

Washington State University



Extension

Clark County

Winter 2021



Winter 2021 Quarterly Report

Serving Clark County for more than 100 years

Washington State University Clark County Extension helps people put research-based knowledge to work, improving their lives, communities, and the environment.

To realize this mission, faculty and staff plan, conduct and evaluate research and experience-based educational programs to improve the lives of Clark County residents. WSU Clark County Extension also employs the assistance of hundreds of volunteers and community partners and provides access to the resources available at Washington State University and the National Land Grant University Extension System.

During this uncertain time WSU Extension is supportive of keeping our communities safe. Our Clark office continues to be closed to public access, however the WSU staff is working remotely and providing programming virtually with some in-person activity starting in the Spring. **This quarter Extension programs have reached over 2900 community members.** To find out more about our current programs and events please contact us through email, phone or go to our website or social media outlets. Stay safe!



**Kristine Perry, Interim County
Director & SNAP-Ed Manager**
Kristine.perry@wsu.edu
564-397-5718

WSU Clark County Extension
1919 NE 78th St Vancouver, WA 98665
564-397-5733
<https://extension.wsu.edu/clark/>

Follow us on Facebook and Instagram

Agriculture [https://www.instagram.com/
wsueextensionagswwa/](https://www.instagram.com/wsueextensionagswwa/)

4-H <https://www.facebook.com/wastate4h/>

Master Gardeners [https://www.facebook.com/Wsu-ClarkCounty-
MasterGardeners-291957214151636](https://www.facebook.com/Wsu-ClarkCounty-MasterGardeners-291957214151636)

<https://www.instagram.com/wsucclarkcountymastergardeners/>

Small Acreage <https://www.facebook.com/smallacreageprogram>

SNAP-Ed [https://www.facebook.com/Clark-County-SNAP-Ed-Program-
303821640310561/](https://www.facebook.com/Clark-County-SNAP-Ed-Program-303821640310561/)



Washington State University



Extension

Clark County

Winter 2021

BY THE NUMBERS 2021

Total Reach by
Quarter-185



4-H Youth Development

"To Make the Best Better"

- ♦ 128 Youth Participated in Club Program
- ♦ 32 Trained Adult Volunteers/ Mentors
- ♦ 2 Workshops
- ♦ 16 Participated in Workshops
- ♦ 9 Youth Participated in Restorative Justice Programing

4-H Horticulture Learning Kits

4-H developed 50 horticulture themed learning kits for justice involved youth in Clark County. The kit activities are focused on healthy living, mindfulness, community connection, and growing food. Each kit includes an activity guide and supplies to complete the activities. The learning kits have been used to connect youth with Juvenile Court staff to enhance youth engagement and connection in the detention alternative programs.

With your Horticulture Kit you literally have brought the Outside In, allowing youth to plant flowers and vegetables in portable containers they can keep inside and watch grow. We are grateful to have a community partner like you, so sensitive to the needs of todays youth, and so willing to help us meet those needs in creative ways."

Nick Potter, Restorative Community Service Program

Helping, Educating, Listening, Planning, Supporting (HELPS)

The HELPS program is a formal intervention for low-risk (often first time) offenders referred to Clark County Juvenile Court. During a one-hour session, 4-H Program Staff deliver a session called Communication 101. The youth participants and their connected adult(s) learn through a variety of games and activities that foster communication and connection between youth and adults. The sessions are designed with various learning styles in mind and emphasize group interaction.

Missy Cummins
4-H Youth Development
Specialist, Faculty
missy.cummins@wsu.edu



4-H empowers youth to reach their full potential,
working and learning in partnership
with caring adults.

Washington State University



Extension

Clark County

Winter 2021

BY THE NUMBERS
2021

Total Reach by
Quarter-105



Food Safety and Nutrition

- ♦ 3 Nutrition Outreach Events
- ♦ 80 Participants
- ♦ 3 Diabetes Education Classes
- ♦ 25 Participants

The WSU Extension Clark County Diabetes Prevention Program (PreventT2) was highlighted on a national webinar: Addressing Healthy People 2030 Diabetes Objectives During the COVID Pandemic: [Addressing Healthy People 2030 Diabetes Objectives During the COVID Pandemic Webinar - News & Events | health.gov](#). In addition to Zena Edwards from WSU Extension, the panel included speakers from the US Office of Disease Prevention and Health Promotion, the Diabetes Advocacy Alliance, the National Association of Chronic Disease Directors, and the WSDOH office of Heart Disease, Stroke and Diabetes Prevention.



HP 2030 objectives that are supported by WSUECC Prevention T2 program include:

- Reduce the proportion of adults who don't know they have prediabetes (1 out of 3 adults have prediabetes, 9 out of 10 don't know they do)
- Increase the proportion of eligible people completing CDC-recognized type 2 diabetes prevention programs (WSUECC has a CDC fully recognized program)
- Reduce the number of diabetes cases diagnosed yearly (participating in a CDC-recognized program can cut the risk of developing diabetes in half)

Zena Edwards
Food & Nutrition
Faculty,
zena_edwards@wsu.edu



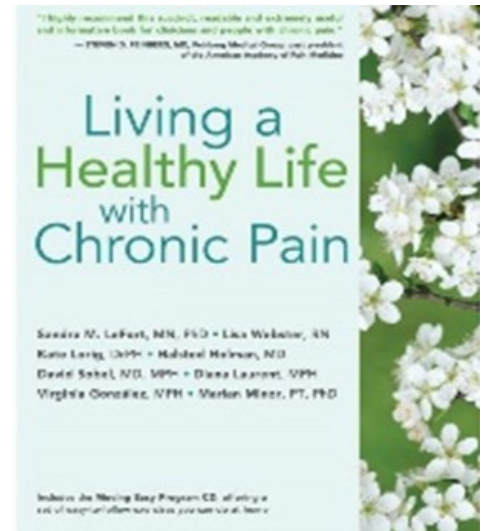
Food Safety and Nutrition programs help families make food and physical activity choices that promote health and prevent disease.

Living a Healthy Life Workshop

A 6-week Living a Healthy Life with Chronic Pain workshop was started in March and co-lead with SeaMar Community Healthy Centers.

The WSU Extension Clark County Chronic Disease and Prevention Program received approval for \$44,000 in CDC flow-through money from WSDOH for diabetes prevention and diabetes self-management programs for June 30, 2021-June 30, 2022. This funding will allow for implementation and expansion of a CDC certified blood pressure self-monitoring program.

Courtney Payne, Registered Dietitian Nutritionist with a Master of Science in Nutrition (OHSU) was hired in February as the Health & Wellness program coordinator.



Contact: Courtney Payne, MS, RD
courtney.e.payne@wsu.edu
913-375-3176

Washington State University



Extension

Clark County

Winter 2021

BY THE NUMBERS 2021

Total Reach by
Quarter-829

- ♦ 2 Youth Classes Taught, 7th Grades
- ♦ 60 Total Youth Reached
- ♦ 14 Outreach Events
- ♦ 668 Adults Reached
- ♦ 101 Social Media Outreach Contacts



SNAP-Ed Nutrition

Supplemental Nutrition Assistance Program

In January, Clark County SNAP-Ed program started using their Facebook page as outreach to community members and SNAP recipients to support the messages about healthy behaviors that are taught by all SNAP-Ed programs. Content includes weekly posts that promote healthy eating and physical activities and highlighting community partner's work.

<https://www.facebook.com/Clark-County-SNAP-Ed-Program-303821640310561/>

What's Cooking with Clark County!

On March 11th the SNAP-Ed program coordinated their first "What's Cooking with Clark County" Facebook Live. The event went very smoothly and was very successful. It included a food demonstration of Apple Nachos and was followed up with an interview with two partners Becci Read-Ryan the Hunger Response Manager at Share and Marisol Garcia the Mac Middle School FCRC Coordinator. Each provided information about what services are available for people experiencing food insecurity and how to access these services. They plan on having a Facebook live event every month. To view this event go to: <https://fb.watch/4bFqxyzwRP5/>

Since January SNAP-Ed has worked with 14 Family and Community Resource Centers in both the Vancouver and Evergreen school district in support of their Pop-up food pantries.



Kristine Perry
SNAP- Ed Manager
Kristine.perry@wsu.edu



SNAP-Ed Nutrition Programs focus on providing dietary quality, physical activity and food resource management for low-income adults and youth.

Farm to School-Heritage Farm Tours

In January, the WSU Clark County Extension SNAP-Ed program created a Heritage Farm introduction video as well as a trifold brochure to be used as marketing materials to promote Heritage Farm tours to low income schools and other eligible community groups. The SNAP-Ed program has been providing these farm tours since 2016. They have been offered to 5th grade students from eligible schools participating in SNAP nutrition education at their school.



Youth getting information on how to plant cucumbers



Youth exploring worm compost

The program's mission is to connect school-age children with their local food system and enhance their understanding of agricultural practices and environmental resources through interactive exploration. Putting food on the table begins well before the grocery store and understanding how it gets from the farm to our table can help youth make more informed food choices and increase their likelihood of incorporating more fruits and vegetables into daily diet. This is especially critical in urban settings where people are further removed from the production of their own food.

The hope is to provide virtual and in-person youth tours by the Fall of 2021.

To view the farm tour video click on the link:
<https://www.youtube.com/watch?v=gYU0aIH50E&t=1s>

Washington State University



Extension

Clark County

Winter 2021

BY THE NUMBERS 2021

Total Reach by
Quarter-25



EFNEP Program

Expanded Food and Nutrition Education

Virtual Youth and Adult Nutrition Classes

- ♦ 1 Workshop with 3 Class Participants
- ♦ 2 Class series
- ♦ 22 Youth Participants in the Class Series

In the first quarter of 2021, EFNEP started a youth class series with two fourth grade classes from Vancouver Public Schools and started an adult class series with a new partner: Next Success, a development program that helps young adults build skills and find jobs in the Vancouver area. The adult series was also the first time that EFNEP Educators Sara Peitzmeier and Scotty Parrish taught public classes. This co-teaching signified the completion of training for the two newest members of the Clark EFNEP team.



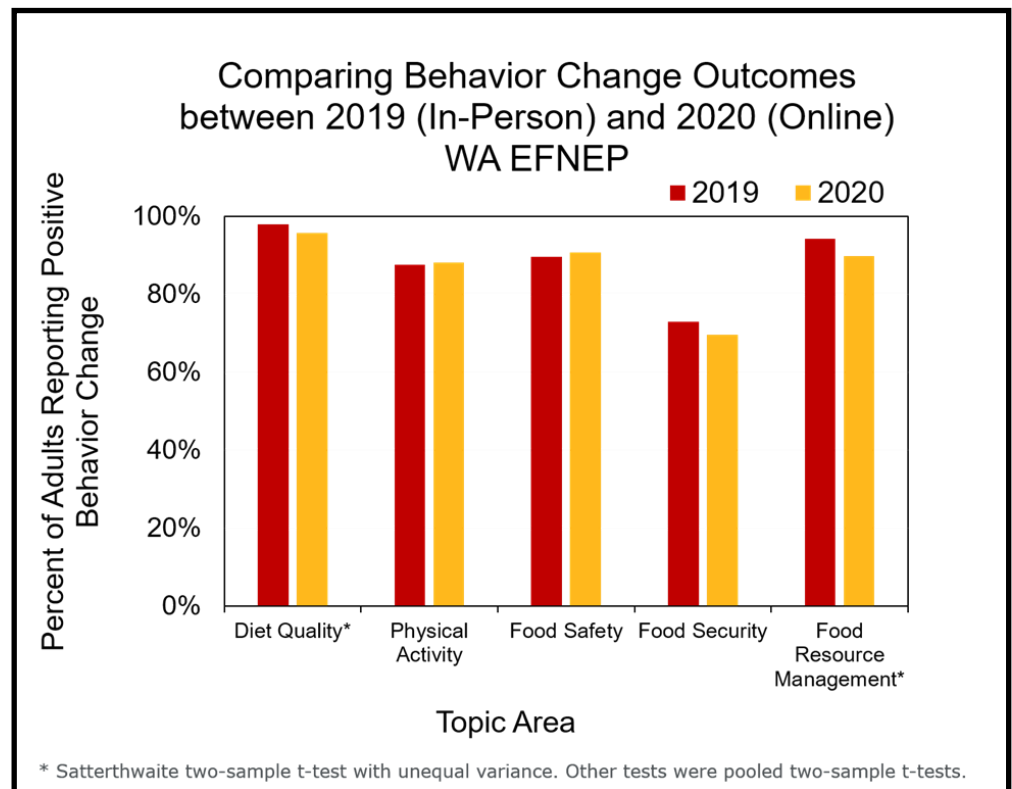
Do online classes really work? In 2020, the EFNEP program shifted from interactive, hands on classes to remote online delivery. Never in the program's 50 year history had classes been delivered this way. The new format was very different: instead of 90-minute classes for 9 weeks, the online series was just 45 to 60 minutes for 6 weeks. Instead of cooking and moving together, educators shared online recipe videos and led physical activity over Zoom. The online classes were still based on nutrition research and adult learning principles, but it was unknown whether online classes were as effective at promoting healthy behavior change as in-person EFNEP classes.

Laurel Moffat
EFNEP Manager
Laurel.moffat@wsu.edu



Assisting limited resource families in acquiring the knowledge, skills, attitudes, and changed behavior.

Thanks to an analysis of statewide EFNEP data, now we know that online EFNEP classes are just as effective as in-person classes. The state team compared behavior change outcomes for the 365 adults who completed classes online in 2020 during the “Stay Home, Stay Healthy” period to the 760 adults who completed in-person classes in the same time frame the year before. Behavior change outcomes were the same, meaning that online EFNEP classes are as effective as in-person classes in supporting healthy behavior change.



Washington State University



Extension

Clark County

Winter 2021

BY THE NUMBERS 2021

Total Reach by
Quarter-851

- ♦ 2956 Master Gardener Volunteer Hours
- ♦ 285 Active Master Gardener Volunteers
- ♦ 8 Workshops
- ♦ 712 Attendees at Workshops
- ♦ 139 Answer Clinic Calls



Master Gardeners Program

Community Horticulture and Natural Resource Stewardship

In just the first quarter of 2021, Clark County Master Gardeners reached 672 residents through educational webinars.

Two-hundred-ninety-two people attended a January 23 virtual workshop on blueberry pruning and care. The talk included instruction how to prune to maximize fruit yield and increase fruit quality as well as to avoid pests and diseases. Techniques and timing for fertilizing, irrigation and non-chemical pest management were also covered.

Workshop participants completed an evaluation to assess their knowledge about topics before and after the talk. Mean average scores before and after the talk increased by at least 1.1 on each learning outcome on a scale of 1 to 5. The workshop received an excellent overall score of 4.8 out of 5.

The blue orchard mason bee, a native uber pollinator, especially of fruit trees, was the topic of a March 1 webinar attended by 93. The life cycle of this docile bee starts with the emergence of the males and then a few days later, females, from the cocoons in which they've spent the last several months. Attendees learn how to serve as hosts, putting out nesting boxes in which they lay their eggs.

Workshop participants completed an evaluation to assess their knowledge about topics before and after the presentation. Mean average scores before and after the talk increased by at least 1.4 on each learning outcome on a scale of 1 to 5. The workshop received an excellent overall score of 4.9 out of 5.

Erika Johnson
Master Gardener
Coordinator

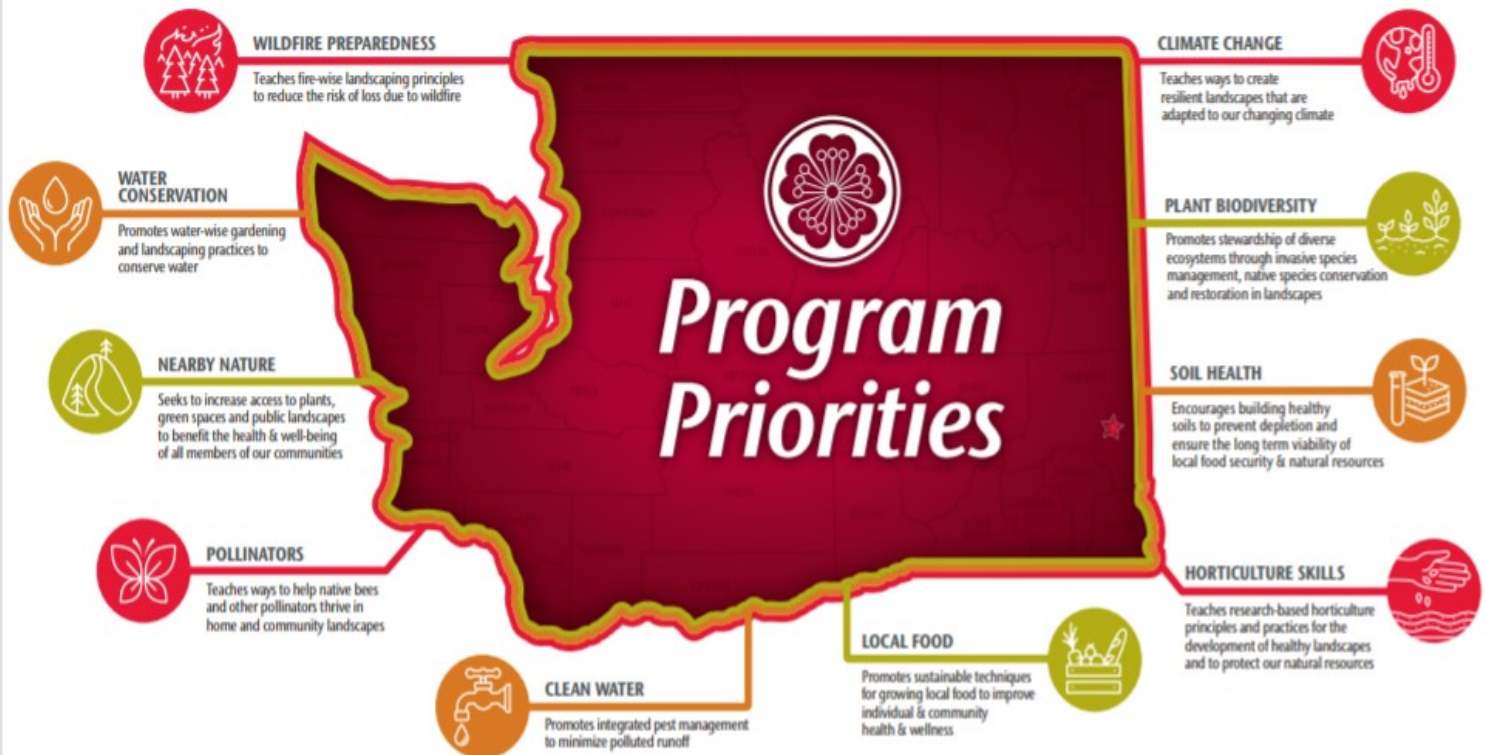
erika.d.johnson@wsu.edu



Engaging university-trained volunteers to empower and sustain diverse communities with relevant, unbiased, research-based horticulture and environmental stewardship education.

WSU Master Gardener Program

Cultivating Plants, People & Communities Since 1973



Become a volunteer mastergardener.wsu.edu

Master Gardener Office Clinic

Email us your question at mganswerclinic@clark.wa.gov

Call (564) 397-5711.

Washington State University



Extension

Clark County

Winter 2021

BY THE
NUMBERS
2021

Total Reach by
Quarter-665

- ♦ 1 Workshop with 31 Participants
- ♦ 1 Presentation with 100 participants
- ♦ 460 Participants engaged in out reach efforts
- ♦ 33 new followers and 72 new view in social media outreach



SW WA Commercial Agriculture Program

Progress on two major grant projects dominated Quarter 1's program activity in 2021, along with work to establish trials and demonstrations at the Heritage Farm for the 2021 growing season. Our project on rose stem girdler, an emerging pest of raspberry and blackberry crops, continued as we collected samples from 6 collaborating growers across Clark and Cowlitz County, and 5 other growers in the northern Willamette Valley in Oregon.

We also continued to develop educational programming for our peri-urban agriculture network project, including setting up interviews with multiple farmers operating in Clark County and northern Willamette Valley, for a video illustrating farmers' experiences of operating in an urbanizing context. At the Heritage Farm, we prepared for the upcoming season's forest-cultivated mushroom trials, raspberry trials, edamame bean trials, soil solarization trials, and spelt demonstration plots.

Our program participated as a panelist in a local Farm to Fork Workshop reaching 31 participants, and presented at an international conference on soil health with cover crops reaching with approximately 100 participants.

Justin O'Dea
Regional Agricultural Specialist
Faculty
justin.odea@wsu.edu



The ANR program unit conducts locally relevant applied research in the fields of agriculture and natural resource sciences.

Agriculture and Natural Resources Continued

We responded to 72 direct local requests for program information. Program outreach efforts reached 388 stakeholders while our social media account garnered 33 new followers and 72 new views. One new grant proposal was submitted in Quarter 1 to support our program's forest-cultivated mushroom systems research, (\$25K), and were also awarded a grant subcontract in value-added grain systems research (\$26K), and a program gift of \$9K from Clark-Cowlitz Farm Bureau.



Figure 1. (Left) Rose stem girdler-damaged Caneberry canes collected from farms in Clark and Cowlitz County, WA and Washington, Clackamas, and Multnomah Counties, OR. The canes will be used in a lab experiment being conducted at the Heritage Farm. (Right) A freshly cultivated and mustard cover crop-seeded plot at the Heritage Farm in March 2021 that will be used for soil solarization trials during the 2021 growing

Washington State University



Extension

Clark County

Winter 2021

BY THE NUMBERS 2021

Total Reach by
Quarter-241

- ◆ 9 Outreach Events
- ◆ 227 Outreach Event Participants
- ◆ 1 Well and Septic Workshop
- ◆ 1 Agriculture Entrepreneurship and Business Planning class
- ◆ 10 Graduates for Class Series



Small Acreage Program

Land-based Economic Development and Stewardship

The Small Acreage program provides educational workshops and other outreach to county residents on how to manage issues such as mud and manure management, fencing and pasture, and other water quality topics unique to rural properties. Classes, workshops, tours, and other events are offered throughout the year.

This quarter the program offered virtual education with a Well and Septic System Maintenance Workshop and an Agriculture Entrepreneurship and Business Planning class series.

One Ag. Entrepreneur graduate from the living on the land class commented that “The instructors and guests have provided a wealth of information and are so inspiring with taking a passion and making it a successful endeavor.”



Thank you Steven Thalberg, a land steward living in Clark County whom Small Acreage Program recognized through Doing Our Part – Land Stewardship Program

Terry Koper
Coordinator
terry.koper@wsu.edu



Supporting small local farmers through education,
marketing support, and statewide program implementation.

Washington State University



Extension

Clark County

Winter 2021

BY THE NUMBERS
2021

Total Reach by
Quarter-88



Community Gardens

Supporting Local Agriculture

All 88 community garden plots at the Heritage farm have been filled with a diverse group of members from our community. This year we have 13 new gardeners joining us on the farm. Gardeners are busy cleaning up their plots, weeding and tilling preparing the soil for planting. Jodee Nickel the Community Garden Coordinator is excited to see what everyone has planned for the 2021 growing season.



Avid community gardeners Barbara and Sharon getting their plots prepped for the upcoming season.

Jodee Nickel
Coordinator
Jodee.Nickel@wsu.edu



Are you interested in gardening but don't have room to do so at your home or apartment?
The Heritage Farm has a Community Garden with available garden plots for rent!



Partnerships and Collaborations



Clark County and Washington State University have a long-standing partnership in providing educational programs and research-based information to residents throughout the county. This partnership ensures that resources are committed from Federal allocations and University funds to keep important educational programs available in Clark County.

Alliance for a Healthier Generation	Clark County Public Works	IQ Credit Union
Area Agency on Aging and Disabilities	County Public Health	Latino Community Resource Group
Arthritis Foundation Walk With Ease Feet First	Clark Public Utilities	Learning Adventures Child Care
Battleground Health Clinic	Clark County Saddle Club	Lifeline
Bonaventure of Salmon Creek	Community Garden Club of Camas Washougal	Longview Garden Club
Bridgeview Community Center	Community Voices Are Born	Master Gardener Foundation of Clark County
Camas Farmers Market	Connect Evergreen Substance Abuse Coalition	Meals on Wheels People
CASEE	Core Home Fruit Services	National Park Service
CDC Centers for Disease Control and Prevention	Diabetes Technical and Training Center	NatureScaping of SW WA
Chartwells Food Service	DSHS (Dept of Health and Human Services)	Nautilus Inc.
City of Camas	ESD 112	OSPI (Office of Schools and Public Instruction)
City of Vancouver	Evergreen School District/Family and Community Resource Centers	OSU Extension Service
Clark County Event Center	Clark County Farmers	Parks Foundation of Clark County
Clark County Environmental Health Food Safety Program	Fort Vancouver Regional Library	Partners in Careers
Clark County Fair	Fort Vancouver National Historic Site	PeaceHealth
Clark County Farm Forestry Assoc.	Goldendale Farmers Market	Pearson Field Education Center
Clark County Food Bank	Hardy Plant Society of Oregon	Portland Nursery
Clark County Food System Council	Hazel Dell Elementary School	Ridgefield Garden Club
Clark County Green Schools	Hewlett-Packard	Salmon Creek Farmers Market
Clark County Juvenile Justice	Hubert Prescott Bluebird Recovery Project	SeaMar Community Health
	Illahee Elementary School	Second Mile Marketplace and Hub



Partnerships and Collaborations

Partnerships and Collaborations continued

SHARE House	Vancouver School District	Washington State Dept of Agriculture
Skamania Farmers Market	WSU Edward R Murrow Center for Health Comm. Research and Promotion	Washington State DOH SNAP Market Match
SWW Accountable Communities of Health	WSU Nutrition & Exercise Physiology Program	Washington State Farmers Market Association
SWW Health Living Collaborative	Washington State VetCorp	West Van for Youth Substance Abuse Coalition
The Gardner School of Arts and Sciences	Waste Connections	WIC (Women, Infant and Children)
Truman Elementary	White Salmon Farmers Market	Wise Woman
Underwriters Laboratory	WaferTech	Yacolt Primary School
USDA	Washington Green Schools	
Vancouver Farmers Market	Washington State Chronic Disease Leadership Network	
Vancouver Garden Club		
Vancouver Housing Authority		



WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.