

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

Highlights

Kimary McNeil, 4-H & Youth Development agent Nicholas County

4-H Literacy Projects:

- Reading Partners: Approximately 80 volunteers (parents, grandparents, child care providers, etc) were trained in ways to enhance the reading experience with a child.. Eight strategies were introduced as well as tips for reading with a child. The reading partners were encouraged to extend the reading experience by incorporating art, recreation, music, etc.
- “Have You Seen My Duckling?” is another literacy program for primary child care givers. This program was presented on both the county and state levels and received high marks by the approximately 45 participants.
- Children in Nature helps reading volunteers to plan literacy activities that include aspects of nature and has been presented on both the county and state levels. Approximately 50 child care givers were trained. This program is a part of the Resource Literacy Website: Parent Express.
- Food Fear Factor Challenge is a new literacy program introduced this year to 25 child care givers. The focus is on trying to get kids to try new and different foods such as hummus, turnips, edamame, golden beets, and asparagus. Recommendations are suggested for books that talk about new and different foods. This program was accepted as a Grab and Go Lesson.

Lauren Weatherford, Families & Health agent Fayette & Nicholas Counties:

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	Number of Events	Number of Participants	Teaching Hours
Relationship Education	17	330	31
Financial Education	19	650	55
Health Education	15	226	20
Food & Food Preservation	10	168	48
Other Education	9	500	8
Totals-	70	1,874	162
	<i>2 National Presentations</i>	<i>5 Statewide Presentations</i>	Direct Contacts – 1,874 Indirect Contacts – 24,250

Brian Sparks, Agriculture & Natural Resources agent Fayette & Nicholas Counties

- The Quality Assurance Calf Pool group marketed 425 farm fresh calves from the area with an estimated premium of \$26,000.

4-H and Youth Development

Programming:

- 131 youth attended county 4-H camp.
- 35 attended a state 4-H Camp.
- 8 Nicholas County youth were trained in Health Rocks and then in turn engaged 80 youth in 6 hours of training on making healthy life choices.

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- Five Nicholas County youth participated in the Youth Voice Regional Training.
- 200 youth were active members of a community 4-H Club.
- Approximately 200 4-H projects were completed.
- Approximately 150 youth learned the basics of folk dancing through school enrichment programs.

4-H Youth Development:

- Over 500 youth in Nicholas County were reached through 4-H activities.
- 131 youth attended 4-H Camp.
- 200 youth participated in community clubs.
- 52 youth volunteers.
- 127 youth participated in community service projects.
- Overall 90 youth participated in Health Rocks.
- 37 youth were engaged in after school programs.
- 150 youth were involved in STEM programs at 4-H Camp and activities presented at 4-H Club meetings.

Impacts:

- 12 4-H'ers in Nicholas County gained knowledge and skill in exploring their future education and career options through the 4-H Charting Program.
- 250 youth gained citizenship/leadership skills.
- 250 youth learned about healthy living skills.
- 45 camp staff members increased their skills in accommodating the needs of campers and staff with disabilities at 4-H Camp.
- 131 Nicholas County campers interacted with a STEM Ambassador.

Agriculture and Natural Resources

- Progressive Farm Safety Day - A grant was acquired in the amount of \$3,000 to purchase for every student who attended a fire alarm and a first aid kit to take home and utilize.
- Summersville Farmers and Artisans Market - the establishment of the new market as part of the downtown revitalization project.
- The Strawberry Raised Bed project - provided funding and curriculum to 100 students and 7 teachers in Nicholas County to help educate our youth about agriculture production and

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healthy eating habits.

- 75 soil tests, involving 1100 acres were performed.
- 16 farmers involved in livestock management and beef quality assurance programs.
- 22 farmers/vendors involved in farmers markets.
- Three adults in Master Gardener program.
- Four youth involved in youth agriculture education activities.
- \$4500 of grant money raised for agriculture and natural resource programs.
- As Nicholas county producers compete in local food markets, more of the food dollar stays in the county or in West Virginia. In addition, buying local, fresh produce has benefits related to healthy eating and nutrition.
- If vegetable growers are able to prevent diseases in their produce, they can increase yield of cucurbits, tomatoes and potatoes in the county. Increased revenues improve the incomes of growers and the West Virginia economy grows through higher taxes. Additional health benefits are also accrued as citizens eat more fruits and vegetables that are grown locally.

Families and Health

Nutrition Education in Elementary Schools:

- 908 youth participated in the Family Nutrition Program.
- 75.5% of youths in the Family Nutrition Program improved their ability to choose foods according to Federal Dietary Recommendations.
- 35.5% of youths in the Family Nutrition Program improved their use of safe food handling practices.
- 27.5% youths in the Family Nutrition Program improved their physical activity practices.

Financial Education:

- Expanded delivery of programming and partnerships to Fayette County employees through the Smart Money program.
- Received additional requests in both Fayette and Nicholas Counties for financial education. Programs are scheduled throughout 2016.
- Overwhelmingly participants report improved knowledge gain from the pre to the post evaluation. And partners have reported observed behavior change in participants.
- Below is a sample of the evaluation results from Smart Money:

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- 77.8% (70/90) of respondents reported that they knew something they didn't know before after attending this training.
- 76.4% (68/90) of respondents reported that they plan to use information or skills learned in the training to manage their money in the next six months.
- Participants from WV SPOKES had the following comments from the Money Habitudes course:
- "I thought I could just make my money better, but now I know I'm going to have to set goals and work on one thing at a time."
- "I guess you have to think differently about money if you want to do better."
- Susan Leggett, Nicholas Co. SPOKES director reported that one participant compared sizes & prices, then had food stamps left over at the end of the month.

Relationship Education:

- Received additional requests in both Fayette and Nicholas Counties for relationship education. Programs are scheduled throughout 2016.
- Overwhelmingly participants reported knowledge gained from the pre to the post evaluation. Partners have reported observed behavior change in participants.

Summary of Service Activities:

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Service Area	Activity
National (4)	JNEAFCS Co-Editor NEAFCS 2015 Conference UK Content Reviewer Robert Wood Johnson Foundation – Culture of Health participant
State (5)	WVUES Dean/Director search committee FNP Specialist search committee WVAEFCS-WVAE4-H Spring Conference 2015 HOT Team Strengthening Families Team
Local (14)	(1) Nicholas County Program Coordinator (1) Fayette County Living Well Workgroup (1) Fayette County Parks & Recreation Advisory Board (1) FNP- HE supervisor (6) Committee & network member (4) WVUES related activities: Energy Express, CEOS Advisor, 4-H Camp

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