Raleigh County Annual Report 2020

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

- When the need to pivot in reaching youth and families became virtual or by providing opportunities for them to engage in programs at their own pace due to the COVID-19 pandemic we have still been engaging youth in virtual camping, clubs, and Energy Express.
- We were able to continue the summer feeding program during the time when schools were not providing meals and paint active pathways at schools to provide social distanced activities for students.

4-H/Youth Development

Camping

- Held virtual all-age county Camp URLinked with 39 participants.
- Best of State 4-H Camp with 12 Raleigh County participants.
- Raleigh County Health Ambassadors provided education video lessons for URLeadership virtual state camp.

4-H School-Based Programs

- 114 Raleigh County youths participated in Energy Express.
- 250 STEM packets were distributed from Cranberry-Prosperity School.
- 784 youths participated in Germ City educational hand-washing program.

Traditional 4-H Programming and Clubs

• Raleigh County youths have a number of 4-H clubs and organizations to choose from, including three community clubs, six school-based clubs, three special interest clubs, a Cloverbud Club, Teen Leader Organization and the Raleigh County Leaders Association.

Special Interest Programs

- 13 Raleigh County Health Ambassadors were trained in the Healthy Living curriculum and provided virtual activities during Raleigh County Camp and Camp URLeadership.
- 3,525 meals were delivered four days a week to youths in low-income areas.
- Three Raleigh County volunteers made videos for the WVPB broadcast for Energy Express that introduced the Leap Into Science balance curriculum to youths across West Virginia.
- Five Raleigh County teens were trained as Computer Science Tech Teen Leaders.
- 30 Health Rocks! porch packets were distributed for youths to have hands-on, self-paced activities.
- Four Teen Leaders served on the statewide West Virginia Teen Council providing youth voices to state events, such as naming the summer camping initiative Camp URLinked and the QuaranTEEN leadership series.
- 19 youths participated in virtual STEM learning activities with the Shady Spring Library where they were led by the Raleigh County STEM ambassador in hands-on STEM activities for eight weeks.
- 800 Health Activity cards were distributed at summer feeding sites that provided hands-on health activities and recipes that could be completed at home.

Energy Express

- Held two virtual sites for Energy Express, a six-week reading and nutrition program, where a total of 120 youths enrolled.
- Mentors worked with Raleigh County Schools on meal box distribution.

Germ City

- Due to the COVID 19 pandemic, we presented this program demonstrating proper handwashing as well as proper mask wearing techniques in several elementary schools in Raleigh County.
- Provided this service to the local fire department, nursing homes and Boy Scouts troops.

Summer Feeding

• Partnered with the summer feeding program to distribute meals Monday through Thursday to an assigned area in Raleigh County. This program ran from June through July.

Agriculture and Natural

Southern West Virginia Young Sire & Heifer Evaluation

• Evaluated 95 bulls and 82 heifers, which provided research data back to producers and generated \$159,650.00 in total sales.

Master Gardener Program

• Advised members of the New River Master Gardener Association, which completed 1,000+ hours of volunteer service in the area.

Farmers Market

- Served as advisor and trainer for active markets in both Raleigh and Summers counties.
- Provides local source of fresh fruits and vegetables for citizens of Raleigh County and surrounding areas and is an outlet for the 10+ vendors to showcase and sell their produce.

Pesticide Training

• Conducted three pesticide training workshops for private applicators, where 110 applicators received recertification hours, including three new applicators.

Families and Health

Eating Smart, Being Active

- Taught 211 in-person Eating Smart, Being Active lessons to 36 people and positively affecting 136 family members, graduating 24 out the 36 participants before March 2020, when COVID-19 social distancing protocols were put in place.
- Started teaching remote Eating Smart, Being Active classes via Zoom starting in fall 2020, completing three series of classes virtually from October to December 2020.

Rethink Your Drink

• Incorporated Rethink Your Drink messages and education into other programs, providing infused water to encourage more water and less sugary beverage consumption. 46% of participants drank less soda and other sugary sweetened beverages after receiving the Rethink Your Drink program combined with the Eating Smart, Being Active series.

Grow This: West Virginia Garden Challenge

• Assisted in mailing vegetable and microgreen seeds to Raleigh County residents for growing, harvesting and consuming their own vegetables.

Active Pathways

• Assisted in painting activity circuit pathways on playgrounds and paved areas at Cranberry-Prosperity Elementary School and Stanaford Elementary School to encourage physical activity through fun activities, such as hopscotch, yoga poses and other guided movement.

Hope Restored Summer Feeding Program

• Assisted with food preparation, packing and delivering healthy lunches and snacks for seven different apartment complexes in Raleigh County in partnership with Heart of God Ministry. Also, made and distributed microgreens kits and nutrition activity kits for children, ages four to 17, who were benefitting from the feeding program.

Mountaineer Food Bank Mobile Food Pantry

• Assisted with packing and distributing food boxes for Raleigh County residents. In August, 317 households (947 individuals) were served, followed by 228 households (611 individuals) in September and 340 households (999 individuals) in October.