Raleigh 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 Raleigh 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

- 731 individuals participated in 70 classes, including courses focused on strengthening families such as Stress Less with Mindfulness, 5 Love Languages and other activities.
- 160 youths from low-income and rural communities participated in Energy Express.
- Calves marketed through calf pool = 50,000 lb. lots (five lots sold; premiums = $25,000)

4-H/Youth Development

Activities:

Energy Express

- Hosted 160 youths from low-income and rural communities in the six-week summer reading and nutrition program.
- Five sites held in Bradley (average attendance = 43); Beckley (average attendance = 34); Coal City (average attendance = 40); Fairdale (average attendance = 20); and Stratton Elementary (average attendance = 38).
- 87% of participants were eligible for free and reduced lunch.

Resident and Day Camps

- 128 youths attended Older and Younger camps.
- Nearly 100 youths participated in state events, including Older Member Conference, Dance Weekend, Teen Council and Teen Leader Weekend, among others.

Day Camp

- 161 youths ages 5-12 (four-week program) participated in summer activities.
- Campers also received breakfast and lunch each day.
Agriculture and Natural Resources

Southern West Virginia Young Sire & Heifer Evaluation

- Evaluated 95 bulls and 82 heifers, and provided research data back to producers.
- Worked with local producers in sire selection and introduced bulls into county herds.
- Hosted program on using EPDs for sire selection.
- Completed research on parasite resistance to de-wormers.

Master Gardener Program

- 1,000+ volunteer service hours provided by New River Master Gardeners.
- Provided a series of workshops for horticultural producers.

Farmers Market

- Provided four trainings to farmers in Raleigh and Summers counties.
- Provided training for the Senior/WIC Market Coupon Program, as well as multi-county trainings on signage and market operations.

Pesticide Training

- Three pesticide training workshops held for private applicators.
- 110 applicators received recertification hours.

Cooperative Calf Pools

- Multi-county projects to increase calf sales through “pooling” of calves to increase sales/profits.
- Marketed through 50,000 lbs. lots; sold five lots.
- Received premiums of $25,000.

Families and Health

“Strengthening Families” Team

- 5 Love Language article published in Journal of Human Sciences and Extension.
- Served as a session reviewer for the 2020 NEAFCS national conference.

Certified Instructor the ACDS (Apprenticeship for Child Development Specialist)

- Taught semester 3 of the 15-week course (August-December 2019). 16 students were enrolled.
- Currently teaching semester 4 of a 25-week program (January 2020 through May 2020) with 15 students are participating in the class.
Nutrition Outreach Instructor

- Focused on schools with 50% population or higher in free/reduced lunch through partnerships with the Raleigh County Board of Education and Raleigh County BOE Wellness Committee.
- Hosted/organized a Wellness Back to School Event at the Raleigh County Convention Center, including a pop-up farmers market where each child was given $4.00 to spend to purchase fresh fruits and vegetables.

Show Me Nutrition Curriculum (8-week program)

- Approximately 558 students graduated (Coal City/Shady Spring/Ghent elementary schools (grades 3rd-5th)).
- Currently in three schools with 3rd-5th grade (Stratton/Daniels/Cranberry Prosperity, approx. 503 students).
- Summer programming included 4-H Camp, Wacky Wednesday (summer feeding), Hope Restored Summer Feeding Day Camp.

Eating Smart, Being Active

- 9-week series focused on diet quality, physical activity, food safety, food security and food resource management.

Nutrition Education Aimed at Toddlers (NEAT)

- Six-lesson curriculum designed to help parents or other adult caregivers encourage toddlers to develop healthy eating habits.

Teen Cuisine

- Six-lesson curriculum focused on important life skills to achieve optimal wellness (youths in grades 6-12, and teens who are pregnant and/or raising children in the household).

Eating Smart, Being Active

- 9-week nutrition education series
- 10 separate series held at six different community agencies, 403 sessions during the reporting year (October 2018 to September 2019).
- 50 out of 64 participants graduated.
- 40% showed a positive change in physical activity; 96% showed positive change in any food group at exit (fruits, vegetables, grains, protein foods, dairy); and fruit/vegetable intakes improved from 2.5 cups per day at to 3.6 cups per day.

Rethink Your Drink:

- Provided the Rethink Your Drink curriculum (encourages water consumption) including lessons, education and infused water, with each “Eating Smart, Being Active” nutrition class.