Wood County Annual Report 2018

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 Wood 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

- Our WVU Extension Service agents and staff worked together to provide educational outreach and programming for residents of Wood County, reaching more than 5,000 youth and 1,000 adults. More than $400,000 in funds were generated by involvement in WVU Extension educational programming in Wood County, and more than 18,000 volunteer hours were expended in the community by WVU Extension Service volunteers – a value of $395,392.

- WVU Extension faculty and staff are active members of several community organizations that work collaboratively to improve the lives of citizens in Wood County including the Wood County Prevention Coalition, Healthy Communities Coalition, Youth Adolescent Council, Partners in Prevention and the Chamber of Commerce Education Committee.

- WVU Extension Agents provided timely and educational articles and radio programming to local, state and national media outlets to provide resources to families, farmers, business owners, schools and youths throughout the region.

4-H and Youth Development

Camping

- 215 young people and 48 adult volunteers participated in one or more of Wood County’s summer camps in 2018. Camper evaluations showed increased learning and skill development at 4-H camp.

- 173 campers learned the dangers of alcohol, tobacco and drug addiction at camps with evaluation results showing a behavior change about the dangers of addiction.

- 48 adult camp staff donated more than 5,000 hours of direct service with youths.

- 215 campers learned about STEM at camp through hands-on science activities.

- 17 Wood County 4-H members participated in state, national and international 4-H camps.

- 173 campers learned generosity through camp service projects.

- $3,500 in Health Rocks, Healthy Habits and United Way funds were obtained to provide local and state camp scholarships to youths and to provide equipment to promote healthy lifestyles.
• $12,000 in grant funds were obtained for facility improvements at the 4-H campgrounds.

4-H School-Based Programs
• 2,679 youths participated in 4-H school enrichment programs.
• 1,250 youths participated in a 4-H special interest program.
• 61 youths participated in an organized 4-H after-school club.
• 155 youths increased interest in STEM by participating in 4-H science programs.
• 184 youths and 61 adults learned the facts about tobacco, alcohol and drugs through the 4-H Health Rocks programs. Evaluations showed an increase in behavior change regarding addiction.
• 212 youths and 51 adults participated in prevention programs.
• 133 youths and young adults participated in workforce development/career preparation classes.
• 260 youths learned about teamwork and leadership.

Traditional 4-H Programming and Clubs
• 312 youths participated in a traditional community 4-H club.
• 111 youths exhibited still projects at the county fair.
• 70 blue ribbon projects were exhibited at the State Fair of West Virginia.
• $3,368 in grant funds provided equipment for the shooting sports program.
• 7 youths became trained health ambassadors and delivered health education to clubs and camps.
• 33 teens and young adults learned leadership and service through participation in the county Teen Leader and Collegiate 4-H programs.
• 4-H members documented more than 5,700 hours of service to the community.
• 4-H volunteers documented more than 9,000 hours of service community.

Energy Express Summer Reading Program
• $79,524 in local, state and federal funds were obtained to provide the program in Wood County.
• 90 youths participated and gained an average 1.7 months in broad reading achievement.
• 67% of youths maintained or increased reading skills over the summer.
• 92 volunteers served 2,233 hours with 1,358 hours of direct reading and writing with children.
• 5,040 meals were served to children; 81% of the youth qualifying for the free/reduced lunch program.
• 540 free books were sent home with children for their own personal libraries.
• 18 college students earned a scholarship, gained valuable workforce skills and engaged in service.
• 4 elementary school teachers were employed to supervise the program sites.

Agriculture and Natural Resources (J.J. Barrett)

Gardening and Horticulture
• “Fridays at the Library” gardening education program held at Vienna Library.
  ○ Four sessions were held this year with more than 111 adults in attendance.
  ○ 77% reported adopting new practices as a result of the workshops.
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- Wood County Master Gardening Training course graduated 13 new Master Gardeners.
- Partnered with the 19th Street Lutheran Church Community Gardens to grow more than 5,000 pounds of produce to give away to the community.
- “The Backyard Gardener” column was a regional finalist for the 2018 National Association of County Agriculture Agents Communications award.
- Answered 420 phone calls and assisted 45 Walk-in Clients. Evaluated and gave recommendations based on the results from the WVU Soils Lab. This free service is popular in our area.
- 28 Active Master Gardener volunteers worked on 10 ongoing community service projects. They volunteered more than 606 hours to the community totaling $14,962 (based on state volunteer service equivalent of $24.69 per hour).
- Provided “Extension AgTalk,” a radio program on iHeartRadio Stations in the Mid-Ohio Valley, to offer daily clips and tips about farming, horticulture and commodity markets. The radio program reaches nearly 6,000 people each time it airs.
- Continue to complete applied horticulture research. “Efficacy of Transgenic Sweet Corn for Controlling Corn Earworm Larvae in West Virginia” started this summer and was harvested in October.
- Research results from the “Control of Corn Earworm Larvae in West Virginia Sweetcorn” were used for an applied research poster presentation at the 2018 National Association of County Agriculture Agents. The poster placed in the top 12 in the U.S. for applied research.
- 87 adults received education on sweet potatoes, soil health and cut flowers at the 2018 Master Gardener Spring Seminar and Plant Sale.
- 291 adults learned about agricultural topics at the Wood County Farmers’ Short Course on Beef Cattle Management, adding value to cull cows, fertilizing hay/pasture fields, and livestock minerals. Additionally, they learned about the effect on health, grazing behavior, animal health and vaccinations, fencing issues and the West Virginia Farm Preservation Program.
- 375 youths learned farm, lawn and garden safety at Wood County Progressive Agriculture Safety Days.
- 38 adults were trained in pesticide safety at The Mid-Ohio Valley Pesticide Training.

Youth Agriculture

- Trained 106 youths in quality assurance for food safety and improved care and management of animals in Wood County.
- More than 30 volunteers worked with 4-H and FFA Youth Livestock Program.
- Average livestock project book completion = 93%
- 171 completed youth livestock projects.
- $268,674 total sales for the Wood County Youth Livestock Sale in July. More than $20,000 generated from the Junior Livestock sale was donated to local organizations including 4-H, FFA and local fire departments.
- Worked with 4-H members on the ham and bacon project to keep accurate health records. The Ham and Bacon Sale generated more than $24,209 for Wood County youths.
- Supported one 4-H and one FFA team for the West Virginia Youth Stockman’s Contest. Agent Barrett coordinated with parent volunteers and the FFA instructor to teach both structured lectures and hands-on training.
• 15 volunteers and more than 60 youths participated in an All Species Skill-a-thon. Youths gained knowledge in quality assurance (reading medicine labels), breed identification, conformation, identifying feed ingredients and identifying meat cuts.

• Continued work with the West Virginia Young Sire and Heifer Evaluation Program. Last year, the program evaluated 88 bulls and 94 heifers, with sales totaling $188,650. Survey results showed 87% of the buyers will purchase a bull again and 79% rated the performance of their bull as good or excellent. These results speak highly of the quality of the program.

Family and Community Development

Health, Safety and Wellness

• 166 youths received approximately 4,500 meals during two weeks of 4-H camp. These meals complied with the regulations set forth by the West Virginia Office of Child Nutrition and the Summer Food Service Program, which reimbursed approximately $1,900 to the Wood County 4-H Leaders Association. Additionally, based on the 2018 hourly volunteer rate for West Virginia ($21.10), the Leaders’ Association saved approximately $11,000 by using volunteers as kitchen staff.

• Dining with Diabetes (DWD) was held on two occasions, with a total of 63 people registering for the program. Of those who completed paperwork at both the first and last session:
  ▪ 44% reported improvements in their diet.
  ▪ 33% reported the increased reading of food labels.
  ▪ 66% reported a decrease in sugar-sweetened beverage consumption.
  ▪ 89% reported increased physical activity.

• Handwashing was taught in Wood County schools seven times last year. Six weeks after each class, teachers reported:
  ▪ the use of paper towels or hand dryers after handwashing (43 times)
  ▪ students using soap (36 times)
  ▪ coughing or sneezing into the elbow (35 times)
  ▪ discussing handwashing and asking to wash their hands more frequently (24 times)
  ▪ teachers also reported an increase in the use of hand sanitizer and how applying soap first (through the high-speed technique) increased the use of soap.

Community Development

• ACDS
  ▪ Semesters 1 and 2 were held in Wood County. Six apprentices completed each semester and plan to begin Semester 3 in January.
  ▪ A new instructor will begin teaching in the fall. There are 15 students on a waiting list to begin Semester 1 in 2019.

• Wood County CEOS volunteered more than 1,800 hours of community service.

Strengthening Families

• In August, our agent worked with WVU Extension Service’s Communications office to develop three messages to help parents prepare for sending the kids back to school. Those messages were then recorded for use by media outlets across the state and several media outlets picked those up or requested additional interviews.

• The RELAX (anger management) program was taught to 15 students at the Wood County Youth Day Report Center. The feedback was positive. The director and staff also were trained on the
same curriculum so they can reinforce the RELAX messages, and the students are receiving consistent messages while at the day report center.

Family Nutrition Program

Adult Nutrition Education

- 161 adult students received Eat Smart, Be Active at SPOKES, Recovery Point, Fellowship Home, Parkersburg Correctional Center and Circles.
- 112 adults graduated, completing eight classes in eight weeks of the program.
- 27 adults continued participation in the program into 2019 to work toward graduation.

Youth Nutrition Education

- 137 students participated in Teen Cuisine at Hamilton Middle School and Boys and Girls Club.
- 583 students participated in the Show Me Nutrition (pre-K through 5th grade).
- 500 youths learned Rethink Your Drink at Worthington Elementary and Point Park Market Place.
- 85 youths participated in Grow This! at Piggly Wiggly and Point Park Marketplace.
- 17 adult student teachers at WVU Parkersburg learned to deliver Rethink Your Drink curriculum.
- 320 students learned about Food of the Month at Gihon Elementary.
- $10,000 in grant funding was secured from the Parkersburg Area Community Foundation to present five pop-up kids’ farmers markets in Wood County.
  - 640 elementary aged students shopped for fresh, local fruits and vegetables at the Boys and Girls Club, Head Start, WVU-P Early Learning Center, Franklin, Martin, and Fairplains Elementary schools.

About your WVU Extension Service agents and staff in Wood County:

Wood County has three Extension Agents and two nutrition instructors who provide education and service in the areas of 4-H and Youth Development, Agriculture and National Resources, Families and Community Development and Family Nutrition Programming. All agents and staff work cooperatively to offer both youth and adult education in the county.

Jodi Smith, 4-H and Youth Development Extension Agent, has 15 years of youth development experience. She writes articles for the *Mid-Ohio Valley Parent Magazine* reaching 23,000 parents in the region with topics focused on positive youth development. She has authored and published numerous educational lessons focusing on youth development topics that have been disseminated statewide and nationally. Her areas of expertise are post-secondary success and diversity and inclusion.

J.J. Barrett, Agriculture and Natural Resources Extension Agent, has 12 years of experience in agriculture. In addition to the “Extension AgTalk” radio program, he writes a column titled, “The Backyard Gardener” for the *Parkersburg News & Sentinel*, which reaches more than 23,000 people weekly and provides research-based information on gardening and home horticulture. His areas of expertise include horticulture and livestock management.

Gwen Crum, Family and Community Development Agent, has 13 years of adult and youth nutrition education experience. She also writes articles for the *Mid-Ohio Valley Parent Magazine* reaching 23,000
parents in the region with topics focused health, wellness, parenting and families. This year, she was part of three teams having journal articles published in national journals.