

Building Communities Through Education

WSU EXTENSION QUICK FACTS

- ✦ 798 volunteers donated over 50,000 hours of service. Value: \$860,000 and 24 FTEs
- ✦ Staff leveraged \$458,600 in funding
- ✦ Staff and volunteers made over 40,000 educational contacts (2005)

Food Safety & NUTRITION

- ✦ Teaches low income 3rd & 4th graders healthy food selection and physical activity
- ✦ Reached 8000 students and parents.
- ✦ 500 students participated in after school program on food selection and preparation.
- ✦ Sent weekly newsletter in English, Spanish, and Russian for six weeks to the parents of 870 3rd grade students.
- ✦ Changes in Student/Parent Behavior
 - 55% consume more fruit and vegetables
 - 38% better understand the connection between nutrition and health
 - 38% of parents make food selections with their children
 - 54% more students can identify appropriate serving sizes
 - 61% more students wash their hands regularly to prevent illness

Food
Sense

Diabetes
Education

- ✦ 530 participants - 366 with diabetes or pre-diabetes (2004-2005) in partnership with Joslin Diabetes Center at the Harvard Medical School
 - 48% with high glucose levels improved blood glucose, cholesterol, and blood pressure in three month follow-up

STEPS
to a
Healthier
Clark
County

- ✦ *Cooking Two-Gether* - 30 parent/child teams learned healthy food selection & food safety.
- ✦ *Teen Parents Eating Well* - 15 teen moms learned healthy food selections, basic meal planning, food preparation, and shopping skills.
- ✦ *Eat and Play for Health* - 29 high school students provided health, nutrition and physical activity lessons to 80 middle school students.
- ✦ *Family Resource Centers* - 80 families learned benefits of healthy eating and physical activity

4H - Food Safety & NUTRITION

- ✦ 4th grade Hazel Dell class learns about planting, growing food, and nutritional benefits of fresh garden foods in partnership among Clark County Public Works, Boys & Girls Club, Hazel Dell Neighborhood Association, Burgerville, and others.

School
Garden

YOUTH DEVELOPMENT

- ◆ 1441 Youth in 120 clubs practiced life skills, leadership, and citizenship
- ◆ 350 adult mentors donated 52,500 hours to promote positive youth development
- ◆ 4-H Youth donated 1500 hours of community service to Clark County
- ◆ 4-H Clubs donated \$6400 (average 2004-2005) to local families, charities, and causes
- ◆ Over 60% of youth participants improved in teamwork, decision-making, communication skills, working with diverse peoples, and taking responsibility
- ◆ 117 young offenders worked 860 community service hours in food bank garden
- ◆ 36 mentors gave 672 hours to foster social reintegration of young offenders
- ◆ Average of 2850 pounds of produce (2004-2005) donated to local food bank serving 600 families per month
- ◆ Staff supervises practicum experience of graduate students who provided free mental health counseling services to 1300 low income clients since 2004
- ◆ Students learn how deficits in the childhood environment negatively effect adult functioning
- ◆ Students guide clients to reduce intergenerational transmission of negative effects.

4-H Clubs

*Restorative
Community
Service
Garden*

*Wellness
Project*

SUPPORT LOCAL AGRICULTURAL BUSINESSES

- ◆ Farm Finder web site - <http://smallfarms.wsu.edu/farms/BuyDirect.htm>
 - Connects local consumers to local direct marketers
 - Promotes economic diversity, keeps more food dollars in the local economy
 - Provides multiplier effects within the local economy
 - Helps maintain local farms, green/open space, & working landscapes
- ◆ Sustaining the Pacific Northwest - Food, Farms, & Natural Resource Systems newsletter - <http://csanr.wsu.edu/InfoSources/#newsletter>
 - 13 issues downloaded 33,580 times (2003 - 2006)
- ◆ Annual Harvest Celebration attracts 1000 residents to local farms
- ◆ “How-To” garden nursery web site (<http://gardencenternursery.wsu.edu/>)
 - Nursery business one of fastest growing agricultural sectors
- ◆ Annual Small Farm School attracts over 100 participants
- ◆ Workshops on Christmas tree and ornamental production
- ◆ 230 youth learned how to raise higher quality animals for Junior Livestock Sale
- ◆ Fewer disqualified animals and higher income at the Junior Livestock Sale

*WSU Small
Farms Team*

*Commercial
Horticulture*

*Quality
Assurance*

NATURAL RESOURCES

Small Acreage Program

- ◆ Partner with Clark County Clean Water Program and Clark Conservation District
- ◆ 246 participants at 10 workshops & 3 tours learned Best Management Practices
- ◆ Five 12 week *Living on the Land* Series graduated 157 since 2003
 - Of 130 graduates surveyed from the first four classes, 99 responded:
 - 81% thought the class was a good use of their Clean Water fee
 - 86% shared what they learned with at least 1067 other people
 - 55% of those with wells had them tested as a result of class
 - 56% of those with septic systems inspected them as a result of class
 - 47% tested their soils
 - 75% implemented 226 best management practices

SMALL ACREAGE PROGRAM

Watershed Stewards Program

- ◆ Partner with Clark County Clean Water Program
- ◆ Trained 41 new volunteers in 2005
- ◆ Stewards provided 2520 hours of service with 4930 educational contacts
- ◆ 376 participants at 21 workshops and presentations learned about raingardens, rain barrels, streamside property management, and other topics
- ◆ Staffed booths at 11 community events with 3414 educational contacts
- ◆ Involved 222 non-Stewards in 12 restoration projects

WSU Master Gardeners

- ◆ 320 volunteers reached 20,000 people through answer clinics, garden centers, event booths, Vancouver Farmers Market on appropriate pesticide/herbicide use, xeriscaping, native plant use, and environmentally friendly horticultural practices
- ◆ 65 new volunteers trained annually