

# 2015 County Highlights

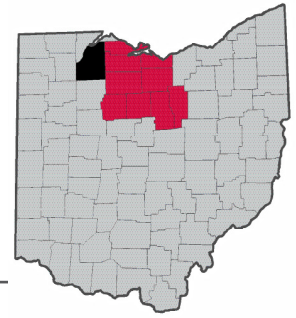
## Wood County

### Erie Basin Extension Education and Research Area

639 South Dunbridge Road, Suite 1, Bowling Green, Ohio 43402-1351

Phone: 419-354-9050

[wood.osu.edu](http://wood.osu.edu)



### ADVANCING EMPLOYMENT AND INCOME OPPORTUNITIES

- A one-day workshop for farm women called “Women in Agriculture” was conducted. More than 145 women whose ages ranged from 17 to 80 years of age participated. Evaluations revealed that 81 percent of the attendees reported that the program increased family communication on the farm; 93 percent reported that the knowledge gained at the workshop can be applied to their farm operation; and 95 percent reported that the knowledge gained will be applied to their personal life.
- With an estimated 48 million illnesses, 128,000 hospitalizations, and 3,000 deaths, foodborne illness costs the nation \$77.7 billion a year. Wood County Extension is providing the training that food servers need to prevent such outbreaks. Since January 2015, 123 public food servers such as those who work in restaurants, schools, hospitals, childcare centers and nursing homes have been taught to avoid cross contamination, and to measure and log food temperatures from delivery and storage to cooking, holding, cooling, and reheating.

### STRENGTHENING FAMILIES AND COMMUNITIES

- Research-based food and nutrition programming was provided through email health challenges and a four-week, face-to-face program called “A Million Hearts” and a six-week “Cooking Matters” course. Participants stated the following:
  - “I learned how to truly read a food label and use proper serving sizes.”
  - “I tried new recipes that we had never tried before.”
  - “Cooking Matters class helped me be more skillful with knives.”
  - “I made turkey burgers, a frittata, a tofu stir-fry and roasted veggies at home after learning how to make them in this class.”

- OSU Extension’s Dining with Diabetes teaches ways to manage diabetes through menu-planning, carbohydrate-counting, portion control, label-reading, and healthy recipe taste-testing. Wood County Extension partnered with Meijer Stores’ Healthy Living Program and Bowling Green State University’s Dietetics Program to offer classes to 25 residents in 2015. Following the classes, participants reported reading labels more often, working harder to control their diabetes, an overall feeling of better health, and improvements in their clinical health outcome.
- Skin cancer can be prevented and cured when people are educated about how to protect their skin and how to look for changes in their skin. Four hundred twenty individuals became more aware of their personal skin characteristics and gained knowledge of sun-safe practices including changing habits to help in the prevention of cancer related to sun exposure.

### PREPARING YOUTH FOR SUCCESS

- The Wood County 4-H CARTEENS program taught 130 first-time juvenile traffic offenders valuable safety information. Twenty-five teen facilitators utilized a “teens teaching teens” approach to traffic education while also building offenders’ self-esteem and interpersonal skills. As a result of this program, 92 percent of the participants including teen facilitators and adult instructors said they will drive more cautiously, will not text and drive, and will slow down when operating a vehicle.
- This year, 4-H offered educational experiences to 3,200 youth, 300 volunteer advisors and 300 teen leaders. There were 54 community 4-H Clubs with an enrollment of 1,300. Eighty-five teens helped conduct judging events, Skillathons and clinics, and they were also involved in community service. Seventy 4-H members and young adults were heavily involved in the planning of the Junior Fair, and 85 4-H teens were camp counselors for 4-H and Kids’ Outdoor Science Camp.



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- Hundreds of 4-H members and adult volunteers dipped 18,000 milkshakes at the county fair. This fundraising effort, along with local donor gifts, funded camp scholarships, awards and programs, totaling more than \$50,000.
- In 2015 at the Ohio State Fair, 10 youth were awarded the coveted Clock Trophy and 40 received “Outstanding of the Day” project honors or livestock championships. The Livestock Judging Team traveled abroad representing the United States at international competitions after being named Nation Champions last November. Two youth competed in their respective STEM disciplines at the National Engineering Challenge, and both won a National Championship.
- Camp was filled to capacity again in 2015 with 206 4-H campers. Forty-four camp counselors and 14 adults received training to design a camp program that incorporated many of the critical elements needed in a positive 4-H experience. Ninety-four percent of the counselors felt better prepared to lead campers as a result of the training program, and 89 percent learned new techniques in dealing with campers with special needs and preparing for emergency situations.
- For the third year, OSU Extension collaborated with Bowling Green State University and Virginia Tech University through a USDA grant to conduct Kids’ Tech University. Eighty area youth were taught valuable STEM concepts on the Bowling Green State University campus by professors from around the nation. The 4-H program gave managerial leadership to the multi-Saturday event. A majority of the youth expressed an interest in participating next year, and 90 percent liked the hands-on activities that supported the lecture.

## ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Northern Ohio Crops Day continued to address timely topics that impact grain producers’ bottom line. One hundred sixty participants learned how new technologies and issues could be affecting their operations and management decisions for the coming crop year. Eighty of the participants received private or commercial pesticide recertification credits, and 25 Certified Crop Advisers obtained continuing educational credits. All participants received the necessary credits for Ohio’s Fertilizer Applicator Certification Training program. The program is sponsored by 17 local ag businesses and the OSU Extension Erie Basin Extension Education and Research Area.
- Agricultural research projects were conducted by Extension in the areas of nutrient management, soil and water quality improvement, integrated pest management, and production efficiency. Specific projects focused on cover crops, soil

compaction, soil quality, pest scouting, soybean population comparisons, crop rotation and sustainable cropping systems. Results were shared at local agronomy updates at the Conservation Tillage Conference, Northern Ohio Crops Day, Northwest Ag Research Field Crops Day, and other events. As a result, producers improved farm income and reduced pesticide and fertilizer use by following Extension recommendations.

- The Ohio Certified Volunteer Naturalist (OCVN) program is a cooperative effort between Wood County Park District and OSU Extension. This collaboration has significantly impacted the knowledge of the participants in the area of natural resources. The OCVNs have been involved with planning and conducting educational seminars.
- The Wood County Master Gardener Volunteers welcomed 13 Master Gardener Volunteer interns in 2015. The total number of active volunteers has grown to 147 volunteers. Our volunteers are very active in various projects throughout Wood County including a new native bed planting in The Grove at the Wood County Fairgrounds and a new quilt garden at Simpson Garden Park. Volunteers are also active in presenting horticultural information to local garden clubs, libraries and other organizations. Volunteers hosted the Annual Plant Exchange, reaching over 250 people with information on invasive plants and pests, native plants, monarch butterflies, composting, and plants as gifts.
- Approximately 2,000 residents gained information on horticultural subject matter via telephone calls, email and horticultural seminars. Pond management, tree and small fruits, general outdoor landscape questions, and pest problems prevailed. Eighty percent of clients adopted practices taught, resulting in savings upwards of a thousand dollars.

**Wood County receives \$84,409 in federal funding for nutrition education for low-income people, thanks to Extension’s local-state-federal partnership.**