

# Wirt County Annual Report 2020

## 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 Wirt County 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

 We enhanced focus and outreach of youth and adult programming through virtual opportunities to ensure we met the needs of our community, serving 2,770 youths and 271 adults.

# 4-H/Youth Development

#### Camping

• 11 young people and three volunteers participated in Wirt County's virtual Camp URLinked program in July 2020, where they completed activities in STEM, 4-H traditions, environmental responsibilities and mental health.

#### School-Based Programs

• I CAN/STARS Program: 2,400 high school students in the Mid-Ohio Valley region were reached through monthly education on topics, such as substance abuse, graduating, anger management and consequences.

#### Traditional 4-H Programming and Clubs

- 153 youths and 18 adult volunteers were enrolled in the Wirt County 4-H Program.
- Virtual State Fair: 14 youth projects were submitted from Wirt County.
- Virtual Fair Fun Week: Five youths participated in a STEM roller-coaster engineering challenge.
- Regional Volunteer Training: 29 volunteers were educated on operating 4-H clubs virtually, covering compliance for the 2020-2021 year and how to manage club documents.
- Weekly 4-H news and event updates were sent out via e-mail and social media to keep Wirt County 4-H'ers and their families informed.

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#### Energy Express Summer Reading Program

- 39 students participated in Energy Express at one site in Wirt County.
- Participants received 234 free books and over 470 free meals.
- \$26,679.15 in local, state and federal funds were secured for this program.

### Agriculture and Natural Resources

- Youth Agriculture: Six youth livestock project books and exhibits were completed.
- Virtual Cloverbud Club: 27 youths participated in the plant and animals club activities, which included farm tours, book readings, and how to take care of plants and livestock.
- Soil Fertility Tests: 40+ soil tests were submitted by Wirt County residents; soil amendment recommendations were made for more than 280 acres of Wirt County farmland.
- Grow This: WV Garden Challenge Program: 48 participants from Wirt County enrolled in the program, receiving free seeds and education on how to grow those seeds.
- Wirt County farmers and producers had the opportunity to attend many webinars on introductory and advanced topics, such as the Agriculture Educational Webinar Series, Spring Garden Webinar, Gardening 101 and more.

### Family and Community Development

- Kid's Pop-Up Market: 115 bags, each containing \$6 of fresh produce, were distributed at the Wirt County Primary Center. Along with the produce, each child received healthy recipes they could make at home.
- FARMacy Program: 90 adult participants with a chronic illness received 10 weeks of locally grown produce, recipes and exercise handouts. When surveyed, 60% of participants said they could not afford to buy healthy food on their own.
- Dining with Diabetes: Seven adult participants completed the program, reporting changed behaviors in diet, how to properly measure carb intake and lower A1Cs.