McDowell 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 all McDowell 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

- With grant funding from Unicare, the Appalachian Diabetes Control and Translation Project, and McDowell County FACES (Family Resource Network), a Supper in a Sack nutrition program was implemented in two locations by McDowell County WVU Extension Service Health Educator Jennifer Graham. For each week of the nine-week Eating Smart, Being Active program, participants prepared a healthy recipe and took home a box of the recipe ingredients to feed a family of four. Locally grown produce was purchased from Roadside Farms.

- The WVU Extension Service in McDowell County partnered with the Roadside Community Market to host a kids’ market. Every child received vouchers to “purchase” fruits and vegetables from Roadside Farms and other local farmers. Youths also participated in healthy food demonstrations with the local produce offered. Parents received recipes, kitchen incentive items and nutrition education.

- There were five classes of Code Your World taught throughout the county. More than 90 students from Welch Elementary, Mt. View Middle School, Sandy River Middle School and Welch Public Library engaged in computer science coding activities as part of celebrating 4-H National Youth Science Day.

- More than 100 youths from all over McDowell County participated in the youth development soccer program. The season started with a kick-off event and ended with a closing celebration where the youths and volunteers received a medal and pin for their hard work and dedication to the soccer season.

- The Sandy River Middle School greenhouse project taught middle school students about gardening. The current program has 214 students. All students participate in the program by growing a variety of vegetables, such as carrots, peppers, herbs, beets, cabbage, tomatoes, onions, garlic and radishes.

4-H and Youth Development

*Energy Express*
• McDowell County had four Energy Express sites in 2018 (Welch Elementary, Fall River Elementary, Anawalt Elementary and Iaeger Elementary schools).
• A total of 144 youths participated in the five-week summer Energy Express program.

Camping
• McDowell County Older/Younger County camp was held July 23 through 27 at Panther Wildlife Management Park. A total of 46 youths attended camp, with 15 adult volunteers involved in the week of camp.

4-H School-based Programs
• Five “Code Your World” events to celebrate National Youth Science Day were held throughout the county, which resulted in 90 youths engaging in coding activities.

Special Interest Programs
• 105 youths were involved in the 4-H soccer club program. The program started August 11 with an opening ceremony and concluded with a closing ceremony on October 6, where youths and volunteers received medals and pins.
• 35 youths are involved in the 4-H dance club program that started on October 16, 2018 and will conclude in May/June 2019 (depending on the end of the school year). Each week the youths engage in jazz, ballet and tap lessons, and will showcase their talents at an end-of-year recital.

Family and Community Development

Family Nutrition Program – Adult Health Educator
The adult health educator provides direct nutrition education to McDowell County families (targeting adults with their children in attendance) and public health initiatives related to nutrition and physical activity in McDowell County.

• The direct education in 2018 consisted of three evidence-based curriculums Eating Smart Being Active (nine lessons and ESBA During Pregnancy), nutrition education aimed at teens (eight lessons for parents of children ages 0 to 5 years old) and Teen Cuisine (six lessons to teach teenagers basic cooking skills and healthy eating practices).
• One or more of these education curriculums were implemented at the McDowell County Commission on Aging, Save the Children (multiple sites), Head Start (multiple sites), Health Sciences and Technology Academy (multiple sites) and SAFE, a domestic violence shelter. A total of 40 adults (plus children in attendance) and 50 teens participated.
• In 2018, public health initiatives were composed of Rethink Your Drink, Foods of the Month, farmers markets (and Kids Farmers Markets), a walking program, McDowell County 4-H camp (children and teens), and Foods That Fuel (with 4-H soccer).
  o Rethink Your Drink covered fruit-infused water tastings, recipes, lessons and nutrition materials, and Foods of the Month targeted one healthy food item each month with food demonstrations, lessons, recipes and materials. Both projects were implemented at SAFE, Save the Children, Head Start, HSTA at Mount View High School and River View High School, Roadside Farmers Market and Kids Market, McDowell Moves walking program, and Iaeger Farmers Market and Kids Market,
Supper in a Sack and one-time community events. These public health projects reached a total of 530 adults and youth community members.

- The McDowell Moves 8-week walking program targeted adults and their children. Participants received water-infuser bottles (Rethink Your Drink), pedometers and educational materials. Community walks with water stations were provided in different locations. There were 100 adult participants, and 40 graduates with a 18% increase in physical activity. The Appalachian Diabetes Control and Translation Project provided grant funding.

- At the Roadside Farmers Market, food demonstrations (based upon Food of the Month and local produce being sold) and a water station (Rethink Your Drink) were dispensed at least two times per month with 30 community members weekly.

- McDowell County WVU Extension Service Health Educator Jennifer Graham was also trained with the West Virginia Department of Agriculture to provide a mandatory farmer training in McDowell County, which allowed eligible markets to receive senior and WIC vouchers.

- A Kids Market rendered local produce with 40 youths and their families.

- Local produce from Roadside Farms was also purchased for the Supper in a Sack project in four locations. Supper in a Sack was funded by McDowell County FACES and a grant from Unicare. Food demonstrations and a water station were also held at the Iaeger Farmers Market with 10 participants once per month and a Kids Market with 10 youths.

**Family Nutrition Program – Youth Health Educator**

- The youth health educator reached a total of 325 third through fifth grade students with the Show Me Nutrition program: 65 students at Fall River Elementary, 121 students at Southside K-8 and 94 students at Kimball Elementary. There were 321 graduating participants.

- Outcomes of the Show Me Nutrition classes were 31% of participants increases milk consumption, 47% increased vegetable consumption, 43% increased fruit consumption, 33% decreased fruit juice consumption, 49% increased water consumption, 25% decreased sugar-sweetened beverages consumption, 33% decreased soda consumption, 16% increased interest in trying new fruits and 18% increased interest in trying new vegetables.

**Other Public Health Programs**

- Sandy River Middle School greenhouse (gardening education) reached 149 total students.

- Mount View High School high tunnel (gardening education) reached 191 total students.

- The farmers market in Iaeger (June to August) sold the students vegetables at the market to reinvest in the school gardens to keep them self-sustainable.

- 5K walk and run events had approximately 145 participants for the first eight months of this year.

- Kimball after-school tennis program nutrition education had 12 students regularly participating. They received a nutrition lesson, and the kids prepared a recipe themselves.

- Kimball Elementary implemented their very first school garden. Students learned how to garden, as well as tasted the harvest. 33 students participated.
A group of three HSTA students that wanted to participate in a gardening and food demonstration research project, so they formed Garden Girls. The first part of the program was to prepare a fresh recipe and have approximately 100 HSTA students and parents of the HSTA students taste each, then poll the taste-testers to find out which one they thought was fresh. The WVU Extension Service and Community Development HUB worked with the students teaching them how to cut, prepare and serve homemade spaghetti sauce and three different salsa recipes. The Garden Girls chose to prepare spaghetti sauce. An off-brand of spaghetti sauce was purchased to do the comparison. The next phase of the project is for the students to learn to garden and use produce grown to increase the population’s consumption of healthier concession stand food, as well as cooking classes to teach residents how to prepare fresh produce in recipes.

Grant Funds

- A total of $4,000 in grant funds were brought into McDowell County with Try This WV ($2,500), HSTA ($500) and Families Leading Change ($1,000).
- There were 958 total participants in public health projects and elementary classes in 2018.