in the county. Real Money, Real World was the program of choice for Lisbon's eighth grade class. The simulations where students are given a budget and then have to secure housing, child care, insurance, transportation, food and clothing, among other life necessities and wants counted as the class's final exam. The Real Money, Real World program was completed successfully by 98 youth. Four participants from MCTA also completed general financial literacy classes.

**Columbiana County receives \$38,348 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.**