



# Hamilton County

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## 2008 County Highlights

### Strengthening Families and Communities

- The Family and Consumer Sciences educator partnered with a major hospital in Cincinnati to present Dining with Diabetes, a three-part series program which focuses on making healthy lifestyle changes to manage the devastating effects of type II diabetes. End-of-program evaluations revealed 88% of the 26 adult participants changed at least one behavior to help manage their diabetes while 98% planned on adopting at least one recommended behavior within the upcoming month.
- Sun safety education was presented to 142 participants through facial skin damage viewing using a Dermascan® machine. New partnerships were created to provide the service to employees of a major advertising agency in Cincinnati, a hospital, and a national investment firm. Every individual who reported not wearing sunscreen prior to the viewing indicated they planned on doing so after participating in the assessment.
- Nutrition education programs were presented to 3,960 limited-income individuals in Hamilton County through the Expanded Food and Nutrition Education Program (EFNEP) and the Family Nutrition Program (FNP). A series of four to six lessons focused on helping families develop the skills to make healthy eating choices, adopt recommended food safety behaviors, stretch the food dollar, and increase physical activity to reduce the risk of obesity and chronic disease.
- Teaming together, the FNP and EFNEP program assistants have given a series of six programs to approximately 40 Burundian refugees placed in Cincinnati through the Catholic Bishops and Catholic Charities. Lessons focusing on healthy eating choices, food safety behaviors, stretching the food dollar, and increasing physical activity have been translated into Swahili and presented, as well as in English.
- Finally, with a focus of bettering the lives of those in the community, the New Start program was established in Hamilton County. It has been publicized with local lawyers and is scheduled on the state calendar.

### Preparing Youth for Success

- With youth obesity being such a hot topic in the media recently, the EFNEP youth program assistant presented “Food, Facts, and Fun” in 58 classrooms. There were 232 class sessions reaching over 1,500 youth. These les-

sons taught students about MyPyramid, label reading, food safety, and making good snack choices. One of the teachers commented that the school’s lunch staff noticed a difference in the children as they made healthier food choices at lunch.

- Over 600 youth and families were also reached during the Hamilton County Fair. During the fair, these youth and families were taught about fitness, the various food groups, and food safety using the JIFF (Jump into Food and Fitness) Scavenger Hunt and the MyPyramid Zone.
- Following the trend of teaching youth about healthy eating habits, approximately 800 youth were taught about the importance of eating the right amounts of fruits, vegetables, and grains at the Hamilton County Horticulture Society Fall Festival.
- Through the Livestock Quality Assurance, Judging, and Skillathons, 95 youth experienced friendly competition, success in completing projects, and a better knowledge of skills necessary for success: interviewing skills, speaking in public, demonstrating knowledge, and working as a team.
- Through the desire to expand and better the youth development program, the volunteer training and advisor training programs were revamped. Two new volunteers successfully completed the volunteer training and eight advisors began the advisor training program.
- Reaching out to more than just the traditional 4-H youth, 4-H has gone into the classrooms of three different schools. Through various programs, approximately 90 youth are reached weekly. These programs focus on science, engineering, and technology topics, as well as teamwork, thinking outside the box, and bettering the world.

### Enhancing Agriculture and the Environment

- In response to the Greater Cincinnati Metropolitan Sewer District consent decree with U.S. EPA for mitigation to sewer overflow, Dave Dyke, the horticulture/floriculture educator, organized and led a committee of experts from the U.S. EPA; The Cincinnati Zoo and Botanical Garden; OSU Extension, Hamilton County; the HCSWCD and Storm Water District; the OARDC Urban Landscape Ecology Program; the Extension Nursery, Landscape and Turf Team (ENLTT), and the Natural Resource Conservation Service, to put together

2 rain garden/landscape water management manuals: *Rain Gardens as a Stormwater Management Tool in the Metropolitan Sewer District of Greater Cincinnati—Steps to Getting Off the Stormwater “Grid,”* designed for the professional and *Rain Garden Guidelines for Southwest Ohio, A Practical Handbook for Home Gardeners*, designed for consumers. Special emphasis was placed on soil amendments, both native and cultivated plants, IPM, and the role of turf and other complementary strategies. The commercial manual was subsequently accepted by the U.S. EPA, which is tantamount to the EPA’s endorsement. Both manuals are available on the OSU Extension-Hamilton County and Hamilton County Soil and Water Conservation District web sites. The home gardener handbook was printed through a \$10,000 contribution from the Hamilton County Storm Water District.

- In February, multiple vendors and educators came together for the Green Industry Conference. During this event, over 330 participants were given the opportunity to learn about subjects such as annuals and perennials, tree and shrub care, turf grass management, and greenhouse and nursery management. Pesticide applicators were also given the opportunity for training and certification. This event is widely known and attended by people in Indiana, Kentucky, and Ohio.

### **Advancing Employment and Income Opportunities**

- Through a partnership with Hamilton County Job and Family Services, 64 young adults in foster care attended Independent Living Skills classes to learn self-sufficiency skills. The youth participated in experiential learning activities that included finding an apartment, managing a budget, and seeking employment. These skills will prepare the youth for independence when leaving the foster care system.
- During the 2008 training season for 33 camp counselors and 13 Junior Fair Board members, skills such as leadership and communication, teamwork and independence, and follow through and completion were taught, emphasized, and expected. These skills ultimately will be ones that these youth will “fall back” on for future success in college, jobs, and family life.

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