

# Monongalia 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 Monongalia County thanks to the tremendous support of our community members, local organizations, volunteers and local partners – the Board of Education and County Commission.

## Highlights

In 2015, Becca Fint-Clark, 4-H agent, received the Excellence in 4-H Club Support- Individual award on the regional and state level and the West Virginia University Extension Award of Excellence- Diversity Programming Excellence.

In 2015, Agent Becca Fint-Clark received a \$5,000 grant to start a school garden project at Mason Dixon Elementary school, a \$5,065.65 grant from the NRA to purchase new shooting sports equipment for the county 4-H program, and was part of a team that received a \$10,000 grant to conduct the 4-H Voices of History project statewide.

Monongalia County 4-H represented West Virginia when its shotgun team won the state competition and competed in the National 4-H Shooting Sports Competition in June in Nebraska. Cody Hawkins, Caleb Hawkins, Zack Keener and Brady McMaster were accompanied by H.R. Scott, Coach Jim Bowers, and Chaperone Christine Fox. Over \$10,000 was raised by the team to travel to the competition.

In collaboration with WVU Human Resources and Education, Monongalia County Head Start, WVU Coaching and Sport Science, Apex Community Counseling and Preston County 4-H, we created a program called “iFather.” This was an activity driven program for fathers and their K-2<sup>nd</sup> grade children. The “iFather” program is to provide stimulating activity for fathers to increase their understanding of the significant developmental contribution they can make in their children's lives. As of 12/12/15 we have had 400 participants; 210 children and 190 adult males.

Eric Murphy, Families and Health Monongalia County agent, received the 2015 Employee Excellence award.

Monongalia County Families and Health agent serves as a crisis interventionist for all schools in Monongalia County. He also does relationship education in all the high schools in Monongalia County. Agent Murphy taught at four different County 4-H Camps around the state of West Virginia, serving over 300 4-H youth.

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In 2015, H.R. Scott, Agriculture and Natural Resources agent, was a collaborator with Morgantown Farmers Market Growers submitting a grant request to the USDA Food and Nutrition Services. We were awarded in September our grant request of \$36,599.00 for the Farmers Market SNAP Support Grant (FMSSG). This grant will be used over a three year period to encourage more SNAP participants in purchasing fresh local food.

To bring quality educational programming into the region for the Educational Dinner Meetings, H.R. Scott, Monongalia County agent, collaborated with two other County Agents to secure \$3,900 in funds to cover the cost of conducting three programs. Without these funds from local supporters WVU Extension Service would not have been able to provide the quality program to producers in the region.

## 4-H and Youth Development

The Monongalia County 4-H Program continues to provide quality life skill development programming to local schools, community partners and afterschool sites. Increased success in STEM and other academic subjects leads to positive outcomes for youths as well as a reduction in risky behaviors. Because of their involvement in 4-H activities in Monongalia County, youth are more likely to obtain well-paying jobs, create their own businesses, and contribute to the health and wellness of their communities.

Bullying and other acts of exclusion limit all citizens from fully participating in society and often result in incidents of depression, suicide, and violence. The "iRespect" anti-cyber bullying 4-H curriculum is becoming one of the most requested programs among schools in Monongalia County.

The local 4-H program is valued among local constituents and is often highlighted through local media outlets. Our youth are positive, enthusiastic ambassadors of the 4-H program and represent the four-fold development of head, heart, hands, and health.

In 2015, we celebrated 100 years of 4-H camping!

- 9,689 youth in Monongalia County took part in a 4-H program during the 2014-15 4-H year.
- 230 4-H youth documented 4,505.50 of volunteer hours.
- 334 youth attended county 4-H camps.
- 47 attended a state 4-H camp.
- 236 were active members of a community 4-H club.
- 5,097 youth were reached through school enrichment and after school programs, which focused on STEM, healthy living, and citizenship.
- 64 youth took part in the summer 6-week Energy Express program at Mylan Park and Mason

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Dixon elementary schools. 58 community volunteers provided 985 direct service hours at the sites collectively.

- Monongalia County 4-H youth completed a total of 132 4-H projects in 2015. At the Monongalia County Fair, 49 4-H animals were shown and 41 of those were sold by a total of 23 4-H youth. At the Monongalia County 4-H and FFA Show and Sale, 31 animals were shown and sold by 22 4-H members.
- 74 Monongalia County 4-H adult volunteers are fully vetted volunteers following training certification, completion of background checks, and other items deemed necessary by the State 4-H Office.
- Nutrition education encourages youth to try a variety of healthy foods. 1,182 youth were reached in 2015 by the Monongalia County Youth NOI.
- 39% of children and youth improved their abilities to choose foods according to Federal Dietary Recommendations or gained knowledge.
- 16.5% of children and youth used safe food handling practices more often or gained knowledge.

## Agriculture and Natural Resources

- 719 calves were marked through the WV Beef Quality Assurance program, realizing an average of \$1300.00 per head, bringing \$934,700.00 gross income to the producers.
- 373 soil tests were processed through WVU Soils Lab saving producers \$3,730.00.
- Members of the Monongalia Livestock Improvement Association participated in the forage testing program to develop a feeding program to meet the nutrient requirements for beef cattle.
- During the 2015 year, the Monongalia County Master Gardeners volunteered a total of 1,369 hours of community service. Based on the Independent Sector website for “*value of a volunteer hour*,” [https://www.independentsector.org/volunteer\\_time](https://www.independentsector.org/volunteer_time), using the amount of \$23.07 per hour for volunteer work, benefit to the county was \$31,582.83.
- Six farmers were involved in livestock management and beef quality assurance programs.
- 38 producers/vendors involved in farmers markets realized average sales of \$10,026.00.

## Families and Health

- Relationship education encourages youth to increase their understanding of the relationships in their lives and identify their roles in these relationships (1,346 youth were reached in 2015).
- 24 people attended Dining with Diabetes to improve their nutritional management of the disease.

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- Three elementary schools received “iFather” education.
- Adult nutrition programming realized 30% improvement in reaching recommended amounts of grain, fruits, vegetables, dairy, protein and solid fats in their diet.
- Adult behavior results indicated 93% of the participants improved in one or more resource management practices (planning meals, comparing prices).
- 90% adult participants showed improvement in one or more nutrition practices (making healthy food choices, preparing food without adding salt, reading nutrition labels).
- 69% adult participants improved in one or more food safety practices (thawing and storing foods correctly).
- CEOS members did 26,500 volunteer hours valued at \$22.55 per volunteer hour which equated to an economic benefit of \$597,575 to the county.

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