

Wood 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 Wood 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 Jodi Smith secured funding to maintain the Energy Express Summer Reading Program for three more years. Wood County hosted 4 Energy Express sites with 153 youth participating. On average, children who participated in the program gained 2.8 months in broad reading achievement and 74% maintained or increased reading skills. More than 6,500 meals were served to children during the program and 76% of those children were eligible for free/reduced price meals.

Agriculture Agent J.J. Barrett wrote a column titled, “The Backyard Gardener” in the *Parkersburg News & Sentinel* that reached more than 26,000 people weekly and provided research-based information on gardening and home horticulture. Additionally, 119 adults were educated in Horticulture and Gardening at Fridays at the Vienna Library Gardening Workshops

Families & Health Agent Gwen Crum worked with local businesses to promote Families and Health Programming in the workplace. These programs focus on a holistic approach to health and wellness with education on subjects such as finances, stress management, and improving workplace morale. During 2015, six businesses utilized Families and Health Programming for their employees.

4-H and Youth Development

Bullying and other acts of exclusion limit all citizens from fully participating in society and often result in incidents of depression, suicide, and violence. Jodi Smith has created and published training materials and delivered trainings locally and statewide in the area of inclusion. Wood County 4-H camps serve as a model program to other counties in the state. As the 4-H camps in our county continue to make changes to accommodate the needs of children with disabilities, all members of the community benefit from full participation of its citizens.

In 2015, we proudly celebrated 100 years of state 4-H camping and 100 years of 4-H programming in Wood County!

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- 34 4-H members documented 6,012 volunteer hours.
- 276 youth attended county 4-H camps.
- 40 youth attended state 4-H camps.
- Five youth attended national 4-H events.
- 52 volunteers served as 4-H camp staff and donated more than 5,000 hours in 2015.
- 455 youth were active members of a community 4-H club.
- 80 youth participated in 4-H Afterschool Programs.
- 866 4-Hers and youth in Wood County gained healthy living skills including substance abuse prevention.
- 448 4-Hers and youth in Wood County gained citizenship/leadership skills.
- 549 4-Hers and youth in Wood County gained knowledge and skill in exploring their future education and career options.
- 370 4-Hers and youth in Wood County gained knowledge in Science, Technology, Engineering and Math through fun, hands-on STEM activities.
- 342 4-Hers and youth in Wood County gained knowledge in prevention education programs relating to drugs and bullying.
- 23 college students engaged in more than 7,000 hours of service through AmeriCorps in the Energy Express Summer Reading Program.
- 104 family and community members volunteered nearly 2,000 hours at Energy Express.
- 153 youth increased or maintained reading skills through Energy Express.
- 6,612 nutritious meals were served to children (76% qualified for free/reduced meals) in Wood County during the summer months.
- 780 books were given to children to expand their personal home libraries.
- \$50,000 in grants were secured to continue to offer the Energy Express Summer Reading Program to the children of Wood County.

Agriculture and Natural Resources

Adults in Wood County were educated in agricultural topics at the Wood County Farmers Short Course on Beef Cattle Management, Grassland Management, Forestry Management, Forage Production and Weed Control. J. J. Barrett, Agriculture Agent, educated community members on the importance of selecting disease resistant varieties of fruit trees, vegetable gardening and pest management at the 2015 Master Gardener Spring Seminar.

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- 127 4-H/FFA Youth Trained in Livestock Quality Assurance for their Animal Projects.
- Record High \$153,693 Wood County Youth Livestock Sale in July.
- 119 Adults educated in Horticulture and Gardening at Fridays at the Vienna Library Gardening Workshops.
- Community Gardens produced over 5,000 pounds of produce to give away to the community.
- 30 volunteers were involved in working with 4-H and FFA Youth Livestock Program.
- 30 Active Master Gardener Volunteers working on 10 ongoing Community Service Projects volunteering over 1,000 hours to the community worth \$23,070 (1,000 X \$23.07 per hour).
- Ongoing agriculture research on Brussel Sprout Production and Endophyte Friendly Tall Fescue for West Virginia.
- 87% of adults attending the High Tunnel workshop will adopt a new practice including growing on black plastic, planting a cover crop, growing profitable crops that will sell or are going to build or in the process of building a high tunnel.
- 75% of 27 adults attending the Wood County Pruning Workshop implemented a new practice including using principles of pruning, choosing resistant varieties, pruned older trees using 1/3 principal, chose dwarf variety, implementing thinning to increase yield tremendously and sources where to get disease resistant apples.
- 38 Adults trained in pesticide safety at The Mid-Ohio Valley Pesticide Training.
- 60 youth and 15 adults involved in the Youth Livestock Skill-a-thons.
- 31 Youth gained skills in self-confidence, animal husbandry skills and discipline in riding horse at the Wood County Regional 4-H Horse Camp.
- 353 Youth Trained in Farm, Lawn and Garden Safety at Wood County Progressive Agriculture Safety Days.
- WV Young Sire and Heifer Evaluation Program-Sale grossed \$299,000 selling 55 bulls and 71 breeding age beef cattle to farmers in West Virginia.
- 84% of youth completed their animal projects (*completed project book +display at fair +activity record +record guide*) compared to 54% in 2010.
- 259 adults increased knowledge of agricultural education skills.

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

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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 Family Nutrition Program plays an important part in improving overall health by training youth to make healthy food and activity choices early in their lives which will lead to better health outcomes over time for them and their families. Gwen Crum manages the Family Nutrition Program in Wood County.

- 500 elementary school students increased their knowledge about the spread of germs and proper hand washing techniques.
- 1,195 participants in Family Nutrition Program.
 - 1,108 youth participated in the Family Nutrition Program; 896 improved their ability to choose foods according to Federal Dietary Recommendations.
 - 87 Wood County Adults participated in the Family Nutrition Program; 50 reported improving their ability to choose foods according to Federal Dietary Recommendations.
- 75 state employees participated in the Smart Money Program; 52 identified changes that needed to be made to their monthly budget.
- 75 county employees attended the Stress Management Workshop; 72 reported knowledge gain and intention to make behavior change.
 - 35 adults participated in parenting education programs.
- Six adults learned home canning and preservation practices.
- 100 CEOS members donated 18,500 in volunteer hours.
- 10 adults attended Dining with Diabetes to improve their nutritional management of the disease.
- 10 parents gained skills in making positive mealtime experiences for their families.
- 100% of adults who received messages from Strong Families Eat Together reported that they were likely to make time to have a family meal together and turn off the TV.
- Six area school administrators gained knowledge about how to show appreciation to employees.
- 100% of participants increased knowledge in the risks, symptoms, and prevention of heart disease.
- 97% of participants increased knowledge in Household Organization strategies.
- 192 youth were served nutritious meals at 4-H camps.
- \$1,700 was returned to the 4-H program as a result of Child Nutrition Reimbursement from the state.

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