

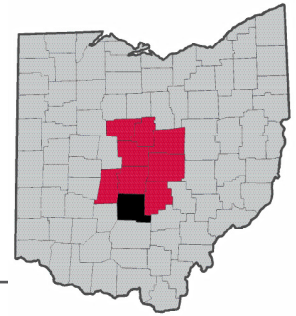
2015 County Highlights

Pickaway County

Heart of Ohio Extension Education and Research Area

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ENHANCING AGRICULTURE AND THE ENVIRONMENT

- OSU Extension and the Farm Service Agency collaborated on four Farm Bill educational meetings in the greater Pickaway County area. These meetings were resources by OSU Extension and Farm Service Agency personnel and reached over 100 crop and dairy producers. Utilizing Web-based decision making tools, farmers were instructed on the process and analysis of the Farm Bill Price Election programs.
- Pesticide Applicator Training and Fertilizer Applicator Certification Training certified over 200 farmers in Pickaway and surrounding counties. Four three-hour meetings certified over 150 crop producers in “the 4 R’s” of fertilizer and nutrient management to protect Ohio’s waterways from excessive phosphorus and nitrogen runoff. Annual pesticide recertification took place, providing applicators with the best management practices of pesticide application and pest management.
- Agricultural Outlook has remained a popular winter program for farm managers in Pickaway County. Seventy-five farm operators and agricultural lenders attended the annual breakfast program with highlighted topics that included grain price outlook, farm input-cash rental rates, farm real estate and agricultural policy.
- OSU Extension and the Pickaway County SWCD teamed up to conduct an all-day program at the farm operation of Mike Estadt. Forty-seven landowners from three counties learned about post-emerald ash borer woodlots; viewed a demonstration of unmanned aerial vehicles; participated in the calibration of a manure spreader; and participated in an afternoon pasture walk-and-talk.

PREPARING YOUTH FOR SUCCESS

- Pickaway County 4-H hosted three events to inform 4-H members and the public about 4-H projects and opportunities available through the 4-H program.

The Pickaway County 4-H Open House involved 20 4-H members and six volunteers sharing their project experiences. Fifty-four potential 4-H families attended. The Pickaway 4-H Opportunities Day involved 21 4-H members and 10 volunteers who taught hands-on activities to 4-H members. One hundred 4-H members and parents attended this event. At both events, 4-H members had the opportunity to practice their public speaking and leadership skills through presenting their projects, leading activities and speaking with others. Supported by an Ohio 4-H Foundation Grant, one additional project clinic took place for members active in horse projects. Thirty-three members and 22 parents attended the event, which was taught by six volunteers. Members learned horse safety and ethics, body condition scoring, stall preparation for the fair and showmanship. The clinic better educated members about horses and better prepared them for the upcoming fair.

- More than ever, the youth of today need a clear understanding of how to manage their finances. Enter Real Money, Real World, an OSU Extension signature program that gives middle school students an understanding of how current education, income and life choices affect future income. Participants learn how much to expect to pay for housing, transportation, food, utilities, college loans, clothing, insurance and childcare, and how to balance “wants” and “needs.” In collaboration with Pickaway H.E.L.P.S, OSU Extension offered this hands-on program to eighth graders in all five Pickaway County middle schools, reaching 725 students. Forty community partners participated in the simulation by staffing booths, teaching financial education and assisting the students in making sound financial decisions. Students self-assessment statements included, “I would buy less brand name clothes” and “Kids are expensive” and “Life is a whole lot harder than I thought” and “Money doesn’t go very far.”
- Pickaway County set a goal this year to increase 4-H Camp attendance. Community partners assisted by donating \$3,460 to assist 4-H members ages 9–14 in attending



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Pickaway 4-H Camp at Tar Hollow State Park. Camp numbers increased 27 percent! Camp helps build critical life skills for both campers and youth counselors. Thirty-three teens served as 4-H Camp Counselors, participating in 28 hours of a combination of on-site and classroom training. Camp counseling helps build teamwork, communications and leadership, all of which cultivate job readiness skills. Other camping experiences offered to Pickaway County youth were 4-H Shooting Sports Camp, Forestry Camp, Ohio 4-H Sea Camp, State 4-H Leadership Camp, and Citizenship-Washington Focus, all of which provided specialized educational opportunities to 12 Pickaway County youth. The community contributed \$2,240 to support teens attending award trips.

pressure canners for accuracy. A recent study at The Ohio State University showed that the average cost of foodborne illness to Pickaway County could be \$8 million to \$14 million per year. Preventing these costs through education is important for Pickaway County families.

Pickaway County receives \$58,211 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.

STRENGTHENING FAMILIES AND COMMUNITIES

- Using social media, the Pickaway County Extension Family and Consumer Sciences educator conducted three six-week Live Healthy Live Well wellness challenges to over 2,027 adults during the past year. Biweekly email messages encouraged participants to increase their physical activity, improve their diet and use coping techniques to reduce stress. Over 81 percent of participants 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. Eighty-eight percent reported in post-challenge surveys that they've maintained or lost weight.
- A total of 2,560 limited-income individuals (adults, youth and teens) participated directly in 246 Supplemental Nutrition Assistance Program Educational (SNAP-Ed) interactive classes in 2015. Program topics included MyPlate, vegetables and fruits, dairy, whole grains, protein foods, food shopping, eating breakfast, eating healthy snacks, drinking water, and being physical activity. Through 144 direct education programs, efforts reached 1,934 youth during the 2014 to 2015 school year. A new collaborative effort with a local church group provided an opportunity for two different series of six SNAP-Ed programs for a targeted audience. Church volunteers worked in small interactive groups to teach basic cooking skills, and OSU Extension provided direct nutrition education programming.
- Twenty one 4-H advisors and church volunteers have been trained with the Occasional Quantity Cooks curriculum. This curriculum focuses on safe food handling, food storage and food preparation techniques to prevent potential foodborne illnesses from food served at Extension or other events. In 2015, the OSU Extension Family and Consumer Sciences educator instructed over 25 people in individual food preservation or food safety questions, including testing