

Cabell County Annual Report | 2016

Putting Knowledge to Work!

West Virginia University Extension works to provide “solutions in your community” through key program areas including agriculture, environment and natural resources, 4-H youth development, food and nutrition, health and wellness, financial planning and home gardening. These research-based programs and services are available to all residents of Cabell County thanks to the tremendous support of our community members, local organizations, volunteers and local partners – the Board of Education and County Commission.

Highlights

West Virginia Mentoring Program helps youth refrain from risky behaviors and improve academic skills. Cabell County is the only county in the state to be awarded the West Virginia Mentoring Program grant and to successfully retain the \$128,000 grant annually for the past five years. Hundreds of youth have been matched with mentors, participated in a 4-H component and attended monthly family events as a result of their participation.

Given the economic environment, two professions that continue to be in demand in Cabell County are child care and food service. The Apprenticeship for Child Development Specialist classes and the training of food service managers are recognized as quality workforce development programs that enable participants to increase to a higher professional level of competency and/or meet mandatory requirements for employment.

Brenda Porter, Extension agent, received a national award for the packaging and marketing of the Rethink Your Drink campaign. This was a statewide Extension program focused on increasing consumption of healthy beverages in an effort to increase overall health.

4-H and Youth Development

Increased success in youth development programs offered through the Cabell County Extension Service lead to positive outcomes for youths as well as a reduction in risky behaviors. Because of their involvement in 4-H activities such as the West Virginia Mentoring Program as well as the traditional 4-H program, youth are more likely to refrain from risky behaviors and improve academic skills

A highlight of the 2015 West Virginia 4-H program was the 100th anniversary of 4-H camping. Over the course of the year, Cabell County 4-H program recognized this historic milestone in a variety of ways and at various venues.

- 666 youths participated in Cabell County 4-H activities including 265 through the West Virginia

– continued

- Mentoring program.
- 165 youths attended county 4-H camp.
 - 175 youths were active members in 4-H community clubs.
 - 171 adult volunteers supported 4-H youth development activities.
 - An Energy Express site served 55 youths who increased their reading-related skills as well as received 3,300 meals and obtained 330 personal books. Additionally, the program provided summer placements for 1 professional and 6 AmeriCorps members. Locally, more than \$10,000 was secured to implement the program.
 - 136 youths participated in the statewide Health Rocks Program.
 - 28 youths participated in ATV safety programs.
 - 125 youths participated in science, technology, engineering and math (STEM) programs.

Agriculture and Natural Resources

Cabell County has unique needs when it comes to agriculture and natural resources. It has both rural and urban clientele who have their own unique needs. Urban agriculture primarily focuses on lawns, trees, gardens and shrubs while rural agriculture focuses on land-yield production and livestock. Cabell County Extension educational programs strive to meet the needs of both urban and rural.

- The Cabell County Master Gardeners program has 35 certified Master Gardeners. As a component of the program each volunteer gives community service back to the county. During the past year, the volunteers provided 525 hours of service to the county which equates to value of \$12,075.
- Through the use of media, over 100,000 viewers obtained information related to urban and rural agriculture. Extension is well represented in local television programming.
- 45 citizens obtained pest identification and management information which includes 9 who obtained pesticide application recertification.
- 125 soil tests were performed resulting in improved nutrient utilization, reduced costs to producers and reduced risk of nutrient run-off pollution in streams.
- 116 youths participated in youth agriculture educational activities including outdoor gardening, animal husbandry and 4-H livestock.

Families and Health

Meeting the needs of the most vulnerable citizens of Cabell County is a high priority. Seniors and families with young children are both directly and indirectly the target of a variety of programs.

– continued

- Through the Family Nutrition Program, 137 families were impacted and increased individual nutrient intake. Additionally, 62 seniors were involved in programs at community centers to increase knowledge of small changes that can be made through better nutrition, increased physical activity and improved food safety to maintain independent living.
- 22 child care providers increased knowledge and skills for working with young children as well as advanced to a new academic level in the certification process through participation in the Cabell County Apprenticeship for Child Development Specialist program.
- 25 diabetics/caregivers attended Dining with Diabetes to improve self-management skills of the disease.
- 87 citizens participated in food preservation workshops increasing knowledge and skills of safe food preservation methods.
- 37 food service managers received ServSafe® Manager's Certification increasing knowledge and skills of safe food practices in the food service industry as well as meeting a mandatory requirement for employment.
- 56 youths participated in Kids in the Kitchen culinary program increasing cooking skills which will impact their own healthy lifestyles.
- 58 West Virginia state employees employed in Cabell County increased knowledge of bi-weekly pay schedule and budgeting through participation in the Smart Money Series.
- 34 CEOS members are involved in long-term programming and community service activities that increase their knowledge and skills and benefit the community. The 1,800 volunteer community service hours equates to a financial value of \$41, 400 for Cabell County.

Programs and activities offered by the West Virginia University Extension Service are available to all persons without regard to race, color, sex, disability, religion, age, veteran status, political beliefs, sexual orientation, national origin, and marital or family status. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Director, Cooperative Extension Service.

The WVU Board of Governors is the governing body of WVU. The Higher Education Policy Commission in West Virginia is responsible for developing, establishing, and overseeing the implementation of a public policy agenda for