

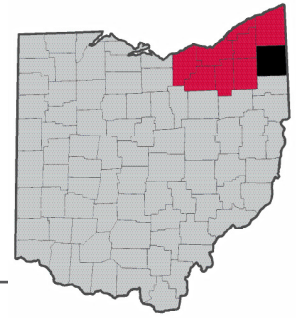
2015 County Highlights

Trumbull County

Western Reserve Extension Education and Research Area

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STRENGTHENING FAMILIES AND COMMUNITIES

- Diabetes affects 17 million Americans, with annual health care costs estimated at \$200 billion. Take Charge of Your Diabetes programs held in Trumbull County in 2015 focused on how to manage food intake and portion control, possible complications of diabetes, and the importance of exercise. Thirty-eight people participated and, as a result, 96 percent learned about portion control and 85 percent learned why the “plate method” is useful in meal-planning.
- OSU Extension Family and Consumer Sciences has been working with Ohio’s Smarter Lunchroom pilot project to create sustainable, research-based, focused principles that promote healthful eating in seven schools. These lunchrooms that guide smarter choices with the way children eat and can make choices helped increase students’ consumption of fruits and vegetables by 65 percent.
- Recipients of the USDA’s Supplemental Nutrition Assistance Program Education (SNAP-Ed), formerly called the Food Stamp Nutrition Education Program, participated in a series of interactive lessons to both youths and adults to help them learn healthy food choices and how to stretch their food dollars. SNAP-Ed in Trumbull County provided direct contact to 8,786 participants with information and educational classes. This year, Trumbull County added youth programming within the community schools. The programming reached 6,834 youth.

PREPARING YOUTH FOR SUCCESS

- Just under 550 youth are currently participating in 31 traditional 4-H Clubs led by 107 adult volunteers within Trumbull County. In 2015, our youth participated in 1,060 projects including natural resources, creative arts, animal science, shooting sports and photography. Many of our 4-H members attended the Trumbull County Fair, and a number of 4-H members qualified to represent Trumbull County at the 2015 Ohio State Fair.

- In 2015, Trumbull County 4-H hosted its first 4-H kickoff event titled “Discover Yourself in 4-H!” The event was held at the Trumbull Career and Technical Center in Warren, Ohio. Over half of Trumbull County’s 4-H Clubs set up interactive displays with project members and advisors on hand to answer questions and speak with visitors. To advertise the event, the Trumbull County 4-H Advisory Committee distributed 10,000 flyers to 20 elementary and junior high schools throughout the county. Over 220 people, adults and youth alike, attended with 81 visitors reporting that they were not currently involved in 4-H but were interested in the program. Nearly every participating club reported gaining at least one new member as a result of the event.
- Trumbull County 4-H CARTEENS finished its eighth year and had 106 youth and 115 parents participate in the program. Ninety-eight percent of the teen driver participants said the class helped them see the risks of unsafe driving. A minimum of one parent per minor is required to attend the program, and 82 of the 115 parents rated the program as excellent. One parent said, “I hope to be a better role model for my son. This class is a good wake-up call for those of us who have become too complacent.”
- The OSU Extension Assuring Quality Care for Animals signature program teaches 4-H youth their responsibilities as food producers. In Trumbull County, 97 youth participated in Quality Assurance Training, and 77 percent agreed the program helped them understand quality assurance when working with livestock. Eighty-one percent agreed quality assurance was based on current, up-to-date information regarding good production practices, and 73 percent agreed that they learned what drug residue is and how to calculate it. Seventy-eight percent agreed quality assurance helped them understand what medication withdrawal time is and how to properly calculate it, and 75 percent agreed they understood the importance of a good working relationship with a veterinarian.



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- The second annual Trumbull County 4-H STEM Days brought 24 4-H and non-4-H youth to the Trumbull County Agricultural and Family Education Center for two days of science experiment fun with eight adult and two teen volunteers. American students are shown to be in the middle of the pack when it comes to math and science. Today's economy requires students to be STEM-literate, including those students who have not traditionally been able to participate in STEM fields. In the last several years, National 4-H has sought to increase the number and quality of STEM programs offered and has worked to increase the number of youth involved in such programs.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Sixty-six Trumbull County farmers who hold a private pesticide applicator license attended a recertification session. One hundred percent of the attendees reported they had improved practices to protect the environment, had improved pesticide handling practices, and were better informed about compliance with pesticide and environmental regulations. Purdue University places a \$625 value per hour on pesticide certification training based on Extension pest management knowledge, cooperation with Ohio Department of Agriculture, prevention of individual and commercial mishandling of toxic chemicals, and potential increases in productivity. In Trumbull County, this translates to nearly \$124,000 of economic benefit.
- OSU Extension conducted training sessions in 2015 to certify 45 farmers that were required to be certified for the first time, according to new state laws. Education topics included soil sampling, phosphorous and nitrogen best management practices, pasture fertility, lime recommendations, and plant nutrients. Almost all strongly agreed that Fertilizer Applicator Certification Training increased their knowledge of phosphorus and nitrogen management. More than half of the participants agreed they would change their nutrient management practices.
- OSU Extension conducted on-farm research in corn and soybean production to benefit Trumbull County farmers. For the fifth year, Trumbull County Extension was part of a statewide monitoring program for the western bean cutworm. Three trap locations were placed in strategic locations, with 982 adult moths detected during the weekly summer checks. Data was collected at two local farms for inclusion in a statewide soybean study.
- Master Gardener Volunteers, trained by OSU Extension, shared research-based information with gardeners through workshops, community gardens and one-on-one

consultations. In total, the 40 Master Gardener Volunteers gave over 3,500 hours (value of \$75,110) to educate more than 950 residents on gardening and healthy lifestyles.

ADVANCING EMPLOYMENT AND INCOME OPPORTUNITIES

- Four training sessions taught farmers about the new Farm Bill program choices. In total, 175 producers attended the training sessions, and 15 individual farmer consultations were conducted. One hundred percent of the program participants indicated they felt more confident in selecting a farm safety net choice as a result of their attendance at one of the Farm Bill sessions.

Trumbull County receives \$113,318 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.