

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

Highlights

A \$5,000 grant was awarded through the Family Nutrition Program to start the Big Red Barn community garden project. We received external funding from community organizations to erect a fence to protect the garden from pests. A total of 47 adults and youth participated in our inaugural year averaging an estimated 10 pounds of fresh produce for consumption at home. Additionally, beds maintained by the Extension office harvested approximately 25-30 pounds of produce weekly for the Simpson United Methodist Church of Moundsville Soup Kitchen.

Two of Marshall County’s youngest 4-H livestock exhibitors were awarded very prestigious awards at State Livestock events in 2015. Montgomery Bertram was named the Junior Premier Sheep Exhibitor at the West Virginia State Fair and Laura Shipman was named the Junior Premier Dairy Showman at the West Virginia State Dairy Show.

Cheryl Kaczor, Families and Health Extension agent, received a 1st Place National Award in Human Development/Family Relationships for her work on the Five Love Languages.

4-H and Youth Development

- STEM programs introduce youth to the wonders of science and increase awareness of career possibilities in a STEM field. 104 campers in our county interacted with a STEM Ambassador this summer, which allowed them to combine fun and education in the sciences. An additional 177 youth were engaged in STEM programs presented by 4-H personnel at a variety of school and community events. Increased success in STEM and other academic subjects leads to positive outcomes for youths as well as a reduction in risky behaviors.
- Bullying and other acts of exclusion limit all citizens from fully participating in society and often result in incidents of depression, violence and suicide. 4-H personnel have presented programming at local 4-H club meetings and school events to spread awareness of bullying and to educate youth on

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prevention techniques. In addition, Marshall County 4-H Camp incorporated anti-bullying training for all camp counselors and integrated youth programming into the week long camp.

- Concern over food wholesomeness and safety is an important consumer issue. It is of utmost importance that the public knows that the market livestock raised and sold by 4-H members at county fairs is a safe, wholesome, and quality product.
- The youth livestock quality assurance program teaches 4-H members involved with livestock project importance of caring for, grooming and showing their animals in safe and ethical ways. 248 youth were trained utilizing the state's online quality assurance program representing 100% of livestock exhibitors in Marshall County.

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

- 201 youth attended county 4-H camp.
- 22 youth attended county residential horse camp.
- 497 were active members of a community 4-H club.
- 94 fully vetted 4-H volunteers.
- Participation in specific 4-H and youth educational activities in our county:
 - 104 in the Health Rocks program at Younger 4-H Camp.
 - 123 in Soda Pop Bottle Rocket Launch (STEM).
 - 54 in 4-H National Youth Science Day.
 - 41 in County Activity Day Competition (public speaking event).
 - 469 in youth bullying prevention programming.
- Participation in specific 4-H youth agricultural programming in our county:
 - 4 specialty agricultural clubs serving to increase knowledge of livestock projects to 265 members.
 - 4 educational workshops in showmanship/grooming held.
 - 342 Livestock Projects Completed.
 - 248 Quality Assurance trained youth—100% of required market project members.
 - 14 total Scholarships awarded to members of the Livestock and Goat & Rabbit Club: \$47,000 total awarded.
 - 19 4-H members exhibited a state livestock event.

Impacts

- 86% of participants in STEM programming agreed/strongly agreed that their participation in

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the program made them more interested in a career in science.

- After the cyberbullying programming, 100% of participants (469) strongly agreed that they could define cyberbullying and that they knew what to do if they were a victim of cyberbullying.
- 248 4-H members increased knowledge of the responsibilities of the livestock producer and best management practices utilizing the Livestock Quality Assurance Program.

Agriculture and Natural Resources

- The citizens of Marshall County have been most welcoming to having agricultural programs back in the county. Presentations have been focused on best management practices in the home and on the farm.
- The biggest impact to the county has been engaging youth in local schools. Many of the inner city students of Moundsville, Glen Dale and McMechen are not as exposed to agriculture and WVUES. However, WVUES makes its presence known through programming at school health fairs throughout the county. Such programs have included community gardening with youth, exposing youth to the local foods movement, introducing easy methods to gardening, and presenting new concepts in farming such as aquaponics with mascot Bob the Betta fish.
- A horticultural series was provided to residents including aquaponics, composting, container gardening, dish garden and floral design, disease and pest management, perennial plant care and vegetable gardening. The horticultural series has encouraged people to start or increase their current food production at home. Participants are using science-based strategies and are influenced to use practices beneficial to the environment. Identification of beneficial insects, encouragement of no-till gardening/farming, and safe use of pesticides are some of the practices exposed to program attendees.
- Beef cattle drive the agricultural economy of Marshall County and area cattlemen have been starved for programming. We strive to market new research through newsletters and social media. Guests are brought to the county to refresh farmers on best practices on the farm. Programming for the year included calving and medical emergencies, namely to address the number of pinkeye infections reported by farmers.
- Other animal science programming included small-scale poultry production with guest speakers knowledgeable in raising chickens. This class prompted Brooke County growers, Family Roots Farm, to introduce chickens to their CSA and farmers' market. The Ferris family was unsure about venturing out into poultry, but this class erased their fears and explained how to raise chickens sustainably and profitability. In addition, backyard growers, many of whom sell eggs, were able to learn best food safety practices to reduce food-borne illness.
- Environmental programming related to the creation of rain barrels and gardens have been

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presented to county residents. As with most parts of West Virginia, the region is mountainous and runoff causes erosion and flooding. Rain barrels and gardens have been encouraged in the county as a means to help collect runoff water before impacting impervious surfaces. A demonstration garden was implemented at the Extension office through a grant provided by West Virginia American Water.

Outputs

- 900 estimated youth involved in agriculture activities.
 - 4-H Senior and Junior Camps.
 - Cameron Elementary, Middle, and High School health fairs.
 - FFA speech competitions and mock interviews.
 - Marshall County Daycare Earth Day West Virginia 63 plantings.
 - Marshall County Fair Kids/WVU days.
 - Mini-Monarch health fair.
 - Sherrard Middle School career day.
 - USDA garden plantings with Center McMechen Elementary.
- 180 citizens engaged in agriculture and natural resource programs.
 - 112 in horticulture programs.
 - 41 in forestry management programs.
 - 12 in poultry production programs.
 - 11 in pesticide recertification.
 - Four in natural resource protection activities.
- 28 citizens involved in pest and wildlife management programs.
- 12 site visits to diagnose/resolve agriculturally related issues.
- 12 soil tests performed.
- 10 farmers involved in livestock management and beef quality assurance programs.
- Seven stable Master Gardeners and 1 Master Gardener trainee.
 - Nine participants in the WVDA-WVUES Farmers' Market Vendor training.
- Seven stable vendors involved in the Marshall County farmers' market.
- One community garden built at the Extension office.

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- \$6,731 estimated value of volunteer hours donated by the Master Gardeners.
- \$1,096 received by the Master Gardeners to implement a rain garden and stream cleanup through West Virginia American Water, Charleston.

Impacts

- 91 participants increased their gardening knowledge in pest management, safe pesticide use, and soil management.
- 41 participants learned how to best use timber on their property for shiitake mushroom and maple syrup production either for personal or commercial use.
- 12 confirmed site visits to diagnose fungal tree disease and assist landowner to reduce spreading potential.
- 8 Master Gardeners provided approximately 250 services hours to Marshall County through ambassador and gardening projects at the Cockayne House, the Extension office, the Marshall County Fair, the USDA food garden, and the West Virginia Penitentiary.

Families and Health

- According to a report by the West Virginia Governor's office in 2013, if West Virginia is to successfully reverse high health care costs and poor outcomes, it is going to require specific changes in the healthcare system that address high-cost health conditions and improves the overall health and healthcare of West Virginia families. Our county's nutrition programming plays an important part in improving overall health by training adults and youth to make healthy food and activity choices which will lead to better health outcomes over time for them and their families.
- Unhealthy couple and parent-child relationships are associated with a broad range of poor emotional, social, and financial outcomes for children and adults. The rationale for Relationship and Marriage Education (RME) programs comes from research linking healthy stable couple relationships to better physical and mental health for adults and positive outcomes for children.
- Effective stress coping skills are very relevant for West Virginia audiences when one considers the following statistics.
- In the Gallup-Healthways Index, West Virginia residents have the lowest overall wellbeing for the fourth year in a row.
- Depression is common, under-recognized and under-treated among West Virginians. West Virginia ranks 2nd highest out of 51 (includes District of Columbia) for incidence of depression and poor mental health outcomes.

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Program-Adult Family Nutrition Program (SNAP Education)

Adult Health Education encourages people to Eat Smart and Be Active and to try a variety of healthy foods. 73 adults, 42 of which had families- were reached in 2015 in our Family and Nutrition Program.

Outputs

- 65 youth participating in the Family Nutrition Program (Teen Cuisine).
- 73 adults participated in the Family Nutrition Program (Eating Smart, Being Active, NEAT).
- 42 adult participants had children.
- 53 adults graduated by completing at least six of eight classes (Eating Smart, Being Active) or four out of four classes (NEAT).

Impacts

- 66% of adult participants showed improvement in one or more food resource management practices (i.e. plan meals, compare prices, does not run out of food or uses grocery lists).
- 85% of adult participants showed improvement in one or more nutrition practice (i.e. plans meals, makes healthy food choices, prepares food without adding salt, reads nutrition labels or has children eat breakfast).
- 39% participants showed improvement in one or more food safety practice (i.e. thawing and storing foods correctly).
- 89% of participants had a positive change in one or more food groups at Health Education class.

Program-Diabetes Education:**Outputs**

- 37 adults participated in the Dining with Diabetes classes.
- 27 adults participated in general diabetes education classes.

Impacts

- Participants increased healthy cooking techniques.
- Participants increased knowledge of self-management of diabetes.
- Participants gained knowledge on how to count carbohydrates.
- Average class A1C decreased from 7.3-6.8.

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- 100% of participants felt more confident about their ability to control their health with diet and exercise.

Program-Rethink Your Drink:

Outputs

- 631 adults and school children participated in direct programming.
- 6300 adults and children participated indirectly in fairs.

Impacts

- Participants gained knowledge of which beverages are best choices.
- Participants gained knowledge on how much sugar is in popular drinks.
- 100% of school children surveyed agreed they were confident they could make good choices about the topic.

Program-Relationship Education:

Outputs

- 223 Middle School Students and adults participated in How Not to Fall for a Jerk Class.
- 273 Adults participated in Relationship building workshops including Marriage Survival and The 5 Love Languages.
- 115 adults participated in the Darkness to Light Stewards of Children workshop on preventing child sexual abuse.
- 41 adults participated in 5 Love Languages of Children.

Impacts

- 96% of youth involved in How Not to Fall for a Jerk reported they were confident they could make good choices about the topic.
- 100% of adults involved in How not to Fall for a Jerk reported they planned to use the information or skills they learned in the next 6 months.
- Participants gained knowledge on different communication styles, how to handle conflict and to be intentional in spending time together having fun.
- Participants gained understanding of how to prevent, recognize and react responsibly to the reality of child sexual abuse.
- Participants Gained knowledge of developmental levels of children and how to respond to them using the 5 Love languages.

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Program-Stress Less:

Outputs

- 100 adults participated in Stress Less with Mindfulness classes.
- 81 youth participated in Stress Less classes.

Impacts

- 100% of participants feel more confident about their ability to manage stress.
- 100% can identify at least 2 tools to help them manage stress.
- Participants gained knowledge about how to enjoy the moment, to think more positive and be thankful, slow down and do breathing exercises.

Program- Community Educational Outreach Service Organization:

Outputs

- 111 Marshall County Members in 2015.
- Marshall County CEOS volunteer hours-14,500 worth \$321,030.

Impacts

- Some of the volunteer events that the CEOS members did as a county:
- Held an auction for The Caring Tree where they raised \$1386.00 to buy gifts for 16 children in Marshall County.
- Provided three \$500 Past County Presidents Scholarships for local HS Students.
- Provided more than 300 new books for all Marshall County Kindergarten students.
- Planned and helped coordinate “Pink Event” for breast cancer awareness. The Event raised \$1952 for The American Cancer Society this year. Many member also participated in Relay for Life raising over \$3142.60. For a total of over \$5094.60 raised this year for the American Cancer Society.
- Held a “Love Your Heart Luncheon” in February.60 CEOS members and community members attended the event.
- Marshall County CEOS decorated three Christmas Trees for the Annual tree festival. Proceeds for the sale benefited Marshall County Chamber of Commerce, Marshall County Helping Heroes and Marshall County CASA.

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