

2015 County Highlights

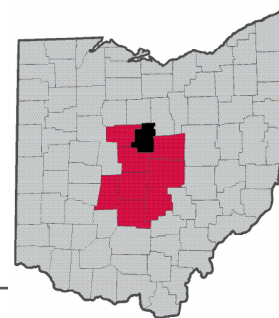
Morrow County

Heart of Ohio Extension Education and Research Area

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STRENGTHENING FAMILIES AND COMMUNITIES

- Twenty Morrow County Department of Job and Family Services clientele completed the four-part Manage Your Money program series, during which the clientele created a spending and savings plan and increased their money management skills. Forty-five participants from the Morrow County Department of Job and Family Services also increased basic budgeting skills through four Basic Budget Activity classes.
- To ensure and promote food safety, over 30 pressure canners were inspected throughout the year. Over 50 consumers either attended the home food preservation series provided at two of the county libraries or received individual education on specific food preservation and safety issues. One hundred percent of participants indicated they planned to implement the safe canning practices they learned through the program. Doing so will decrease the risk of foodborne illness caused by improper preservation methods.
- Utilizing social media, the Live Healthy Live Well program provided three six-week online wellness challenges for over 70 adults in the county. Twice-weekly email messages encouraged participants to adopt positive health behaviors, practice coping techniques to manage stress and maintain a positive attitude. Over 81 percent of participants, in the overall challenge, reported adopting one or more of the recommended practices that might help reduce their risk of developing a chronic disease such as heart disease, cancer or diabetes. In post-challenge surveys, 88 percent reported that they've maintained or lost weight.
- Supplemental Nutrition Assistance Program Education (SNAP-Ed) offered information on nutrition, food safety and thrifty shopping to 188 adult and teen participants through 30 direct education classes taught at the Job Training Office and The Tomorrow Center High School. Seventy-one percent of adult participants reported using food labels to make better choices, and seventy-five percent of

teen participants reported improving in the area of eating vegetables and fruits of different colors. An additional 275 county participants received a SNAP-Ed-targeted handout and viewed the accompanying display at community event and fairs.

- The Balance My Day curriculum for schools was available through the SNAP-Ed programming. It offered a seven-topic nutrition series about eating breakfast, eating different kinds of fruits, eating healthy snacks, eating different kinds of vegetables, drinking water instead of soda or juice, eating food from the MyPlate food groups, and doing things to become or stay physically active. Four hundred eighty-four youth participants at Mt. Gilead Middle School, The Tomorrow Center High School, and Summer Food Service Programs were given age-appropriate nutrition lessons from this curriculum.

PREPARING YOUTH FOR SUCCESS

- Junior Fair Board, Camp Counselor Training, Junior Leaders, Fashion Board, and 4-H CARTEENS provided 69 teens with at least 40 hours of skills development training in leadership, public speaking, program-planning, community service, mentoring and conflict management.
- The 4-H youth development program reaches over 2,100 youth through research-based educational programming such as school enrichment, safety programs, environmental education, summer day camps and after-school programs.
- This year, 163 volunteers assisted youth in developing life skills through 4-H. They volunteered an estimated 7,000 hours, a donated economic value of over \$147,210.
- In cooperation with the juvenile court, first-time teen traffic offenders attend the monthly-held 4-H CARTEENS auto safety educational program. Teens and attending parents learn effective strategies for safe driving through 4-H teen-led activities and guest speakers. A total of 84 teens participated in 2015. Parents attending with teens strongly agreed the program helped the teen drivers.



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- Young people know 4-H Camp is fun, and youth development experts know 4-H Camp helps build critical life skills for both campers and youth counselors. It helps build teamwork, communications and leadership, cultivating job readiness skills while giving campers a chance to connect to nature. Two hundred seven youth (ages 8–14), 49 teen counselors and eight volunteer adult supervisors attended this year's camp. Teen counselors donated 6,240 hours or \$50,544 of service if paid minimum wage.
- "All sessions were helpful to me as a teacher," was the response of all teachers at the Earth Day event, which provided hands-on educational programs based on Ohio Academic Content Science Standards and Benchmarks. Five hundred twenty-three second graders, teachers and parents attended. Animals, trees, plants, insects and energy were the programs highlighted.
- Quality Assurance Training educates youth and their parents on proper animal care and handling, recordkeeping and ways to carry out healthcare activities in a manner that will maintain a wholesome food product from the project animal. Over 680 youth and their parents attended this educational program.
- Through the signature program Real Money, Real World, 112 teens from two middle schools learned lifestyle and budget choices. "How expensive kids are!" and "You need to be smart with your money" are a few of the lessons learned from this collaborative program.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- A three-session Beef School held in Mt. Gilead used broadcast presentations through the Web. Twenty-one additional sites were available across the state, with over 569 in total attendance. Ninety percent of completed evaluations stated that participants would make changes to their beef operation, and 72 percent indicated they would earn more profit with their beef cattle operation as a result of attending.
- Pesticide Applicator Training was conducted twice in Morrow County, with over 65 private applicators in attendance. Applicators indicated gaining knowledge in the correct use of pesticides to protect the crop and environment. An additional six farmers attended a training session to prepare for the certification exam. All attendees who took the test passed the exam and are now licensed private applicators.
- Water quality has come to the forefront in Ohio, and part of the solution for improving water quality may also be a financial savings for farmers. In 2015, 80 Morrow County farmers were certified through two Fertilizer Applicator

Certification Training sessions. Producers will need certification starting September 30, 2017, if they produce crops, primarily for sale, on more than 50 acres.

- Pasture for Profit School was held this spring to help producers manage their forage resources more economically. Twelve producers attended the three-session training. Follow-up farm visits indicated that attendees are actively applying the principles taught in the training.

Morrow County receives \$84,071 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.