

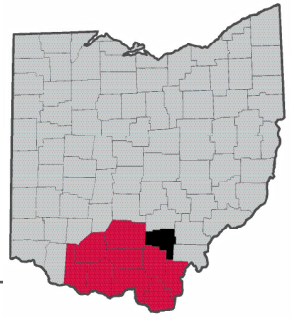
2015 County Highlights

Vinton County

Ohio Valley Extension Education and Research Area

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PREPARING YOUTH FOR SUCCESS

- As members of 29 organized community clubs and special interest activities, 535 youth participated in Vinton County 4-H. They learned to be good citizens and to value and practice service for others. These clubs and programs were led by 87 caring adults who developed positive and sustaining relationships that provided safe, inclusive environments for youth to determine goals, make decisions and envision their future. Through 4-H membership and 4-H project completion, these youth developed leadership and interviewing skills.
- The Vinton County Junior Fair is a busy worksite for Vinton County 4-H Junior Leaders/Junior Fair Board members. These teens practiced marketable skills in communication, cooperation, recordkeeping and organizing. They also planned events as they took on the responsibility of conducting Junior Fair shows and activities. Their public speaking skills have vastly improved through managing, emceeing and organizing these events. They practice leadership while serving as role models to younger members throughout the year, especially during the fair. The Junior Leaders/Junior Fair Board members planned and organized a series of educational activities each day of the Vinton County Junior Fair.
- Youth development experts know 4-H Camp helps build critical life skills for both campers and youth counselors, but 4-H Camp also helps the youth build teamwork, communication and leadership, cultivating job readiness skills while connecting the youth with nature. In June 2015, 150 youth ages 8–18 participated in the Vinton County 4-H camping program at Canter's Cave. Youth experienced living in a cabin with other youth, and they learned valuable life skills while participating in crafts, nature programs and team-building activities.
- Twenty-eight teens participated in the sixth Vinton County Leadership Retreat at Canter's Cave in January. Teens are recruited from 4-H, school youth extracurricular groups and

other youth organizations to participate in the overnight retreat. The retreat builds leadership, service and teaching skills in today's youth. In all, 100 percent of youth indicated they learned new skills that will enable them to be better leaders in their clubs, teams and organizations.

- Volunteers who work directly with youth are critical to ensuring a positive youth development experience for Vinton County 4-H members. Based on an estimated 100 hours per year at a value of \$23.07 an hour, 87 adult 4-H volunteers contributed an estimated \$200,709 worth of support to our county's future leaders in 2015. Support for their efforts—including initial screening, orientation to the role and continuing training—is an ongoing emphasis in Vinton County Extension.
- Alternative Spring Break (ASB) is a collaborative project between the Vinton County Extension office and The Ohio State University Office of Economic Access. Ohio State students spent the week interacting with more than 1,400 Vinton County students to address topics such as the ACT test, high school and college class selection, interview skills, scholarships, college costs, senior year preparation, the steps to get into college, and postsecondary options and comparisons. Vinton County is one of only three counties in Ohio that has the opportunity to host a group of Ohio State students as part of the ASB program. In evaluations, 100 percent of the teachers and administrators indicated that students were excited following the ASB students' trip and asked numerous questions about college and postsecondary options.

STRENGTHENING FAMILIES AND COMMUNITIES

- The Supplemental Nutrition Assistance Program (SNAP-Ed) targets low-income individuals in the county. Its goal is to improve the likelihood that families and individuals who receive food assistance benefits will make healthy food choices and choose active lifestyles. In 2015, Vinton County SNAP-Ed delivered 483 sessions that reached



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over 850 adults and nearly 2,100 youth engaged in direct programming. Ninety percent of those programs included five or more sessions on nutrition-related topics.

- In 2015, 168 residents attended events related to food preservation, food security and food safety. Evaluations indicated that 72 percent of attendees learned new food safety information and 30 percent learned the food preservation methods (canning, freezing and/or drying) for the first time.
- Putting Healthy Food on the Table (PHFT) focuses on the production, preparation and preservation of fresh produce as a means of addressing food security in Vinton County. PHFT completed its second season in 2015, with 34 participants establishing container gardens at their homes or maintaining a plot in the community garden.
- Eight young adults from a local transitional living program completed a four-part program called Cooking 101. Each participant developed their cooking skills while also learning about food safety, budgeting and basic nutrition. The goal of this program is to provide participants with the skills they will need to be able to prepare meals that are both affordable and nutritious.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Even though two-thirds of Ohio's forest is located in Appalachian Counties, woodland owners in this region have historically been under-represented at outreach efforts conducted by state forestry and natural resources agencies. "A Day in the Woods: Second Friday Series" is a collaborative effort to enhance participation of Ohio's Appalachian woodland owners in forestry and natural resources educational efforts. Total participation in 2015 was 202, with an average of 25 participants per event. Many of the participants attended multiple programs. Participants who completed the evaluations reported managing more than 16,000 acres of woodland, and 80 percent indicated that participation in the program would result in a positive change in the management of their woodlands.

Vinton County receives \$59,458 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.