



# Sandusky County

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## 2008 County Highlights

### Strengthening Families and Communities

- If current trends continue, the Centers for Disease Control and Prevention reports one out of three Americans born in 2000 will develop diabetes. “Dining with Diabetes” reached 50 participants at The Bellevue Hospital and the Don Stricker Family Development Center. Extension partners with local dietitians and certified diabetes educators to teach a three-part series focused on increasing knowledge about healthy foods choices at home and when eating out, information about diabetes and nutrition, and the importance of physical activity. A three-month follow-up evaluation revealed an increase in understanding of the Nutrition Facts label, the plate method, A1C, and changes had been made to improve their diets when preparing food at home and eating out.
- Personal bankruptcy filings continue to increase the first half of 2008 to more than 25,600 filed in Ohio. For the first time bankruptcy filings are expected to exceed one million. “New Start for Financial Success” is an approved Personal Finance Instruction Course by the Department of Justice for bankruptcy filers. This is a mandated two-hour class related to personal finance skills to learn how to develop a budget, use credit wisely, manage money, and find reliable financial information. Ten individuals completed the class offered at the Clyde Public Library and evaluations revealed:
  - 100% learned new information, planned to use the information learned, and were confident they could make changes recommended
  - 83% plan to make a change within 1 month and plan to make a change within 6 months
- More than 4,000 families and individuals received food stamps and/or other assistance. The Family Nutrition Program reached 1,229 participants at the Food Pantry, Liberty Center, Migrant Health Fairs, Senior Centers, Share and Care, Soup Kitchen, The Job Store, and WSOS Even Start program. More than 2,500 indirect contacts were provided through newsletters, fact sheets, calendars, and/or educational materials provided to agencies. The program is funded by Midwestern Region Food and Nutrition Service, U.S. Department of Agriculture for the thirteenth year with more than \$32,000.
- An OSU Venture Grant of \$2,500 was received to provide recipe cards with information on current and research-based information to prepare and/or preserved locally grown produce. The Fresh is Best! cards will be distributed at local roadside markets in Ottawa and Sandusky counties and at the Ohio Agriculture Research and Development Center.
- The “Be Fit for Free” ten-week program at the YMCA welcomed 886 participants on 151 teams. More than 300 (38%)

individuals completed the program and a total of 2,182 pounds was lost. Extension provided two of the educational weekly programs:

- Nutrition Update: Portion Control and Nutrition Facts Label Reading
- Healthy Cooking and Eating

- Heart Healthy was developed to help understand who is at risk for heart disease. The staff at the Fremont City Schools completed a health assessment indicating many had a significant risk of heart disease due to high cholesterol. Seven nurses were trained with information related to help their staff decrease their cholesterol. More than 300 employees were reached via a presentation at each school to help the staff better understand how to decrease their risk.

### Preparing Youth for Success

- Nine million children are struggling with obesity, and the number has tripled since 1990. The Ohio Department of Health reports that Sandusky County third graders rank sixth in Ohio for the most overweight in 2005. “Steps to a Healthier You” is a collaborated effort with Community Health Services and Extension to address the growing problem of overweight children. The program reached 250 third graders at the Fremont public and parochial schools for the past three years. The students have increased their consumption of: 16% fruits, 15% grains, and 8% vegetables. A significant increase of physical activity was revealed by 20% of students. The data collected also revealed the body mass index decreased of 55% third graders and 76% fourth graders.
- More than 1,250 youth ages 5–18 took part in the 4-H program, where they had the opportunity to build leadership and communication skills, and learn about topic areas of their choice.
- 34 youth completed health projects, where they learned how to make healthy food choices, increase their fitness levels, prepare for basic first aid, and make healthy choices about alcohol and tobacco use.
- 115 youth completed food projects and demonstrated new knowledge of nutrition, MyPyramid, and food safety.
- 110 youth explored science projects, where they learned about experiments and the scientific method, our environment and natural resources, wildlife, physics, and electronics.
- 505 youth learned about care of animals and safe food production, in addition to building a stronger work ethic and sense of responsibility by caring for their animal projects.
- 70 members studied leadership styles, practiced skills, and discovered the value of working as a team during various leadership training programs. Fifty-one teen leaders

volunteered and assisted with county 4-H programs and activities in response to these trainings.

- The Cloverbud program reached 94 youth, ages 5–8 who learned about science, art, history, citizenship, and choices for the future at club activities. Forty-two Cloverbuds completed hands-on educational activities at day camp, where they learned about human history, methods of communication, dinosaurs, rock formation, and fossils.
- At 4-H Junior Camp on Kelleys Island, 95 youth participated in four days of outdoor educational activities. Campers, ages 9–13, learned about environmental issues, healthy outdoor recreation, independence, and communication.
- Thirty-four teen leaders served as camp counselors at Cloverbud Day Camp, Junior Camp, or both. Teens planned and led camp sessions and supervised campers. Counselors built leadership skills and learned about child development, behavior management, handling emergencies, teaching effectively, and dealing with stressful situations. These teens dedicated more than 2,000 volunteer hours to create an excellent experience for young campers.

### Enhancing Agriculture and the Environment

- When setting goals for agronomic programs Extension's main goal has been the profitability of our clientele. As the cost of production continues to increase, all producers are challenged to make tough management decisions. The Northern Ohio Crops Day addressed how producers could reduce production cost and increase profitability. Fertilizer prices were increasing with nitrogen leading the way, industry was pushing preventive fungicide applications, and herbicide choices were all major concerns. Presentations from a state specialist on these topics discussed alternatives and management tools to help producer decrease production cost and increase the possibility of profitability. Our participation in various insect scouting projects such as First Year Western Corn Rootworm, Western Bean Cutworm, and European Corn Borer continues to validate state recommendations and is an added service to local crop consultants. Maintaining a Soybean Rust Sentinel Plot and Spore Monitoring location, which is part of the USDA's Sentinel Plot, has furthered to help producers stay up to date about this possibly devastating disease to our soybean crop.
- Vegetable production is an important part of our area's agricultural make up. Working in coordination with Ohio Agricultural Research and Development Center's Northern Central Agricultural Research Station we have done variety trials for two important crops. Sweet corn is one of the most important vegetable grown in Ohio. The Northern Ohio Sweet Corn Evaluation, funded by the Ohio Vegetable and Small Fruit Research and Development Program (OVSFRDP), evaluates se, su and sh2 varieties and submits the report to local growers, OVSFRDP and is found on the Ohio State University Vegnet web site. Cabbage is also an important crop with the Fremont Company

process sour kraut from local cabbage growers. Bejo Seed and the Fremont Company sponsor a variety trial looking at several different varieties used in sour kraut production. This year's trial added several new varieties that are being considered to replace selected older varieties. Two field days offered producers a look at different vegetable production such drip irrigation, and new varieties of available vegetables.

### Advancing Employment and Income Opportunities

- The Grain Marketing meetings addressed various marketing objectives to help increase producers' profitability. Representatives from Poet Biorefining, ADM, and the Andersons talked about the changing grain markets and marketing opportunities. Growing the crop efficiently is only part of being profitable; marketing the crop is the other major component. As representatives continued to stress, we are now a world economy and adapting is crucial.

### Partners and Collaborations

OSU Extension works with local agencies and groups to deliver educational programming and research vital to clientele interests and needs including:

- Chamber of Commerce
- Clyde Public Library
- Family and Children's First Council
- Farm Service Agency
- Food Pantries
- Fremont City and Parochial Schools
- Fremont Company
- Future Farmers of America
- Help Me Grow
- Job and Family Services
- Liberty Center Memorial Hospital
- Metropolitan Housing
- North Central Ohio Educational Service Center
- SANDCO Industries
- Sandusky County Commissioners
- Sandusky County Health Department
- Sandusky County Parks District
- Sandusky County Senior and Junior Fair Boards
- Sandusky County Soil and Water Conservation District
- Share and Care
- Soup Kitchen
- Storybook Festival
- Terra Community College
- The Bellevue Hospital and Foundation
- The Jobs Store
- United Way
- Vanguard Sentinel Vocational Center
- Village House
- Wellness Advisory Council (Fremont)
- WSOS Senior Centers and Even Start Reads
- YMCA

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