Ohio 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 Ohio 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

- Ohio County 4-H engaged over 700 youths through clubs, camps and enrichment programs.
- Six Ohio County 4-H'ers participated in the filming of a Barnwood Builders episode that will showcase the leadership skills gained through 4-H.
- Four Ohio County 4-H'ers represented the state of West Virginia at national 4-H events.
- The Ohio County Country Fair educated approximately 12,000 people about agriculture, helping them better understand where their food comes from.
- The Master Gardener public gardener lecture series included four educational programs that reached 120 local residents.
- The Family Nutrition Program reached 650 youths through 33 classrooms and summer camping programs, and over 2,700 youths through a variety of public health initiatives.

4-H/Youth Development

Traditional 4-H Club Programming

Through Ohio County's five community clubs and four special interest clubs:

- Ohio County 4-H volunteers engaged 157 members in youth-led business meetings and a variety of educational activities focused on community, health and science-related topics.
- 140 members provided over 500 hours of community service.
- Members completed 143 self-guided 4-H project books and exhibits.
- 31 members attended at least one state-level 4-H camping program.

Camping

- 151 youths experienced a variety of leadership, learning and team-building activities through Ohio County's overnight and day-time camps.
- Residential camp evaluations show that youths gained valuable life skills:
  - Over 90% of campers learned how to help their community.
  - More than 77% of campers reported that they had a chance to be a leader.
- As a result of STEM day camp:
  - 94% of campers like experimenting and testing ideas.
  - 84% of campers are now interested in doing science activities outside of school.
School Enrichment Programs

- Nearly 300 students were taught stress management methods or the dangers of e-cigarettes at the middle school health and wellness fairs coordinated by the Ohio County Family Resource Network.
- The Summer Associate VISTA engaged 286 youths with STEM activities at farmers markets and a variety of camps coordinated by community partners.

Agriculture and Natural Resources

Youth Agriculture

- Members of the Ohio County 4-H livestock club earned approximately $40,000 at the West Alexander Fair Youth Livestock Auction.
- 14 livestock club members conducted demonstrations and educational activities at the Ohio County Country Fair.

Master Gardeners

- Over 1,400 direct contacts with community members (not including the Ohio County Country Fair), reaching over 1,000 adults and nearly 400 youths.
- Responded to more than 100 phone inquiries regarding garden- and plant-related questions from the community.
- More than 700 volunteer hours were contributed to improve the Ohio County community.

Agriculture and Business Development

- The Winter Dinner Meeting series provided important information to local producers.
  - The soil quality and testing program attracted 31 attendees.
  - The low stress cattle handling program taught 26 cattle farmers new techniques and shared tips on making corrals safer and more efficient.
- WVU Soil Testing Lab conducted 264 soil tests for 63 Ohio County residents. Soil testing reduces fertilizer use, protects water quality and improves production.
- Answered agricultural, gardening and natural resource inquiries for nearly 700 contacts.
- 22 educational programs were taught, providing 66 hours of education for adults and youths on growing healthy food, increasing pesticide safety and protecting water quality.

Media Outreach

- 52 episodes of Extension Calling were recorded with Ohio State Belmont County Extension office and aired on WWVA and WWOV, as well as produced as a podcast. This production delivers research-based information for the farm, garden and home. The show, once again, placed in the National County Agents Association for audio recordings and was recognized through the WVU Provost's office for the celebration of scholarship and creative work.
- WVU Extension Service agent Karen Cox was interviewed for a Wheeling Intelligencer article about needle cast disease in the Wheeling area, resulting in over 75 phone calls from four states seeking treatment and diagnostic information.

Regional Event Calendar

- This one-stop shop for agricultural, gardening and natural resources learning opportunities is maintained for the surrounding area increasing access to a greater variety of programming: [http://bit.ly/ANRCalendarUOVR](http://bit.ly/ANRCalendarUOVR).
- Five agencies attended the regional planning meeting organized by WVU Ohio County Extension Service to coordinate programs for 2020, making efforts of WVU, OSU and PSU Extension Services, Conservation Districts, Departments of Agriculture, Master Gardeners and other educational groups in nearby areas more efficient and effective.

**Families and Health**

The Family Nutrition Program provides nutrition education and obesity prevention programs to low-income residents of West Virginia.

**Youth Education**

- 650 students in Ohio and Marshall counties were impacted through FNP’s Show Me Nutrition curriculum that was delivered in elementary school classrooms and summer camps. Some of the impacts, according to statistics received through teacher feedback surveys, include:
  - 79% of students are drinking more water;
  - 47% of students are eating more fruits and vegetables;
  - 74% of students have increased their physical activity;
  - 79% of students wash their hands more often.

**Adult Education**

- 35 residents participated in nutrition classes through the FARMacy program at Wheeling Health Right, which is coordinated in partnership with WVU Extension Service.
- Eating Smart, Being Active classes were delivered in partnership with Ohio County Drug Court, which has recently led to a partnership with the new Family Treatment Court.

**Public Health Initiatives**

- Approximately 750 children received free produce at Kids Farmers Markets where children “shop” for their own produce using tokens. Research has shown that when children are allowed to choose produce for themselves, they are much more likely to consume it.
- WVU Extension Service partnered with Ohio County Schools to allow every second through fourth grader (1,100 students) to participate in the Jump with Jill program, which promotes healthy eating and exercise through song and dance.
- 184 middle school students were encouraged to “Rethink Your Drink” at the Health and Wellness Fairs at Triadelphia and Bridge Street middle schools coordinated by the Ohio County Family Resource Network.
- Food of the Month programs were delivered to over 1,200 youths and adults, giving them opportunities to try foods that they may not have had before.
- Nearly 300 students from Ritchie and Madison elementary schools were engaged in the Grow This! challenge, where each child planted their own herbs to be used in preparing recipes with their family.