



Licking County

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EXTENSION

2008 County Highlights

Strengthening Families and Communities

- A \$10,000 grant was received from Licking County Senior Levy to continue teaching Dining with Diabetes in 2008. Classes were conducted at 5 different locations in the county with more than 240 participants. Participants reported: 100% gained new knowledge, 65% reported controlling portion sizes, reading and understanding nutrition labels and lowered blood pressure, 75% requested more cooking schools and 626.5 pounds weight loss. Written comments from participants stated: —“I finally get it! My doctor wanted to know what helped me to understand managing my diabetes better, and I told him about this class. I took him a brochure and he immediately made copies, and was very excited.” —“I have had diabetes for 5 years, but for some reason, this class has made so much sense to me. The day after attending the first class, I used some of your suggestions, and my sugar was 15 points lower than when I started the class!”
- A grant for \$40,428 from Midwest Region Food and Consumer Service was received for the Family Nutrition Program. Presentations were made to 1,837 low-income residents of Licking County on MyPyramid and nutrition, food shopping, and food safety. On a self-report survey at the conclusion of the programs 1,493 participants indicated that they would make some or a lot of the changes recommended at the programs.
- 374 first-time juvenile traffic offenders participated in 4-H CARTEENS, learning effective strategies for safe driving. Facilitated by nine 4-H teen leaders in partnership with Licking County Juvenile Court and local law enforcement, surveys show that participants agreed that the information presented in the program will assist them in becoming a better driver.
- Real Money, Real World, a financial literacy program for youth, was introduced to 759 eighth-grade students. They learned the impact of education on their potential income as adults, budgeting, and the importance of saving money. When asked what one thing they planned to change, one student responded, “I plan on saving more money and pay more attention in school, so I can get a better job.”

Preparing Youth for Success

- In 2008, over 70 youth (ages 8–12) and families enrolled in the 12-week Activate Youth program. Activate Youth is a collaborative effort between a local pediatrician,

Licking Memorial Hospital, Licking County YMCA, and OSU Extension. Approximately 25% of participants lost weight while others maintained their weight during the program. Also, 100% reported being more physically active. In addition, more than 500 school-aged children participated in educational programs related to healthy choices, portion sizes, and eating out.

- Forty-five teen leaders who served on the Junior Fair Board each volunteered more than 300 hours serving more than 1,600 junior fair exhibitors and more than 200,000 fair visitors. Evaluations indicated that 83% of the Junior Fair Board learned to plan better programs, 86% learned how to more effectively deal with conflict, and 93% learned how to better plan and facilitate events.
- Junior Fair Board, Camp Counselor Training, Junior Leaders, and 4-H CARTEENS provided 80 teens with training and skill development in leadership, public speaking, program planning, mentoring, conflict management, lesson plan development, community service, program evaluation, and effective communications. On average, they each contributed more than 100 service hours to community events.
- Three residential 4-H camps involved 220 participants ages 8–18 with 33 teen counselors and 11 volunteer adult supervisors. Teen counselors received an average of 30 hours of training and each donated more than 150 hours of service to other youth. Three community partner organizations provided financial support for 12 children to attend camp.
- Participating in the county’s 71 4-H community clubs were 1,283 youth ages 8–19 and 149 Cloverbuds in kindergarten through second grade. These youth enrolled in 3,544 group and individual projects that were in turn supervised by 237 adult club advisors.
- 4-H School Enrichment programs helped 26 teachers of 2,225 students address Ohio’s Academic Content Standards and acquire additional science proficiency through hands-on classes and demonstrations from the following curricula: Chick Embryology, Go Plants, Rockets Away, Invent, and Weather Together.
- Cloverbud 4-H Day Camp was held with 54 campers directed by fourteen volunteer teen counselors. Day camp provided campers the opportunity to explore the outdoors and engage in activities. It was a first-time camp experience for many of the children.

- The Grandletters program concluded its third year with 76 fourth grade students from Newark City and Licking Heights Schools corresponding with their senior citizen “grandpals.” Students improved their writing and literacy skills and culminated the year by hosting their grandpals at a party.
- The Junior Garden program had 21 young participants this past summer. The theme was “200 Years of Gardening.” The future gardeners gained knowledge in seed starting using heirloom seeds, weed identification, butterflies and birds in folklore. Each child cared for their own garden and received instruction during a 12-week learning experience.
- 370 crop producers, industry personnel, and crop consultants participated in agronomic programming during 2008 including an agronomic crops field day featuring nutrient management, precision agriculture technology, and soils management for optimizing production and environmental stewardship. In addition, a 20-issue electronic newsletter was made available to the agronomic industry. The authoring and editing of the Crop Observation and Recommendations Network newsletter was assumed by the Licking County office for five issues. Demonstration plots data generated locally through the leadership of the Licking County office and other industry and technology updates are shared at the annual Central Ohio Agronomy Day that is hosted by the local office each December. One hundred twenty participants have the opportunity to gain knowledge from regional experts. An evaluation in 2008 disclosed that 90% of the participants rank these programs as excellent or very good. One participant observed, “I drove a long way, but it was worth it.”

Enhancing Agriculture and the Environment

- Livestock Quality Assurance programs were presented to approximately 1,356 participants during the 2008 program year. This program, which utilized 27 adult volunteers and 45 teen leaders, was presented to 862 youth members, 367 parents, and 127 community club advisors. This program educates youth and their families on the humane care and handling of livestock, appropriate record keeping methods, and how to carryout health care activities in a manner that will maintain the wholesome condition of the food products derived from the project animal.
- A June garden tour in Newark and Granville helped to educate the 250 participating individuals by labeling the plants on the tour and identifying the ones more resistant to deer. Each home also had two Master Gardeners to answer questions.
- 23 new students attended 50 hours of classes this past spring and completed Master Gardener Volunteer training. Including this new class we now have 94 active Master Gardeners in the Licking County program.
- Fourteen people completed the 40+ hours of training for the second Ohio Certified Volunteer Naturalist Program (OCVN) in Licking County. The new volunteers have completed 58 volunteer hours with local partners. One class member reported that the class fee was the best money she had spent in a long time.
- Fifteen members of the charter OCVN class have volunteered more than 1,950 hours and have completed over 160 advanced training hours. Local partners, such as Licking Parks District and Dawes Arboretum, are very appreciative of the volunteer naturalists. Using volunteer management report value of volunteer assistance this amounts to a value to the community of more than \$38,000.

- 130 forestry owners gained knowledge on how to manage invasive species of trees and plants, identify tree species, and gained expertise in making marketing decisions of timber through the use of public and private consultant expertise. The five-hour program held in Licking County provided learning opportunities for new as well as experienced woodlot owners. Several participants remarked that they would attend additional learning opportunities on woodlot management and care.

Advancing Employment and Income Opportunities

- More than 80 food service employees participated in food safety education through OSU Extension in Licking County. One hundred percent of participants showed improvements in their knowledge of food handling when comparing pre-tests and post-tests. Thirty-six food service managers participated in 16-hour ServSafe Manager training with 99% passing the National Restaurant Association Certification Exam and also receiving a Certification in Food Service Protection from the Ohio Department of Health. In addition, the FCS educator completed and passed a national exam to continue being a Certified ServSafe Instructor. The Battelle study concluded that every 1% reduction in foodborne illness in Ohio results in an estimated annual cost savings of \$2.6 to \$5.3 million statewide.

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