Barbour 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 Barbour 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

- 177 Barbour County youths were directly impacted through 4-H programming.
- 8,728 Barbour County youths impacted through Families and Health programming.
- 1,758 Barbour County adults were served by Families and Health programming.
- Over 178 Barbour County youths participated in 4-H Youth Ag events.
- Over 620 Barbour County agriculture producers participated in Agriculture and Natural Resources programming.

4-H/Youth Development

Activities:

Camping

- Week-long all age summer camp with 103 participants
- Week-long Horse Camp with 37 campers from Barbour & surrounding counties

4-H School-Based Programs

- Four school assemblies at local elementary schools
  - Topics taught:
    - Embryology
    - 4-H enrollment/promotion
    - Microbiology

Traditional 4-H Programming and Clubs
Barbour County has six community 4-H Clubs.
  - 142 members and 35 Cloverbud members

• Three recreational activities were held for 4-H members with 63 participants
• Annual Officers Training School held with 15 participants
• Visual presentation/public speaking with nine participants
  - Four of the nine advanced and participated at the state level

• Poster and photo contest
  - 35 participants submitted 103 photos that were sent for display at the West Virginia State Fair.
  - 33 participants submitted 47 posters at the county level — 11 of those were sent to the state competition.

• One teen 4-H’er submitted the 4-H Resume and was accepted to travel to the National 4-H Club Congress which was originally planned for May 2020 but has been rescheduled for this fall.

Special Interest Programs
• 4-H Teen Leaders Service Project
  - Decorated a 4-H Christmas tree on the courthouse lawn
  - Decorated the Barbour Cottage at Jackson’s Mill for the Christmas season

Highlights:
• Land Judging Team
  - Barbour County Land Judging team competed at the state contest in 2019 earning the right to travel to Oklahoma in the Spring of May 2021 to compete at the national contest

• Beef Quiz Bowl Team/Livestock Judging
  - 13 4-H’ers competed in the 2019 State 4-H Livestock Judging Contest, Greenbrier & Monroe County Judging Contest and West Virginia Purebred Sheep Show

• County Fair Livestock Shows/Sale
  - 72 youths participants with 150 exhibits sold
  - $148,451 generated for local 4-H & FFA members

Agriculture and Natural Resources

Horticulture Programming
Regional Gardening Series

- Spring and fall session in Barbour, Randolph, Tucker and Upshur Counties
- 65 participants were taught and learned about composting, vermiculture, cover crops, vegetable gardening and fruit production.

Filmed a Fruit Tree Pruning Video, partnered with Upshur County Facility

Jody Carpenter, Barbour County ANR agent wrote, "Maintaining a Healthy Soil" as part of the 2020 WVU Extension Garden Calendar

- 75,000 calendars published and distributed statewide

Soil and Forage Sampling/Analysis

- Aid in Best Management Practices and Conservation decisions
- Aided in 30 forage samples for nine farmers
  - Average savings of $36.00 per producer with the cooperation with Tygarts Valley Conservation District
- More than 75 fertilization recommendations for Barbour County producers
- More than 450 individual consultations

Livestock Clinics

- Regional Livestock Clinic held in Barbour County with 78 youths participating from nine counties
  - Topics of training:
    - Showmanship skills,
    - Showing/fitting,
    - Chute side quality assurance
    - Microbiology

Families and Health

Show Me Nutrition

Curriculum in schools that teaches grades Pre-K- 5 how to have a healthy lifestyle.

- 47 school classrooms (28 in Barbour/19 in Tucker)
• 948 students taught 282 classroom lessons (Six nutritional & physical activity lessons over a six week program)

Public Health Campaigns

• Rethink Your Drink
  ○ 1,723 youth and 1,193 adult taste experiences
  ○ The goal is to decrease consumption of sugar sweetened drink in youths and adults and encourage water and milk consumption. Fruit & vegetable-infused water was offered to encourage water consumption.

• School gardens & Grow This WV
  ○ 582 youths and 47 adults reached
  ○ Planting containers and school gardens encourages families to grow and eat vegetables and fruit.

• Smarter Lunchrooms in schools
  ○ Interventions offer no/low cost solutions to encourage consumption of healthier foods.
  ○ Junior and Kasson Elementary Middle Schools participated.

• Walking programs
  ○ The goal is to increase the number of West Virginia adults and youths that meet recommendations of at least one hour of physical activity each day.
  ○ Walking logs and pedometers track steps
  ○ Walking challenges are created by students/schools.
  ○ Kasson Elementary/Middle School completed two months of walking and logging.

• Food of the Month
  ○ 4,988 youths and 518 adult tastings provided
  ○ The goal is to help kids and families learn more about foods that are healthy and mostly locally grown.
  ○ Recipes, posters and taste tests are provided at schools and community events.
  ○ Most Barbour County students tasted fresh spinach for the first time and liked it.

• CARDIAC Project
  ○ 487 students were screened
Goal is to inform families via health screenings about the risks of childhood obesity, diabetes and cardiovascular disease.

We work with school nurses to measure participating students’ height and weight and do a visual examination of the child’s neck for Acanthosis Nigricans (AN), which can be related to developed Type 2 diabetes.

All Barbour County kindergarten, second and fifth grade students were invited to participate.

5th graders have blood pressures screened with parent and student active consent.

A sealed health report is sent home when screenings are completed.

Cooking and physical activity programs will be offered to families at risk.

- **USDA Farmers Market Intercept Surveys**
  - General public adults were invited to complete a survey of the availability and use of farmers markets.
  - 100+ adults completed surveys.