

Washington State University Clark County Extension ~ 2010

YOUTH DEVELOPMENT ▣ HEALTH AND WELLNESS ▣ NATURAL RESOURCES ▣ FOOD SYSTEMS

Quick Facts

- 681 volunteers donate over 35,000 hrs/yr valued at \$636,272 or 14+ FTEs.
- 30,000 educational contacts /year
- Staff brings in \$841,537/year in outside funding

YOUTH DEVELOPMENT



HEALTH & WELLNESS



Washington State University Clark County Extension engages people, organizations, and communities to advance knowledge, economic well-being, and quality of life by fostering inquiry, learning, and the application of research. Extension fosters and promotes partnerships with public agencies, NGOs, community groups and members, and individuals to implement the shared mission of WSU Extension and Clark County. Extension opened for business in Clark County on November 1, 1917.

Impacts

Youth Development Structured learning, encouragement, and adult mentoring play a vital role helping young people in 4-H achieve future life successes. A national Tufts University study shows 4-H helps youth excel beyond their peers. 4-H youth:

- Are 56% more likely to be physically active; less likely to be sexually active by grade 10, and exhibit significantly lower drug, alcohol, and cigarette use.
- Report better grades and greater engagement at school; they are more likely to attend college and pursue careers in science, engineering, or computer technology; they are three times more likely to actively contribute to their communities.

4-H Clubs bring youth together under the guidance of caring adults for year-long, hands-on learning in a community environment that fosters the four essential elements for positive youth development.

- 278 adults led 3037 youth ages 5-19 in 175 4-H Clubs, contributing 45,000 hours of mentoring.
- 90% improved self-responsibility, communication, decision-making, teamwork, & leadership.
- 50% of 4-Hers noted increases in a sense of belonging, independence, generosity and/or mastery.
- Donated 1660 hours in service to needy families, the environment, senior centers, & cancer patients.

The 4-H Restorative Community Service Food Bank Garden provides youthful offenders opportunities for meaningful service emphasizing their positive contribution and community membership.

- 26 adults mentored 57 at-risk youth who produced 1648 lbs of organic produce for 300 needy citizens.
- 90% of youth felt they were listened to and felt they made positive contributions to the community.

Food Sense/4-H School & Community Gardens staff & volunteers teach nutrition principles and hands-on gardening skills to youth and adults at local gardens. 292 youth and adults gardened at five local sites, producing 3500 pounds of fresh produce benefiting 1300 individuals, many on limited incomes.

4-H Science, Engineering and Technology (SET) Initiatives extend 4-H benefits to urban audiences and foster development of 21st century workplace skills. A 4-H Digital Storytelling team won 2nd place in the national Urban SET Project competition, while a 4-H FIRST/JCPenney Robotics Club won the "Rookie Inspiration" award in a regional contest.

Health and Wellness Food Safety & Nutrition programs help individuals and families in Clark County make better choices to prevent disease and improve health. Programs promote healthy food choices, exercise & safe food practices to low-income families, youth, and the general public.

Food Sense, funded by federal grants, provides nutrition education to low income youth and their families. Over 3,000 families learned to make healthy food choices and consume more fruits and vegetables, manage limited budgets, and increase exercise. Classes help families reduce obesity, reduce potential diseases, decrease the costs of health care related to poor food choices, all of which decrease reliance on social services.

Diabetes Education teaches residents how to manage diabetes and reduce the risk of diabetic complications. Diabetes is one of the most costly chronic diseases. Extension worked with 250 families and over 80% (2009-10 participants) improved blood glucose levels and blood pressure. Ten percent reduced medication use and many delayed the need for insulin through diet management.

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Expanded Foods and Nutrition Program (EFNEP) assists 1,000 low income families (adults who have children) acquire the knowledge, skills, attitudes, and changed behaviors necessary to increase nutritionally sound diets and improve total family diet and nutritional welfare.

Food Safety and Quality programs teach consumers how to prevent foodborne illness with safe food handling practices. Teaching youth handwashing helped prevent Norovirus outbreaks in schools and illness in general. With more people wanting to safely preserve locally grown foods, Extension trains twenty Master Food Preserver volunteers to help individuals safely preserve food, both to save money and to have more control over where their food comes from.

Food Industry Safety programs provide food handlers the food safety knowledge necessary to meet the Person In Charge (PIC) standards which improves health inspection scores and eliminates or reduces foodborne illnesses in the community.

- PIC classes reached 328 food handlers (2010) from 85 facilities (1509 food handlers representing 438 facilities 2006-2010). Four classes were presented in Spanish to 53 people from 10 restaurants.
- Restaurant health inspections scores improved; 90% made at least one change in the facility.

Natural Resources Enhancing the natural environment of Clark County increases the health and sustainability of its economy and its communities. Landowners increased their knowledge about improving land management and streamside habitat; implemented BMPs to improve water quality; physically improved streamside habitat; and installed low impact development BMPs.

WSU Master Gardeners. This program trains 45-65 para-professional volunteers each year utilizing EPA's principals of Beneficial Landscaping which promotes landscaping practices that yield environmental, economic and aesthetic benefits. The current 255 active Master Gardeners (MG) donated almost 10,000 hours in 2010. Seventy percent of volunteers surveyed reduced insecticide use, 60% reduced fungicide use, and 80% used native plants. The WSU MG program performs outreach to the public through tours, workshops, and public events. An endowment currently stands at \$59,000.

Small Acreage Program (SAP). Partnering with Clark County's Clean Water Program, SAP trains landusers how to steward their land and save money by doing so. *Living on the Land: Stewardship for Small Acreages (LOL)*, a 12 week training, graduated 298 people since 2003. Among the 250 LOL graduates through 2008, 140 implemented 463 best management practices on at least 1,733 acres with at least 1100 livestock (excluding poultry). All respondents shared what they learned with at least 2,321 other people. Over 30% tested their soil, 60% of respondents with septic systems inspected their system, and 55% of the 162 respondents with wells tested them, all as a result of what they learned. 70% agreed funding the LOL through Clean Water Program fees was a good use of the fee. SAP holds an annual day-long Small Acreage Expo; two-thirds of participants increased their knowledge about property management and how management affects water quality. SAP provides workshops on best practices, property tours, and relevant publications. Most participants report increased knowledge and positive behavior changes.

Watershed Stewards. The Watershed Stewards program partners with Clark County's Clean Water Program to train community volunteers about watershed protection and management, water quality, geology, stream ecology, and public outreach. Volunteers provide public outreach, workshops, stream projects, water quality monitoring, school presentations, and outreach at community events. The 124 active volunteers donated 2,331 hours in 2010. 72% of workshop respondents implemented a targeted practice or changed behavior as a result of information presented at workshops. 94% percent shared their new knowledge with 515 others. The program had educational interaction with 4,207 people in 2010.

Commercial Horticulture programs foster the establishment new fruit, berry, and vegetable farms, wineries, greenhouses, while also supporting the enhancement of the local ornamental nursery industry. Most outreach targets direct marketing and local sales, such as day long classes on organic vegetable production and wine grape establishment that drew 56 landowners. The program helped ten new farm enterprises in 2010. The program hosts the Pacific Northwest plants web page (<http://pnwplants.wsu.edu>), listing over 650 plants, and receiving over 600,000 site hits.

Food Systems works with local farmers to provide training on production and marketing related to small farm businesses; promotes local farms through the WSU Farm Finder (farmfinder.wsu.edu); and helps farmers develop business plans in its Ag Entrepreneur class where 69 people owning 51 properties participated. Of 49 surveyed (08-09), 31 shared learning with 249 other people; 22 changed their farm business and 14 changed their marketing based on the course.

Partnering with Clark County to Improve Communities

WSU Extension programs and employment are available to all without discrimination.



NATURAL RESOURCES

DOING OUR PART FOR
CLEAN WATER



SMALL ACREAGE PROGRAM



FOOD SYSTEMS

