



# Jackson County

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## 2008 County Highlights

### Preparing Youth for Success

- The Jackson County 4-H Youth Development program reached 649 4-H members and Cloverbud youth through 35 community clubs. Through these experiences, youth learned leadership, citizenship, and life skills, as well as specific subject matter knowledge. These youth were directly impacted by 140 adult volunteers who exhibited the value of volunteerism and provided youth with a positive relationship with a caring adult.
- 43 older 4-H youth served as Junior Fair Board members, which allowed them the opportunity to demonstrate leadership and communication skills that they developed through their experiences. These young adults improved their leadership and decision-making skills by participating in hands-on training sessions and putting these skills to use through real-life situations. Assuming their leadership roles, they applied what they learned by organizing and implementing educational learning experiences for more than 640 youth who successfully completed their 4-H project learning experience.
- Nearly 125 Jackson County youth gained educational experiences by attending overnight 4-H Camp at Canter's Cave 4-H Camp/Elizabeth L. Evans Outdoor Education Center. By taking part in one of five resident summer camps as well as other camps throughout the year, youth learned about their environmental surroundings and gained valuable skills in socialization, communication, personal development, and team building.
- During the overnight camping experiences, 24 teen counselors attained significant life skills while serving as resident camp counselors for younger 4-H members. These youth were able to grow and develop while enhancing their leadership, counseling, and communication skills through 24 hours of required camp counselor training sessions. Those youth went on to gain hands-on experience teaching and communicating by serving as counselors at five summer 4-H camps at Canter's Cave 4-H Camp.
- Nearly \$3,325 in camp scholarships was awarded to 4-H members allowing more than 43 additional youth to attend 4-H camp. Youth were able to benefit from \$2,675 in funding provided through Jackson County Job and Family Services, \$1,000 from the Stan and Doris Harrison 4-H Scholarships, and other funding from the 4-H Advisory Council. Youth had the opportunity to take part in a positive camp experience that they would not have been able to attend otherwise.
- More than 400 junior high and high school students took part in the "Real Money, Real World" life skills simulation at Oak Hill and Wellston High Schools and at 4-H Camp in which they had the opportunity to experience simulated life experiences while acquiring necessary competencies for surviving in the real world. Nearly 30 adult volunteers assisted with the program and many commented on the value of the program wishing they had the opportunity to learn these important life skills before actually going out into the real world.
- With the help of 30 youth and adult volunteers, 153 youth completed their non-livestock projects by attending General Projects, Food and Nutrition, and Clothing Judging held in July. Youth further explored their individual subject matter and gained valuable interviewing skills as they communicated with the judges about their project work.
- Nearly 200 youth were positively impacted through the EFNEP program. Through this program, caregivers learned to use better nutritional practices in preparing and purchasing food for their children with 24% of participants reporting that their children ate breakfast more often after they had attended the EFNEP classes.
- Close to 70 active 4-H volunteers and club advisors completed mandatory bi-annual training where they received information on club management, program updates, policy changes, and member involvement. The training was designed to keep volunteers up-to-date on all policies and programs, so they could provide the best information to the youth in their 4-H clubs. Members of the 4-H Advisory Council were utilized, along with Extension staff, to complete the volunteer training.
- More than 80 4-H youth and 65 adults volunteered to help put on the "4-H in the Mall" awareness program to kick off Ohio 4-H Week and educate the community about the many aspects of the 4-H program. 4-H members, volunteers, and parents displayed various 4-H projects and passed out informational materials to more than 200 people visiting the local stores.

### Strengthening Families and Communities

- The Expanded Food and Nutrition Education Program (EFNEP) began in Jackson County in the early part of 2007 by applying and receiving the EFNEP pilot grant. EFNEP was added to the existing Extension programming commitments throughout the county, such as 4-H Youth Development. On June 25, 2007, a program assis-

tant was hired with the first class taught on September 11, 2007.

- More than 130 individuals were reached by the EFNEP program in Jackson County from October 2007 through September 2008 while also impacting 515 people in participants' families.
- 45 local agencies and advocacy groups have been contacted with partnerships developed to create eleven EFNEP groups. Six of those eleven groups are reoccurring groups that have been developed into ongoing partnerships. Some of these agencies have included: Jackson Vinton Community Action Inc. Head Start, Wellston Sylvester Memorial Library, local churches, Jackson County Municipal Court, Jackson City Library, Extension's promotion of EFNEP among its 4-H families, Jackson County Health Department's HELP ME GROW program (offering the EFNEP program to its socialization group), Holzer Hospital, Department of Job and Family Services (which has added EFNEP to their Job Development and Eligibility Guidelines), Buckeye Community Services, and General Mills.
- EFNEP is working to build further partnerships with agencies in the county and state. Possible partnerships are with the Appalachian Nutrition Network, Children's Hunger Alliance, Family and Children First Council, and other city and county programs. One of Extension's goals within Jackson County is to make EFNEP a part of the outreach programs already established into the community that reach the target audience of low-income parents. OSU Extension would like EFNEP to be seen as a program that can be used as a referral by agencies and a resource to the neediest people of our county.
- During 2008, 1,178 EFNEP brochures were handed out, 30 promotions for EFNEP were done, and 3,456 flyers were distributed throughout the county.
- In establishing the EFNEP program in Jackson County, 49 presentations were conducted with local groups and agencies resulting from phone, personal, and Extension contacts. Through this and other promotions, 1,345 local people had a face-to-face discussion with the program assistant about EFNEP's benefits.
- During 2008, a total of 649 EATING SMART\*BEING ACTIVE® lessons were taught through the newly established Expanded Food and Nutrition Education Program. The goal of EFNEP is to reach Jackson County parents to give them knowledge enabling them to make better food, health, and nutrition choices for their families. The hope is that the EATING SMART\*BEING ACTIVE® curriculum can be used as a tool for families to use resulting in better overall health.
- EFNEP graduated 87 low income adults with children. Each adult participant received an average of 7.5 lessons on how to select more nutritional foods and gain skills in food production, preparation, storage, safety, and sanitation. Adults also learned better methods to manage their food budgets and related resources such as Food Stamps.

After participating in the EFNEP program, individuals showed skills in the areas of:

- Food resource management practices with 81% of adult participants showing improvement in one or more food resource management practices (i.e., more often planned meals in advance, compared prices when shopping, used a list for grocery shopping, or less often ran out of food before the end of the month).
- Nutrition practices with 95% of adult participants showing improvement in one or more nutrition practices (i.e., they more often planned meals in advance, thought about healthy food choices when deciding what to feed their family, used the Nutrition Facts on food labels to make food choices or prepared foods without adding salt).
- Food safety practices with 58% of adult participants showing improvement in one or more of the food safety practices (i.e., thawing and storing foods properly).
- Additionally, 36.8% of adult participants increased their physical activity.

### **Enhancing Agriculture and the Environment**

- Nearly 400 4-H members and 55 adults learned life and project skills through Quality Assurance training. Exhibitors and parents identified the "Ten Good Production Practices" of livestock health management and became familiar with current Quality Assurance issues through interactive educational activities. Members attended a two-hour training to help them understand the importance of sound production practices of raising livestock for market while gaining specific knowledge related to their species.
- 4-H members demonstrated the skills and knowledge gained from both their project work and Quality Assurance training during mandatory skillathons prior to the 2008 Jackson County Fair. Close to 530 youth gained valuable interviewing skills and further explored their particular subject matter during this process with the help of more than 20 adult and older youth volunteers. Skills attainment was evident with 60% of youth participating obtaining a score of 75% or greater and an additional 28% attaining a score of 50% or greater.

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