

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

Highlights

Extension Agent Patty Morrison received a state, regional and national team award for the Five Love Languages research project.

Patty Morrison received the Distinguished Service Award from the National Extension Association Family and Consumer Science.

Patty Morrison is working with other Families and Health agents on a Stress Less with Mindfulness research project.

4-H and Youth Development

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

- 74 youth attended county 4-H camp. These youth gained skills in cooking, sewing, outdoor survival, shooting sports and well as personal relationship skills.
- Five 4-H members attended a state 4-H camp.
- 101 youth were active members of a community 4-H club.
- 101 youth were involved in a community service project.
- 40 youth took part in the Energy Express program where they were fed two meals each day and took part in a summer literacy program. Pre/post tests results show youth gained or maintained reading skills during the program.

Agriculture and Natural Resources

- FFA and 4-H youth sold a total of 139 market livestock animals at the Wirt County Fair. The amount of money this sale generated was \$175,324.60. This was an increase of \$4,981.35 over the 2014 sale.
- 22 farmers requested soil tests to determine the needs of their soil.

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- Nine people were trained in the Master Gardener program.

Families and Health

- Nutrition education encourages youth to try a variety of healthy foods. 379 youth were reached in 2015 through efforts of the Family Nutrition Program.
- 100% tried at least one new healthy food during the program.
- Three people attended a Food Preservation class where they learned safe handling practices as well as safe canning.
- Three distributions of food through the Meals to Go Program supplied 600 bags of food to school age children. This program provides food to youth over holiday breaks. A nutritious breakfast, lunch and snack is provided for each day the youth are out of school.
- Five children and five adults attended the iCook class. The youth learned basic cooking skills, food safety and kitchen safety.
- 12 adults attended a Heart Healthy Luncheon to learn about women's heart health.

Impacts

- 74 4-Hers in Wirt county gained knowledge and skill in exploring their future education and career options.
- 101 4-Hers in Wirt county gained citizenship/leadership skills.
- 85 4-Hers in Wirt county gained healthy living skills.
- 74 campers in our counties interacted with a STEM Ambassador this summer, which for 15 youth was their first encounter with a scientist or engineer. These campers gained an awareness of career possibilities in a STEM field for themselves and their peers.
- 600 students received food for holiday breaks and did not have to go hungry while not in school for Thanksgiving, Christmas and Spring Breaks.
- Five youth gained basic cooking skills by taking part in the iCook program. These youth also learned the importance of daily physical activity. Food safety as well as safe use of knives and other kitchen tools was taught to the youth. One parent for each child took part in the program. The adults learned the importance of family mealtimes as a result of the class.
- 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 Wirt County, youth are more likely to obtain well-paying jobs, create their own businesses, and contribute to the health and well of their communities.
- Bullying and other acts of exclusion limit all citizens from fully participating in society and

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often result in incidents of depression, suicide, and violence. As the 4-H camp in our county makes changes to accommodate the needs of children with disabilities, all members of the community benefit from full participation of its citizens.

- Low-resource children have been found to have lower vocabulary levels when they enter school and continue to be behind other children throughout their school years. Children who participated in Energy Express in our county, and who read and practice reading skills in the summer, will enter the new school year better prepared. The better prepared students are to learn, the more likely they will graduate from high school and pursue college training,
- 379 youths in the Family Nutrition Program improved their ability to choose foods according to Federal Dietary Recommendations.
- 350 in the Family Nutrition Program improved their use of safe food handling practices.
- 379 in the Family Nutrition Program improved their physical activity practices.
- Five participants in food safety programs increased their knowledge of using current and research-based processes in food preservation.
- Five adults in the iCook program gained knowledge on the importance of Family mealtimes. The adults and youth reported they were having more family meals together as a result of this program.
- 12 people gained knowledge of women’s heart health and how to recognize signs of a heart attack. They also learned ways to eat “heart healthy.”

Outputs

- 379 youth participating in the family nutrition program.
- Six participants in food safety programs such as food preservation.
- Participation in specific programs in family and health.
 - Three in Home Canning.
 - 35 in CEOS.
 - 12 in the Heart Health for Women campaign.

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