Clay County Annual Report 2019

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 Clay 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

- More than 250 youths were involved in a variety of WVU Extension Service programming made available through the Clay County office.
- The Be Wild, Be Wonderful, Be Healthy initiative is changing attitudes on obesity within the community.
- Clay County WVU Extension Service is a leader in the development of the community’s public spaces, including the Elk River Trails State Park.

4-H/Youth Development

County Camp
- 158 youths attended Clay County 4-H Camp.
- $5,060 was raised for Clay County 4-H Camp through donations, sponsors and fundraising.
- 24 volunteers staffed the Clay County 4-H Camp, each having been vetted through WVU and having background checks on file.

Agriculture Youth Fair
- 32 youths showcased a total of 36 exhibits at the county fair.
- $26,370 total was generated from livestock sales.
- $1,370 was donated for secondary education scholarships.

Outdoor Education Program
- 11 4-H’ers participated in outdoor education trips with Lewis County 4-H, which enabled Clay County youths to meet others with similar interests.
- The youths took three trips to Spruce Knob, Dolly Sods, the Sinks of Gandy and the Cheat River, where they went backpacking, canoeing, spelunking and hiking.
- During these adventures, the 4-H’ers were instructed on environmental topics, such as soil and water degradation, flora, fauna and leave no trace ethics.

Shooting Sports
• A new 4-H muzzleloading team, consisting of five 4-H’ers, met weekly to practice their shooting skills.

• The Clay County Extension office took the lead in developing a statewide shooting program, involving the West Virginia Muzzleloader Association, and created two state shoots and two national events for West Virginia 4-H’ers to attend.

• 16 youths competed in this year’s West Virginia 4-H state qualifier.

• Clay County 4-H’er Isaiah Keiffer will be competing at the National 4-H Muzzleloading Invitational in Nebraska in June 2020.

• Clay County Extension agent Michael Shamblin trains the WVU Mountaineer each year on muzzleloader rifle safety.

• Four instructors are currently registered for archery, muzzleloading and shotgun disciplines.

Agriculture and Natural Resources

• Approximately 40 Clay County gardeners and farmers used WVU’s soil testing and nutrient recommendations to improve their soil health.

• Nearly 150 pest and disease identifications and recommendations were conducted from the Clay County WVU Extension office. These recommendations decreased pesticide use through implementation of integrated pest management strategies and increased the potential crop yield for growers.

• 1,500 WVU Extension Service Garden Calendars were distributed directly from the Clay County WVU Extension Service office and other offices within the Clay County courthouse. As they were delivered, interactions with community members helped Extension employees/staff to better understand the needs of the community members.

Families and Health

• The Physical Activity and Diabetes Prevention Coalition partnered with the BOE, the Clay County Health Department and the Clay Health Care Center to deliver Fit + Active Schools programming to Clay County teachers and worksite wellness programming to employees at the health department, community care and Clay Health Care Center.

• This year, the worksite wellness program showed that 32 people from two worksites completed the 12-week program, which consisted of 150 minutes of physical activity per week.

• Received $14,000 in funding to support a health services volunteer VISTA.

• From December 2018 to May 2019, 11 classrooms logged 5,303 minutes of additional classroom physical activity (not including gym and recess) through the Fit + Active Schools training and GoNoodle Plus subscriptions.

• 21 teachers in grades 2, 3, 4 and 5 were trained in the Fit + Active Schools program in November 2019 and GoNoodle subscriptions were purchased that will be tracked for usage throughout 2020.

• 32 A1C tests were paid for at the fall health fair with coalition grant funding.

• The Family Nutrition Program health educator reached 995 people at six sites with public health programming, including farmers markets, Rethink Your Drink, Grow This, 4-H camp and school gardens).
The health educator delivered the Show Me Nutrition curriculum to 34 pre-k and 3rd through 5th grade classes for a total of 649 youths.

Community Development/Tourism/Economic Development

The Be Healthy grant project partnered with eight groups to administer and develop mini-grant plans throughout the county. Projects include:

- Clay County Business Development Authority (trail around Mary Chilton Park)
- Clay County Board of Health (walking trail around middle school and disc golf course for middle school)
- Clay County Family Resource Network (develop youth soccer program)
- Lizemore Elementary School (walking track around school)
- Clay County Housing Authority (raised beds and food access by traveling to farmers market with recipes and health lessons for produce)
- HE White Elementary School (physical activity trail around school)
- Clay County Parents as Teachers (healthy cooking classes with recipes and ingredients provided for take home)
- Risen Lord Catholic Church (backpack program and increase food access efforts)

Clay County Extension agents and staff serve on several boards throughout the county, including the Elk River Trails State Park Foundation, Clay County Business Development Authority, Clay County Family Resource Network and Clay County Healthy Grandfamilies Coalition, as well as many others.