

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

Highlights

Donald Reed, 4-H Youth Development Agent, was awarded the NAE4-HA National Awards for his Teen Camping Program. He also received the West Virginia University Extension Service Individual Faculty Performance Excellence Award and WV4-HEA Awards for the Spit Tobacco Curriculum Educational Package and Outstanding Achievements in Natural Resource Education for the work at the Sandy River Middle School Greenhouse.

Adult Health Educator Jennifer Graham was named “Best New Health Educator” during the Multi-State Nutrition Outreach Conference in May 2015 in Roanoke, Virginia

Jennifer Graham, Dana Lester, Donald Reed and Loren Wells received the WVU Extension Service New Program of Excellence Award for the Kids Koupon Project, which was funded by the CSX Railroad.

Jennifer Graham presented the Family Nutrition initiatives being completed by WVU Extension in McDowell County at the Diabetes Conference in Gatlinburg, Tennessee. Donald Reed Jr presented his research at both the American Public Health Association Conference in Chicago Illinois and NAE4-HA Conference in Portland, Oregon.

4-H and Youth Development

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

- We hosted a McDowell County Teen Camp and All Age Camp at Panther State Forest.
- 64 Youth attended county 4-H camp.
- 13 Youth attended a state 4-H camp.
- 1200 Youth were active in some form of local 4-H Programming.
 - 120 youth in Energy Express – a nutrition and summer literacy program for low-resource youth.
 - 60 youth in the Health Rocks program.

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- 300 youth participated in 4-H Afterschool Programming that focused on STEM and Global Education.
- 160 participated in financial education simulations.
- 300 youth participated in iRESPECT, a cyber bullying prevention programming.

Agriculture and Natural Resources

The WVUES Office in McDowell County operates the Sandy River Middle School Greenhouse. Almost 200 middle school students are currently growing the following: Blue Lake Bush Beans, Cherry Tomato bushes, Parisian Carrots, Cosmic Carrots, Bulls Blood Beets, Crimson Sweet Watermelon, Egg Plant, Cucumbers, Squash, Zina, Carnations and Green Peppers. Extension Service provides the hands-on education, the middle school science teachers provide the science foundation and the Health Educators incorporate nutrition education into the process.

Community, Economic and Workforce Development

Donald Reed trained social service providers (workforce development) across the state on Brief Tobacco Interventions for Pregnancy and Postpartum Mothers in cooperation with the American Legacy Foundation and the West Virginia Division of Tobacco Prevention.

Loren Wells trained 95 State employees that attended Smart Money workshops in which they learned budgeting skills and how to prepare for the new payroll program change to bi-weekly pay.

- 68.4% (65/95) of respondents reported that after attending this training, they knew something they didn't know before about planning a budget.
- 67.4% (64/95) of respondents reported that they intended to do something differently after attending these classes.

Families and Health

After implementing Rethink Your Drink at 4-H camp, when asked the open-ended question, "Because of your camp experience, what do you intend to do differently when you go home?" the most frequent response was, "drink more water" with almost one-quarter (24.3%) of 4-H campers responding in favor.

Five local health care sites in McDowell County were engaged in offering Produce Prescriptions to patients to be used at the local farmer's market.

Nutrition education encourages youth to try a variety of healthy foods. 117 youth were reached in 2015 by the efforts of Dana Lester, the Youth Health educator.

- 65% like vegetables and almost 75% like fruits and whole grains, post-program.
- 100% tried at least one new healthy food during the program.

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Jennifer Graham completed “Cooking Matters at the Store” with more than 60 McDowell County residents. This program guided grocery store tour that teaches low-income adults how to get the most nutrition for their food dollars. In the last quarter of the grant cycle, only one other county in the State had completed a grocery store tour (with five participants).

Jennifer Graham partnered with Unicare to secure \$1200 in funding to provide a “Supper in the Sack” project at the Refuge in Christ Center in Raysal, West Virginia. This project provided a box of food for each participant to take home every week for seven weeks. Goodson’s Supermarket also donated 12 turkeys for residents during Christmas.

Jennifer Graham reports that she reached 2,660 people at 95 sites in 2015. From the exit data in graduate rates, we see the following impact on curriculum participants who graduated:

- 85% of participants had positive change in any food group at exit. (*Positive change means exit intake was nearer recommended amount).
- 80% of participants showed improvement in one or more food resource management practice (i.e. plan meals, compare prices, does not run out of food or uses grocery lists).
- 57% of 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).

Seven participants in Diabetes Education/Counseling.

Ten participants in Prenatal Nutrition.

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