Hampshire County Annual Report 2019

Putting Knowledge to Work!

The West Virginia University Extension Service works to provide solutions in your community through key programs and resources, including agriculture and natural resources; 4-H and youth development; food and nutrition; health and wellness; financial planning; and home gardening. These research-based programs and services are available to all Hampshire residents thanks to the tremendous support of our community members, local organizations, volunteers and local partners, including the Board of Education and County Commission.

Highlights

- The 4-H horticulture team placed first at the state level, earning the opportunity to represent West Virginia 4-H at the National Junior Horticulture Convention in Nebraska.
- As a result of participating in Energy Express, Woodcock Johnson evaluations revealed that children showed significant increases in letter-word identification, reading fluency, passage comprehension and broad reading. 68% of the children either maintained (4.2%) or increased (64.5%) in these areas, and the average child gained 3.1 months in broad reading achievement.
- Approximately 20 adults participating in the WVU Extension Service Dining with Diabetes cooking school showed knowledge gain, as well as behavior changes. 75% of the participants revealed that they now work exercise into their daily routine; 66.7% exercise continuously for at least 30 minutes three times per week; 81.8% were cooking more at home; and 91.7% were eating smaller portions.

4-H/Youth Development

Traditional Learning

- Approximately 150 Hampshire County 4-H campers worked on teamwork, leadership activities, and communications skills, as well as learned to accept differences. More than 60 volunteers assisted with classes, meals and programs. Campers participated in campfire programs, recreation opportunities, educational workshops, tribal classes and team-building exercises. Life skill evaluations revealed that all campers developed positive life skills as a result of participation in 4-H camp.
- 4-H’ers engaged in the statewide 4-H Stockman’s Judging Contest, where they increased their knowledge related to classes of retail meat identification, forage species, feed ingredient identification and livestock equipment identification. Participants developed critical thinking, leadership, teamwork, evaluation, communications and decision-making skills.
The 4-H horticulture team placed first at the state level, earning the opportunity to represent West Virginia 4-H at the National Junior Horticulture Convention in Nebraska. The team members were trained to recognize and identify important horticultural crops and to learn quality characteristics.

Hampshire County was well-represented at the Multi-County 4-H Round-Up (hosted in Hampshire County). Youth participants improved public speaking and memory skills, gained confidence, made visual aids and improved communications skills.

At 4-H Officer’s Training School, approximately 50 members were trained in the duties and organizational skills that accompany the offices of president, vice president, secretary, treasurer, song leader, game leader and health officer so that they can lead fellow 4-H’ers during monthly club meetings. Members also increased their knowledge and life skills related to communication, leadership and mentoring.

**Literacy Learning**

- Hampshire County’s Energy Express collaborative secured the 30% local contribution to support two sites in Hampshire County at Augusta Elementary School and Romney Elementary School, reaching a total of 64 youths.
- 10 local AmeriCorps members received more than $30,000 to support their living and educational expenses.
- As a result of participating in Energy Express, Woodcock Johnson evaluations revealed that children showed significant increases in letter-word identification, reading fluency, passage comprehension and broad reading. 68% of the children either maintained (4.2%) or increased (64.5%) in these areas, and the average child gained 3.1 months in broad reading achievement.
- Children also received two free nutritious meals each day (58% of their daily nutritional requirements) and one take-home book each week.
- Community volunteers engaged in more than 1,071 hours of community service at the Hampshire County sites, including 418.25 hours spent on reading and writing activities with the children.
- WVU Extension Agent Kelly Hicks received the West Virginia Association of Extension 4-H Agent’s Communicator Team Publication Award for authoring one of the newsletters, “Children in Nature,” in the statewide Parent Express newsletter series.

**Special Interest Learning**

- 40 students from Romney and Capon Bridge Middle Schools partnered with Extension Service to learn about careers in agriculture and learning opportunities through the Sustainable Agriculture Entrepreneurship Program at WVU Potomac State College. Students rotated through workshops in animal and veterinary science, agriculture technology, educational opportunities at Potomac State College, animal nutrition, agronomy, equine science, natural resources and law enforcement, environmental science, and forest and wildlife management.
- Hampshire County was one of six West Virginia counties to pilot the WV&U program, allowing eighth grade students to engage in post-secondary learning opportunities to learn more about WVU and the overall college experience.
Families and Health

- Approximately $100,000 in federal dollars was brought into Hampshire County through the Family Nutrition Program.
- Youth participant evaluations revealed that of those that participated in FNP programming: 65% improved behaviors related to handwashing; 60% showed improvement in one or more knowledge or skills(s) necessary to choose foods consistent with federal dietary guideline recommendations; and 65% improved knowledge or skills related to handling food safety.
- Evaluations revealed that among adults participating in FNP programming: 94% showed improvement in one or more diet quality indicators (eating fruits, vegetables, red and orange vegetables, dark green vegetables, drinking less soda and cooking dinner at home); 72% eat fruit more often each day, while 78% eat dark green vegetables more often each week; 94% showed improvement in one or more food safety practice (i.e. washing hands before preparing food, washing all items and surfaces after cutting raw meat or seafood, not thawing frozen food at room temperature or using a meat thermometer); and 78% showed improvement in one or more physical activity behaviors (exercising for at least 30 minutes, doing workouts to build and strengthen muscles or making small changes to be more active).
- Approximately 20 adults participating in the WVU Extension Service Dining with Diabetes cooking school showed knowledge gain, as well as behavior changes. 75% of the participants revealed that they now work exercise into their daily routine; 66.7% exercise continuously for at least 30 minutes three times per week; 81.8% were cooking more at home; and 91.7% were eating smaller portions.
- 22,000 constituents are reached on a weekly basis through Extension in the Kitchen articles in the “Hampshire Review” newspaper.

Agriculture and Natural Resources

- Four commercial horticulture dinner meetings, focusing on topics such as worker protection standards and proper personal protective equipment fittings, were held in Hampshire County and reached approximately 75 individuals.
- Three WVU Extension Service agriculture dinner meetings were conducted in Hampshire County reaching approximately 300 individuals. Producers were educated on a variety of topics including soil health, oak and deer management, and warm-season annuals.
- The youth livestock sale held at the Hampshire County Fair raised $181,962.00 for 4-H and FFA members. 133 animals were sold at auction, with the sale being supported by many local businesses and individuals.