

Washington State University Clark County Extension 2012

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

Quick Facts

- 524 volunteers donate over 38,000 hrs/yr valued at \$846,460 or 19 FTEs.
- 27,600 educational contacts /year
- Staff brings in \$692,315/year in outside funding

YOUTH DEVELOPMENT

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.

- 222 adults led 2702 youth ages 5-19 in 99 4-H Clubs, contributing 25,000 hours of mentoring.
- 90% or more improved self-responsibility, communication, decision-making, teamwork, & leadership.
- 85% of 4-Hers noted increases in a sense of belonging, independence, generosity and/or mastery.
- Donated over 1660 service hours 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.

- 49 adults mentored 217 at-risk youth who produced 1400 lbs of produce for 300 needy citizens.
- 99% 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. 275 youth and adults gardened at three local sites, producing 2100 pounds of fresh produce benefiting 1100 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. The 4-H Soggy Cloverteers Robotics Club won first place for strategy and innovation at the Lego League State Championship tournament from among 117 teams across Oregon and SW Washington.

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 5,000 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 to manage diabetes and reduce the risk of diabetic complications. Extension helped 300 families: 75% have improved blood glucose, 10% reduced medication use, and many delayed insulin use through diet management. A new 2013 program will work with pre-diabetics to manage diet and lifestyle to prevent diabetes and the related health complications and costs.

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WASHINGTON STATE UNIVERSITY
CLARK COUNTY EXTENSION



HEALTH & WELLNESS

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 general illness. With more people wanting to safely preserve locally grown foods, Extension trained 25 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. Volunteers trained 25 limited resource families preserve donated and gleaned produce which added to their family meals.

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

- PIC classes reached 3234 food handlers from 52 facilities (1894 food handlers representing 469 facilities 2006-2011). 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 best management practices (BMPs) to improve water quality; improved streamside habitat; and installed low impact development BMPs.

WSU Master Gardeners. This program trained 48 para-professional volunteers utilizing EPA's principals of Beneficial Landscaping which promotes landscaping practices that yield environmental, economic and aesthetic benefits. Over 60% of clientele assisted by volunteers reported making significant improvements in adopting integrated pest management and protection of water quality. The WSU MG program performs outreach to the public through tours, workshops, and public events. An endowment stands at \$87,000.

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 345 people since 2003 owning 3,115 acres. Among the 317 LOL graduates (262 households) through 2011, 230 HHs implemented 559 BMPs on at least 1,957 acres with at least 1200 livestock (excluding poultry). Respondents shared what they learned with at least 2,633 other people. Over 33% tested their soil, 62% of respondents with septic systems inspected their system, and 56% of the 146 HHs with wells tested them, all as a result of what they learned. 84% 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 139 active volunteers donated 2,074 hours in 2012. 36% of rain barrel workshop participants plan to install a rain barrel and 12% of rain garden participants plan to install a rain garden. 56% of workshop respondents implemented a targeted practice or changed behavior as a result of information presented at workshops. 83% percent shared their new knowledge with 553 others. The program had educational interaction with 6,167 people in 2012.

Commercial Horticulture programs foster the establishment of new fruit, berry, and vegetable farms, along with wineries, and greenhouses. Most outreach targets direct marketing and local sales, such as the four commercial classes in 2012 which drew 120 people. Telephone surveys of 65 growers found 64% improved their production practices, 76% improved their pest management practices, and 76% improved their marketing practices. The program hosts the Pacific Northwest plants web page (<http://pnwplants.wsu.edu>), listing over 800 plants, and receiving over 300,769 web visitors (unique IPs).

Food Systems work provides local farmers 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 69 surveyed (08-10), 35 shared learning with 338 other people; 22 changed their farm business and 18 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

