



Highland County

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2007 Impact Statements

Family & Consumer Sciences

- Fifty-four parents throughout 21 **parenting classes** have gained knowledge that will assist them with a more positive approach to handling their children. They have adopted some of the techniques to assist with a stronger family relationship. The average score on the pre-test was 24.9 out of 30 points (83%). The average score for the post-test was 28.4 out of 30 points (94.7%). This equates to an average of a 3.5 point improvement on the test and an 11.7% increase. This is a substantial increase in scores. It is obvious from this increase in scores, the participants' knowledge was increased through taking the parenting classes. The classes are taught by the Family and Consumer Sciences Extension Educator. While the FCS Educator is teaching the parenting classes, the 4-H Youth Development Educator is teaching youth development skills to the children for the first hour. The second hour the parents and children are brought together to prepare a snack and participate in a parent/child activity.
- Research is being conducted in the skin cancer area by the Family and Consumer Science/Community Development Educator with another County Extension Educator. A statewide in-service with over sixty participants was held to share the research and the current information and techniques of the **sun safety** products. Educational materials were written and disseminated to Extension Educators across the state and to other professionals that were interested in sun safety.
- **Leadership** training has been conducted for many audiences to enhance the participant's ability to work with other people. The leadership trainings consisted of presentations in the areas of: leadership styles, Myers-Briggs Personality Styles, and Emotional Intelligence. Over 200 participants have been trained. Evaluations from all programs stated a high level of understanding the issues surrounding the topic. These presentations have been at the county, state, and national level.
- The new bankruptcy law requires clients proceeding through bankruptcy must attend a **financial management** class. The Highland County Family and Consumer Sciences Educator has taught this class throughout the year. The two-hour class teaches how to successfully have a new financial start and discusses the dangers with handling money. The clients must set goals and write down step-by-step how they will complete these

financial goals. The participants complete a six-month follow-up evaluation. All the evaluations have shown the class has made a positive impact on their financial management practice. Many participants state that credit is the piece they have learned the most about and how to handle credit wisely.

- The Family and Consumer Sciences/Community Development and the 4-H Youth Development Educators taught the **Junior Achievement** program that emphasized Global Economy to 65 fifth graders in Lynchburg Elementary Schools. This was a series of five sessions whereby students engaged in learning activities that enhanced their knowledge about why a global economy is so important and the effects it has on their everyday life. The student evaluations were very positive and showed a knowledge gain about the process of using money in different countries.

Family Nutrition Program

- Twenty-four participants (eight at each session) attended three nutrition classes at the Highland County Homeless Shelter. This was not a series as the residents continue to change on a regular basis. The subject matter focused on **Healthy Eating/Healthy Families, Choosing Healthy Snacks, and Eat for a Healthy Heart**. 75% learned new information and 66% plan to make changes recommended at the program. Written comments on the program evaluation included plans to watch fat intake, eat healthy and use some of the snack recipes and to eat more fruits and vegetables.
- Twenty-five participants attended a series of three nutrition classes at Samaritan Outreach Services. The objectives taught were: **Nutrition, Thrifty Food Shopping, and Food Safety**. Nutritious meals were prepared at each class. 84% learned new information and 88% plan to make changes recommended at the program. Comments on the evaluation included: "I plan to use the guide for grocery shopping," and "I am learning to eat healthier."
- One hundred and eight nutrition, thrifty food shopping, and food safety classes were taught to 930 adults. Sixty-eight classes were taught as single lessons and forty were taught as part of a series. Seven hundred and thirty-three individuals learned new information and 632 plan to make changes. These changes will help them adopt a healthy eating lifestyle, enhance practices related to

thrifty food shopping and will improve the safe handling, preparation and storage of food.

4-H Youth Development

- 1,116 community club members, and 397 special emphasis, and school enrichment members participated in the Highland County 4-H program with the assistance of 38 older teen and 208 adult volunteers.
- Three Highland County middle schools with 586 eighth graders participated in the economic education program, **Real Money, Real World**. Goal setting, differences between jobs and careers, money management, taxes, insurance, and check writing were introduced.
- One hundred and eight sixth graders participated in a **Global Economy** program which discussed goods and services, tariffs, world trade issues, currency and buying power.

Agriculture & Natural Resources

- The **Agriculture Reality Store** is an educational program designed to expose high school juniors to an experiential learning activity relating to agriculture. One hundred and fifteen students from three vocational agricultural education programs in Adams, Brown, and Highland Counties participated in two separate programs over the past two years. The primary educational objectives were to increase the participant's awareness of the economic principles involved in operating a farm and to develop an appreciation for careers in agriculture. A simulation activity was conducted where students were assigned a 300-acre farm to manage and were awarded start-up capital based upon their Grade
- Point Averages. They were required to purchase inputs necessary to manage their farm and show a profit. Students interacted with representatives from local businesses to help them evaluate production costs utilizing current prices for inputs such as livestock, equipment, land, and chemicals and to make decisions about what type of farming activities were to be a part of their 300-acre farm. Evaluations indicated a very favorable response to the program. Results indicated that 96% of the respondents increased their knowledge of accepted business practices involved with production agriculture. Ninety-three percent of the respondents felt they increased their knowledge relating to agricultural careers and 75% of the respondents felt they would be involved in agricultural production in the future based on their experience in the Agriculture Reality Store.
- The **Highland County Farmers Club** meets regularly to provide area clientele with timely information on a wide range of agriculture and natural resources-related topics. Topics covered in 2007 included: financial planning for agricultural families, plant health programs for corn and soybeans, strategies for producers dealing with the drought, and industry issues for corn producers.
- Approximately 250 Highland County individuals possess a **Private Pesticide Applicator's** License for the purpose of purchasing restricted use pesticides. Individuals must renew this license every three years. Extension Educators from Highland and Brown counties hosted three recertification schools in the two counties that were attended by 192 individuals. Two testing sessions were held for individuals looking to obtain a Private Pesticide Applicator's License for the first time.

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