



# Adams County

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EXTENSION

## 2007 Impact Statements

### Family and Consumer Sciences / Community Development

- The fifth year of “**Dining With Diabetes**” **Cooking School** was held in the spring. Twenty-three people attended the cooking school this year. Participants from all five years are invited to the Reunion meeting. Sixteen participated in that event. The partnership with Adams County Regional Medical Center Hospital and Adams/Brown Diabetes Education Task Force has assisted in sustaining the Adams County Diabetes Support Group. 100% of the cooking school participants reported an increase in knowledge and the diabetic participants stated that their blood sugar levels improved and they were able to better manage their diabetes and daily life.
- The FCS Educator provided **monthly nutritional programs** for two weight loss groups (TOPS) and averaged over 35 participants each month at the two sessions. The participants completed surveys at each session. 94% of the participants learned new information and 89% changed behaviors because of the information presented. A majority of the participants completed goals that they set the previous month.
- After piloting the **Lunch and Learn Series** last year, the Educator provided the revised series this year with Adams County Jobs and Family Services staff members. The 2006-2007 series focused on personal development—taking care of yourself as a gift to others. Topics relating to personal development and self-care to improve health, wellness and balancing work and family life. The twelve participants were provided healthy lunches during educational programs. Follow-up evaluations conducted throughout the year demonstrated that 100% of the participants gained new knowledge and made changes or applied the knowledge learned.
- At the request of the County Commissioners, the CD Educator is coordinator of a Land Use Planning Process. The CD Educator has regular update meetings with the County Commissioners. The Land Use Planning Commission was appointed in September. The commission has been working on a vision statement and has established eight task forces. The commission will be involved in training facilitators and membership of eight task forces. The CD Educator will assist in providing training for the task force members so, the task forces will begin meeting in February 2008.

- By serving on the Southern Ohio Agriculture and Community Development Foundation–Adams County Economic Development Committee, the CD Educator’s efforts assisted three businesses in strengthening Adams’s County economy by creating 46 full-time and 16 part-time positions and generating \$2,248,450 in capital investment.

### Family Nutrition Program (FNP)

- The Family Nutrition Program in Adams County offered 146 classes to 839 adults eligible for public assistance. Ninety-eight percent of the participants reported learning new information and 82% indicated they were planning to make positive changes in the areas of nutrition, food safety and/or thrifty food shopping. On the evaluation forms, over 100 participants listed comments about specific changes they were planning to make because of the FNP program. These comments included: (1) eating more fruits, vegetables, whole grains, fish, nuts or dairy; (2) better planning and budgeting for meals; (3) watching their sodium, calorie, fat or cholesterol intake; (4) increasing physical activity and (5) improving food safety practices. Thirty-four percent of the programs were part of a series in which the same people attended 3 or more classes and retrospective surveys based on these classes showed that participants actually made significant changes in many of these same behaviors.

### Agriculture and Natural Resources

- Recent changes in Ohio Law require anyone applying pesticides on a public site to be trained or licensed. To meet the new regulations, during 2007, Ag/NR Educators in Adams, Scioto, Clermont and Gallia counties provided four training opportunities in Southern Ohio. One hundred and forty-eight representatives from public schools, golf courses, township trustees and other public entities were certified as trained servicepersons and were prepared for mastering the commercial pesticide applicator test.
- OSU Extension Ag/NR Educator worked closely with the Soil & Water Conservation Service to provide conservation education for youth at the fourth annual Adams County Youth Conservation Field Day. Over four hundred and fifty seventh graders gained knowledge in conservation while attending the two-day event. An ap-

preciation for pesticides, integrated pest management, wildlife preservation, and endangered species as well as a variety of conservation techniques were taught.

- Food safety is a high priority among American consumers. Training in the safe and proper use of pesticides helps to build consumer confidence and reduces public concern. Ag/NR Educators from Adams Scioto and Gallia Counties provided one hundred and twenty-two agricultural producers with up-to-date, research-based pesticide training. Four county-based meetings were held to help producers increase their knowledge in the areas of proper pesticide handling, personal protective equipment, integrated pest management and environmental impact related to the use of pesticides in the environment.
- The number of people involved with Home Horticulture and the Green Industry continue to increase in Southern Ohio. The public demand and request for horticultural information has also been steadily increasing. The Adams County chapter of the Ohio Master Gardener program trained eleven new Ohio Master Gardeners in 2007. Members of the Adams County Master Gardener Volunteer organization pledged five hundred and fifty hours to community service in the areas of diagnosis of problems, proper use of pesticides, safety and other horticultural topics.

#### **4-H Youth Development**

- The Adams County 4-H Youth Development program experienced a positive increase in membership. A total of 874 youth benefited from the educational learning experiences provided by the 4-H program.
- Volunteers continued to be a vital part of the 4-H program. As a result of the service provided by 142 volunteers, the youth have gained skills which will enable them to be productive citizens.

- The 4-H camping program offered day and overnight camps which benefited 139 youth by providing the environment to develop team work skills, participate in outdoor adventures and many more unique learning opportunities.
- The Adams County 4-H CARTEENS delivered traffic safety education to 97 youth. The Extension Office collaborated with volunteers and the Ohio State Highway Patrol to provide a two-hour class for youth traffic offenders. The class is offered to youth traffic offenders as a means of fulfilling their court-mandated duties.
- The Adams County 4-H Endowment continued to thrive with \$1,588.80 generated for the 4-H Youth Development program.
- The “Real Money, Real World” program was conducted in two local schools. Youth experienced first-hand the importance of education in providing for their future. This program was coordinated through the effort of the local schools, businesses and parents.
- Adams County 4-H Clubs were active in the new 4-H Club chartering process which resulted in 48 4-H Clubs joining the ranks of Chartered 4-H Clubs.
- Youth livestock projects totaled more than 750. Youth enrolled in the livestock projects participated in a Livestock Skillathon which consisted of an in-depth study of all aspects of raising animals followed by a county-wide test to measure the individual project knowledge.
- The Extension Office Assistant developed the first 4-H web site. The web site proved to be an important communication and information tool for 4-H Advisors and 4-H Members.

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