

# Washington State University Clark County Extension

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

## Quick Facts

- 981 volunteers donate 30,000 hours/yr valued at \$585,000 or 14 FTEs.
- 40,000 educational contacts /year
- Staff brings in \$750,000/year in outside funding

## YOUTH DEVELOPMENT



**W**ashington 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** The 4-H Youth Development Program reduces risk behaviors by promoting positive youth development by helping youth develop life skills, leadership, and citizenship. A national study, 4-H Study of Positive Youth Development, by Tufts University and The Search Institute, shows:

- Participants in 4-H for at least one year by eighth grade are 3.5 times more likely to contribute to their families, themselves and their communities.
- 4-H eighth graders participating at least twice per month have higher grades and are 1.6 times more likely to plan to go to college and score higher on civic identity & engagement.

**4-H Clubs -Strengthening Life Skills; Community Service, Civic Engagement.** Of 202 4-H parents responding, 86% of their children improved at least one life skill, while 28% improved 6-10 life skills.

- 302 adult volunteers work with 1672 youth in over 130 clubs on 1770 educational projects in 99 different project areas, contributing about 20,000 hours of service.
- 581 4-H youth provided over 8000 exhibits at the 2009 Clark County Fair.
- 4-H youth donated 2,787 community service hours and \$3,000 in cash and goods to needy citizens.

**The 4-H Restorative Community Service Garden** provides youth offenders from Juvenile Court an opportunity to make amends through performing community service alongside community volunteers.

- In 2009, 93 court-referred youth performed 7,068 work hours alongside 32 4-H and court mentors; producing 1,106 lbs of food for the N. Clark Co. Food Bank and increasing competency in seven life skills.

**Food Sense/4-H School & Community Gardens** helped 1,414 youth develop gardening skills for healthier nutrition and lifestyle choices.

**4-H Afterschool & Summer Program Enrichment Partnerships** reaches more diverse urban audiences.

- 4-H leaders led a 10 week Boys' & Girls' Afterschool Robotics Club who produced an underwater robotics vehicle demonstrated for the public at the 2009 Clark County Fair.
- 4-H provided hands-on learning sessions to Jim Parsley Center Boys' and Girl's Club youth; taught 120 school-aged children at eight school-based childcare sites across Clark County.

**Health and Wellness** Food Safety & Nutrition improves the health and wellness of residents by promoting food safety, in addition to promoting proper nutrition to low-income families and the general public in selecting, preparing, and managing the food they eat.

**Food Sense** programs use federal grants to provide nutrition education to low income families, seniors, and youth, teaching them to make healthy food choices, to manage limited budgets, and to exercise. Classes help families reduce obesity and reduce potential diseases related to poor food choices, decrease the costs of health care related to poor food choices, and decrease reliance on social services.

**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 for nutritionally sound diets and the improvement of total family diet and nutritional welfare.

**Hispanic Health and Nutrition.** Latinos are disproportionately affected by chronic diseases associated with high fat diets and sedentary lifestyles. Grant funding helped implement Familia Activa! Vida Saludable Paso a Pasito (Active Families; Step by Step), training 12 Promotores (health education mentors) to help 28 Latino families improve their health through healthy eating practices and exercise.

## Contact

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## HEALTH & WELLNESS

**Diabetes Education** teaches residents' how to manage diabetes and reduce the risk of diabetic complications. Diabetes is one of the most costly and burdensome chronic diseases. Using grants, Extension worked with 250 families. Over 80% of 2008 participants improved blood glucose levels and blood pressure. Ten percent reduced medication use and many delayed the need for insulin through diet management.

**Food Safety and Quality** programming teaches consumers how to provide safe food for families and food preparers how to meet food safety standards. Over 3,000 people learned proper techniques to wash hands and prevent disease.

**Food Industry Safety** programming provides food safety courses for the Food Industry. Training gives food handlers the food safety knowledge necessary to meet the Person In Charge (PIC) standards which help improve health inspection scores and eliminate or reduce foodborne illnesses in the community.

- PIC classes reached 224 food handlers (2008) representing 85 facilities (1027 food handlers representing 305 facilities 2006-2008). Four classes presented in Spanish to 53 people representing 10 restaurants.
- Restaurant health inspections scores improved; 85% 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 65 new volunteers each year and currently has 330 active Master Gardeners (MG) who donated 7,700 hours in 2008. MG training uses EPA's principals of Beneficial Landscaping which promote landscaping practices yield environmental, economic, and aesthetic benefits. Fifty percent of volunteers surveyed reported making major improvements in selecting appropriate plant material, utilizing native plants, and avoiding the use of invasive ornamentals.

**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 222 people since 2003. Among the 190 LOL graduates through 2006, 117 implemented 372 Best Management Practices on at least 1,320 acres with at least 1100 livestock (excluding poultry). One hundred and forty-three respondents shared what they learned with at least 1,954 other people. Over 37% tested their soil, 64% of respondents with septic systems inspected their system, and 54% of the 129 respondents with wells tested them, all as a result of what they learned. Almost 83% agreed funding the LOL through Clean Water Program fees was a good use of the fee. SAP also holds an annual day-long Small Acreage Expo where two-thirds of participants increased their knowledge about property management and how management affects water quality. SAP provides workshops on best management practices, property tours, and relevant publications.

**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 125 active volunteers donated 2,400 hours in 2008. In 2006-07, 72% of 170 workshop respondents implemented a targeted practice or changed behavior as a result of the 2006-07 workshops. Eighty-seven percent shared their new knowledge with 1,355 others. In 2008, of the 26 returned surveys (out of 74) for rain barrel workshops, 81% installed the rain barrels and 96%percent shared information with 190 other people.

**Commercial Horticulture.** A survey of 36 people who learned about potential businesses found one-third had started some sort of ornamental, Christmas tree, small fruit, vegetable farm, or processing outlet on their property based on what they learned. The program published the 43-page [Small Trees for the Home Landscape](#) on the best 75 smaller trees for the urban environment. The program hosts the Pacific NW Plants web page (<http://pnwplants.wsu.edu>), listing over 318 plants and receiving 45,000 visitors in 2008. Workshops included Greenhouse production, vineyard production, and nursery production.

**Food Systems** Extension partners with local small-scale producers to provide training on production techniques and marketing related to small farm agriculture in Clark County; hosts the *WSU Farm Finder* ([farmfinder.wsu.edu](http://farmfinder.wsu.edu)) promoting local farm products; and helps potential and current farmers develop business plans through its *Ag Entrepreneur* training (10 weeks).

### *Partnering with Clark County to Improve Communities*

*WSU Extension programs and employment are available to all without discrimination. Report evidence of noncompliance to your WSU Extension office.*