



# Cuyahoga County

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## 2008 County Highlights

### Strengthening Families and Communities

- **Fifty-five high school teachers and youth leaders, who will impact more than 1,000 youth**, participated in a training using the NEFE High School Financial Planning Program (HSFPP) curriculum. 98% of the educators indicated that the NEFE HSFPP materials would be useful in integrating personal financial education into their core curriculum. There was a high level of agreement that participants increased their knowledge of the competency-based learning approach to the curriculum.
- **1,203 low-income seniors at 20 community sites** learned thrifty food shopping skills, food safety information, and adopted healthier eating practices in OSU Extension's Family Nutrition Program (FNP), a health and nutrition program that targets families and individuals who receive food stamps. Indirect contacts were made with more than 896 residents through staffed displays, newsletters, and educational pamphlets mailed to participants' homes. 82% of participants learned new information and 81% indicated they plan to use the information to improve their lifestyles.
- **7,500 first-time parents in Cuyahoga County received a parent-readiness newsletter, *Growing Together: My First Years Last Forever***. Parents receive 15 issues covering their child's development from birth to the age of five years. Valuable information on discipline, age-appropriate activities, health, feeding practices, and available community services is included. The newsletter is part of Welcome Home Newborn Home Visiting program.
- **Fifty-five diabetics and caregivers of diabetics participated in a series of three Dining with Diabetes (DWD) workshops**. DWD helps reduce the burden of diabetes by providing tools for self-management and includes interactive cooking demonstrations and the tasting of healthy food samples. 100% of attendees reported increasing their knowledge of diabetes due to attending the classes. 86% of the participants improved their diabetes management knowledge and planned to follow healthy practices. A follow-up evaluation indicated that a total of 100 pounds was lost by participants.
- **125 community, market, and backyard gardeners** attended one-day workshops in five locations during the growing season with the goal of increasing their knowledge of safe food practices. As a result of participating, 81% learned new information and 90% used the information to make changes in their practices.
- **More than 1,500 adults benefited from the Expanded Food and Nutrition Education Program (EFNEP)** by learning how to prepare healthy, safe meals for their family and encouraging better health for themselves and their children through good nutrition practices. 69% of participants were able to improve one or more nutrition-related behaviors. Nearly 50% of participants made a positive change in preparing and storing foods safely to avoid foodborne illness. 66% of participants improved behaviors related to budgeting their food dollar and planning healthy, inexpensive meals for their family. All 28 Cleveland neighborhoods and 17 other county communities were served, reflecting a program expansion of 35%.
- **2,100 youth in grades 3 through 6** both in school and in out-of-school educational programs improved their knowledge of nutrition through EFNEP youth education. Participating students showed positive behavior change related to nutrition, food safety, and physical activity. Nearly 70% of 3rd and 4th graders eat breakfast almost every day. 65% of youth participate in daily physical activity and 80% of youth wash their hands before they touch food.
- **106 youth participated in a special out-of-school time program, "Cooking up Fun,"** that taught them basic food preparation and kitchen/food safety principles. Nearly 85% of the youth participants reported they can follow directions in a recipe easily and by themselves and that they enjoy creating their own recipes and trying new, healthy foods.

### Preparing Youth for Success

- **More than 150 Cleveland area 7th and 8th graders learned skills related to personal money management and family budgeting** by participating in *Real Money, Real World*. 80% of the students reported the program had helped them improve their understanding of balancing family income and expenses. Nearly half (48%) also developed a stronger understanding of the relationship between educational attainment and personal income, and 35% reported an increased awareness of the need for making wise financial decisions.
- **484 youth development professionals and trained community volunteers reached 5,715 youth ages 5 to 18** with hands-on, "learn by doing" life skills instruction through the Cuyahoga County 4-H Program.
- **108 Hero Packs** were assembled as a part of Operation Military Kids (OMK) in Cuyahoga County. OMK reaches out to youth with a deployed family member through a variety of events and activities. Hero Packs were made by youth groups and organizations and are distributed to youth when their parent is deployed, helping youth to make connections to others, build skills, and find positive meaning in their situations.

- **117 youth from 5 community partner organizations** participated in the Kids Cafe Program, a program that provides a comprehensive set of tools that addresses food poverty among our city's children. In addition to food, the Kids Cafe provides fun and educational services that focus on nutrition, fitness, and cultural activities with the goal of developing healthy lifestyles at an early age.
- **More than 175 urban youth were involved in the New York Life Youth in Governance 4-H Club Program** and participated in experiences to enhance their self-image, improve their understanding of democratic processes and civic affairs, and improve their community through service learning initiatives. Twenty-four youth attended Citizenship Washington Focus, a week-long leadership institute in Washington, D.C.
- **Ninety-three (93) youth participated in 4-H Career Decisions tours** to the Ohio State University and ATI campuses and received information on a variety of careers. Approximately 75% of participants gained information about careers of personal interest, and 67% reported they learned about new career options.
- **Youth Outdoors (YO) worked cooperatively with staff and volunteers from 37 urban locations including City of Cleveland Recreation Centers to provide 538 youth programs to 3,146 individual youth.** YO strives to meet the developmental needs of urban youth living in the City of Cleveland through involvement in outdoor adventure and nature exploration activities. Longer-term impacts identified by teens include developing outdoor skills and appreciation of the natural world, increasing their ability to communicate thoughts and feelings, and fulfilling responsibilities to others.
- **104 female high school students** from John Adams High School completed an engineering internship program with General Motors as a result of an education summit held with parents, business leaders, and community members interested in enhancing students' learning opportunities. The summit was supported by a grant from America's Promise and facilitated by OSU Extension.
- **Eight new inner-ring suburban communities** have been reached by the Community Gardening Program. This expansion has allowed high-need communities to create community gardens as a means to increase access to healthy produce.
- **More than 250 youth, ages 5–18 at 11 community sites** participated in a new nutrition curriculum, "To the Garden We Grow." This six-week curriculum combined lessons in gardening and nutrition, teaching youth about making healthy food choices and how to grow different types of fruits and vegetables.
- **The Cleveland-Cuyahoga County Food Policy Coalition**, co-facilitated by OSU Extension, provided research-based information to local government officials on keeping small livestock, particularly bees and chickens, in urban areas. The Coalition also identified areas in the city that have limited access to fresh, healthy foods. Through this analysis, it was found that Cleveland residents are 4.5 miles closer to fast food outlets than to full-service grocery stores.
- **The Master Gardeners of Cuyahoga County, the largest program in the state, have donated over 8,200 hours (valued at \$164,000)** providing a wide range of horticultural expertise to the community.
- **23 residents participated in the Market Gardener Training Program**, an expanded 12-week agricultural, entrepreneurship program. Twelve of the participants created or expanded an agriculture-based enterprise, including a beekeeping operation, a market garden, and a vermicomposting project.

### Advancing Employment and Income Opportunities

#### Enhancing Agriculture and the Environment

- **\$3 million worth of fresh fruits and vegetables were grown by 4,148 community gardeners** who participate in OSU Extension's Community Gardening Program. This impact is based on both amount of land area under production and quality of production.
- **More than 100 community garden sites in the City of Cleveland and throughout Cuyahoga County were soil tested** to develop baseline knowledge of lead and other contaminant levels as well as nutrient levels. Protocol is being developed to reduce the risk of exposure to lead where it exceeds acceptable levels in the soil.
- **More than 50 economic development professionals** increased their technical knowledge in classes and workshops aimed at improving the attractiveness of their cities for business expansion. Participants were provided a tool box to assist their efforts in attracting international businesses to their cities.
- **The creation of 23 new jobs and \$3,200,000 in business investments** were the impact of the business retention programming done in cooperation with the Greater Cleveland Partnership. Business surveys, local and regional trade shows, and specialized outreach were strategies used to achieve these impacts.
- **80 companies were surveyed for the county's Business Retention Program** to assess the impact of business retention efforts. Findings revealed that companies realized an average savings of \$2,200 from cost savings recommendation. In addition, over \$22,000 in Incumbent Workers Training grant funds was secured for these companies.

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