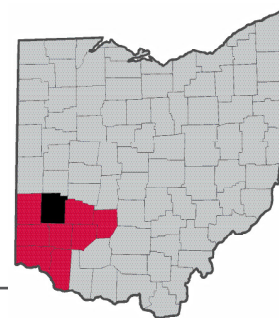


## 2015 County Highlights

## Montgomery County

## Miami Valley Extension Education and Research Area

1001 South Main Street, Dayton, Ohio 45409-2799

Phone: 937-224-9654 [montgomery.osu.edu](http://montgomery.osu.edu)**ENHANCING AGRICULTURE AND THE ENVIRONMENT**

- Pesticide Applicator Training classes and Fertilizer Applicator Certification Training classes were held for 52 private applicators. Fertilizer Applicator Certification Training was conducted for 27 producers who do not hold a private applicator license.
- Master Gardener Volunteers staffed the Home Horticulture Helpline at the OSU Extension office between April and October and responded to over 75 requests for information and assistance. An additional 550 agriculture, natural resources and horticulture questions, both commercial and consumer, were handled by the OSU Extension Agriculture and Natural Resources educator.
- Master Gardener Volunteers and the OSU Extension Agriculture and Natural Resources educator held a series of classes for 14 young women (ages 8–12) on horticulture and agriculture topics. One series for 12 young women was held in conjunction with the Davis Project for Peace research effort under the direction of one Bryn Mawr student intern. One Master Gardener Volunteer conducted classes on vermicomposting for 175 Boy Scouts and Girl Scouts.
- One hundred twenty-two youth and 95 adults received training in good production practices and in ethical care for their 4-H animal projects through three 4-H Quality Assurance Training seminars. One hundred percent of 11 youth ages 12–17 successfully tested out of this training requirement from the Ohio Department of Agriculture.

**ADVANCING EMPLOYMENT AND INCOME OPPORTUNITIES**

- The year 2015 was the seventh year of the Vacant to Vibrant project, which focuses on economic viability, environmental sustainability and social responsibility. The business and production skills developed in 2014 programming were implemented in 2015. Two production sites were developed to increase food security in Dayton's identified food deserts.

- The Master Gardener Volunteer Program trained 10 adults in 50 hours of horticultural education. Each intern will complete 50 hours of volunteer service from 2015 to 2016. There were 98 returning volunteers who provided service to various horticulture projects throughout the year.

**STRENGTHENING FAMILIES AND COMMUNITIES**

- Networking with more than 250 agencies and organizations through nine Montgomery County coalitions provided many opportunities for OSU Extension to share research and resources to strengthen families. OSU Extension displays at nine community health fairs featured educational resources on money management, nutrition, parenting, universal design and mindfulness. Over 2,000 participants viewed the displays.
- Seven hundred twelve consumers attended 28 workshops on healthy eating, food safety, food preservation, money management, parenting and universal design. Over 190 phone consultations on these and related topics provided research-based recommendations. In 12 classes held for Successful Co-Parenting, universal design, the ServSafe Food Handler Program, and the Making Your Money Work program, 95 percent of 186 participants learned new information and skills and planned to use that information and skills. Ninety-three percent of those participants planned to make a change within one month of the respective program.
- 4-H Night with the Dayton Dragons involved over 675 youth and families from 15 counties in the Miami Valley with active hands-on involvement with our local baseball team and exploration of the "Head, Heart, Hands, Health and Home Runs" of 4-H opportunities.
- A statewide food safety research study on the prevention of *Campylobacter jejuni* (foodborne illness from improper storage and reheating of poultry) involved 21 participants from Montgomery County. The focus of this study was to evaluate learning technologies.



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- Supplemental Nutrition Assistance Program Education (SNAP-Ed), made possible by a USDA grant of \$64,957 through the Ohio Department of Jobs and Family Services, connected with 1,239 adults who attended at least one of the 108 classes offered at 10 different sites in the county. In addition, 2,214 youth in preschool through second grade participated in at least one of 130 classes offered at seven school and after-school sites. At the end of these programs, 81 percent of adult participants ate at least one fruit daily and 83 percent ate at least one vegetable daily—indicating a 17 percent positive increase in behavior from pre-test data.
- Obesity, poor nutrition and physical inactivity disproportionately affect minority and low-income Ohio citizens. An estimated 1.7 million Ohioans live in poverty (2013 data). In order to reduce this disparity and improve the health and well-being of our citizens, the Expanded Food and Nutrition Education Program (EFNEP) teaches an eight-lesson nutrition education series to low-income families with children, as well as a six-week series for low-income youth. EFNEP is funded by USDA.
- In 2015, a total of 300 Montgomery County families were impacted by EFNEP. Graduates significantly increased knowledge and improved behaviors in diet quality (91 percent), food resource management (83 percent) and food safety (63 percent), resulting in 31 percent of graduates running out of food less often each month. Over 50 percent of EFNEP graduates increased their physical activity levels and fruit and vegetable consumption. Chronic diseases are largely preventable through a healthy lifestyle involving a balanced diet and regular physical activity.
- A total of 2,153 youth participated in EFNEP in 2015. After completing six lessons, youth reported increases in knowledge and positive behavior changes in diet quality (86 percent), food safety (50 percent), food resource management (39 percent) and physical activity (37 percent).
- 4-H programs such as Real Money, Real World money management education and 4-H science and technology were 591 youth. Funded by a USDA grant through Kansas State University, 168 4-H youth were also involved at Wright-Patterson Air Force Base.
- The OSU Extension 4-H Youth Development educator held orientation for 31 new 4-H volunteers, taught child protection and youth risk management to 108 adult volunteers and co-taught three training sessions for Wright-Patterson Air Force Base childcare staff on experiential learning.
- Real Money, Real World increased the awareness and understanding of financial issues in the “real world” for over 850 teens at five schools and one after-school program. Evaluations in 2014 (2015 data not available) showed that 70 percent of participants had a positive change in understanding the tax deductions and withholdings from a paycheck; 63 percent had a greater awareness of the financial costs of raising a child; and 62 percent indicated they will make a spending plan.
- One hundred twenty-eight adults volunteered as 4-H Club leaders. Working directly with youth year-round, these volunteer leaders focused on the essential elements of positive youth development: belonging, independence, mastery and generosity.
- Learning about leadership skills were 52 teens who participated in training sessions and volunteered as 4-H Camp Counselors, Counselors-in-Training, and Junior Fair Board members. Two teens served on the Ohio State Junior Fair Board. Two teens attended the Ohio Capitol Challenge to develop a local service and education project. This event was sponsored by Ohio 4-H, Ohio Farm Bureau and Ohio FFA.

**Montgomery County receives \$317,444 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.**

## PREPARING YOUTH FOR SUCCESS

- Ohio 4-H youth learn and practice 21st century workforce skills such as critical thinking, problem-solving, teamwork and leadership, communication, ethics, lifelong learning, and technology use. Youth learn and practice these skills through their 4-H project work, participation in monthly 4-H Club meetings, and completion of award applications and teen volunteer opportunities.
- Ohio 4-H youth programs touched the lives of 5,557 youth in Montgomery County. This included 466 youth in community 4-H Clubs; 2,080 youth with 4-H in the classroom; 2,153 youth in EFNEP nutrition programs; and 99 youth in overnight camping programs. Participating in special interest