



Pike County

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2008 County Highlights

Strengthening Families and Communities

- Pike County Family and Consumer Sciences educator and other community partners over the past year have targeted diabetes as a major programming effort. Educational programs encouraging healthy eating, exercise, and behavior modification have been conducted. The partners include OSU Extension, the Pike County Diabetes Coalition, Adena Health System, Pike County YMCA, Pike County General Health District, and a local physician. Over 700 individuals participated in educational programs or screenings conducted throughout Pike County regarding diabetes. After the first Activate Ohio series, 85% of the class participants glucose levels dropped over the 10-week program. The OSU Extension Family and Consumer Sciences educator in Pike County led the community programming efforts with two series of Dining With Diabetes classes, two DWD reunions, and partnered in all other diabetes activities in the community. The Pike County Diabetes Coalition took leadership on the monthly diabetes support group meetings, the annual diabetes health fair, the annual kidney screening, and efforts to find local diabetic youth to attend Juvenile Diabetes Camp. The Pike County YMCA led the Activate Ohio program sponsored by the Ohio Department of Health at 27 different YMCAs in 17 counties in Ohio. Each agency developed curriculum for their respective programs. All these agencies created a major educational effort in the community targeting adults with diabetes. Partnered agencies conducted awareness campaigns at local clubs and organizations, radio spots, news articles, flyers posted throughout the county, and with local physicians and health clinics.
- The Pike County FCS educator continued work on the State OSU Extension Diabetes Team in updating and developing and revising curriculum for state distribution. Activities included the 2008 DWD Update held in April in Columbus and over 100 educators and health professionals attended. Over 2,000 individuals have taken part in DWD series in Ohio so far during 2008.
- The Pike County FCS educator obtained an \$8,500 NUTRI-CIZE SURPRISE grant from the Adena Health Foundation to encourage and improve the diet, nutrition, and exercise habits of young school age children and their families. The NUTRI-tion part of the educational tool is designed to enhance the quantity and quality of fruits and vegetables in their diet. The exer-CIZE will encourage physical activity as part of the child and family's overall health.
- During 2008, a group of OSU Extension personnel in the Southeast region developed a series of 13 Fruit and

Vegetable fact sheets addressing the importance of fruits and vegetables and exercise for a health lifestyle. The fact sheets will be distributed to second-grade students in the Waverly City Schools. The Fruit and Vegetable team received a \$2,500 grant from the 4-H Foundation to develop the fact sheets and start up money for the program.

Family Nutrition Program

- The Midwest Region Food and Nutrition Service, U.S. Department of Agriculture, funds OSU Extension's Family Nutrition Program. The FNP program has been existence in Pike County since 1994 with a total of \$461,782 brought into Pike County. The Pike County Extension educator, Family and Consumer Sciences, provides leadership for the Family Nutrition Program with a total 2007–2008 budget of \$45,843. The Family Nutrition Program targets food stamp recipients. This program reached over 1,307 participants during 167 scheduled classes during 2007–2008. The Family Nutrition Program teaches participants basic nutrition, food safety, meal management, food security, and budgeting. Over 4,000 Family Nutrition Program newsletters were distributed to participating agencies.
- The Pike County FCS Extension educator taught four lessons of the "Taking the Helm" curriculum for 20 Family Nutrition educators in central Ohio during 2008.

Preparing Youth for Success

- There were 2,646 youth enrolled in the Pike County 4-H program with 57 community clubs and 39 school enrichment programs. There are 250 adult volunteers who work with the youth of Pike County.
- Participation in 4-H Camping experiences were enjoyed by 250 youth. During overnight and day camp experiences youth gained leadership skills, social skills, cooperative skills, and practice service to others. Through camping experiences in 2008 youth were provided experiences in science-based experiments, nature-related activities, therapeutic programs, as well as traditional camping experiences. Health-related programs surrounding physical fitness, good nutrition, and positive thinking were also included in the camping program.
- "4-H is for Everyone." This statement holds true for the youth of Ohio. Working with special needs youth is a priority for 4-H. Working with Special Needs Youth through the Winning 4-H Plan is designed to create a positive environment for diverse special needs youth with caring adults to help reach their fullest potential as contributing citizens. The program was created to facilitate the inclusion of all youth in the 4-H program regardless of any special physical, emotional, cognitive, or social needs. The

program has benefited over 1,000 youth, volunteers, and Extension professionals. The program has been presented nationwide. Positive youth experiences are provided through this innovative program that allows youth to engage in community service, build sustained relationships with caring adults, and see themselves as part of their own future.

- There were 1,035 youth involved in School Enrichment educational opportunities through Breads of Harvest, Critics in the Classroom, Fishy Science, Go Plants, and The Incredible Egg. Through school enrichment, youth acquire independent learning skills, group processing, and information that help attain state proficiency standards.
- The 4-H PetPALS Juvenile Diversion Program is an innovative project developed to address critical needs of at-risk youth. Promoting positive youth development for all youth requires programming that targets a specific audience. This program is designed for young people who are currently in situations that place them at risk for negative behaviors. The program is provided in the Pike County Juvenile Court jurisdiction with the 4-H Youth Development professional providing leadership. The desired outcomes for the youth include: (1) increased self-esteem, (2) responsibility and accountability, (3) a sense of contribution to the community, (4) reduced stress, and (5) increased personal satisfaction through contact with pets and positive adult and teen interaction. The ultimate outcome is that high-risk juveniles become integrated into the community as competent, capable, caring, and productive citizens, not becoming repeat offenders. Utilizing the Juvenile Court System, the program is developed and implemented involving at-risk, low risk youth; adult and teen volunteers; typical youth; and a variety of pets. The program has served over 70 youth so far in afterschool settings, community centers, or extended school programming facilities for eight-week classes.

Enhancing Agriculture and the Environment

- A Pike County Extension educator utilized funds to support marketing efforts and provide educational programs. The Pike County Cattlemen's Association cooperated with the Jackson Branch of OARDC in providing a seminar entitled Low Stress Cattle Handling. Over 50 producers attended seminars by nationally recognized experts Dr. Ron Gill of Texas A&M and Curt Pate on modern animal behavior and management techniques. Local producers were hosts to other county cattle groups from North Carolina and West Virginia. Additionally, the author has held meetings on Strategies for Dealing with Forage Shortages, Drought Recovery Strategies, and Managing in Tough Economic Times.
- A Pike County Extension educator, as part of a multi-disciplinary team, co-authored six OSU Extension Budget

sheets for beef cattle cow/calf and feedlot enterprises.

Livestock producers have been assisted in analyzing options for variable and fixed costs and developing management strategies to remain competitive while the industry faces high input prices.

- The New/Small Farm College was developed for the many landowners in Southern Ohio seeking ways to make the most of living on a small farm. Some will consider traditional farming enterprises while others are interested in pursuing alternative and non-traditional land uses. Educators from across the region developed an eight-session educational program that was attended by 55 individuals. A Pike County Extension educator provided programs on Ag Law and sheep and goat production. A farm enterprise tour gave participants first-hand experience with management and marketing decisions. Participants will be able to make land use choices based on new knowledge attained from a greater understanding of production practices and requirements, economics of land use choices, assessment of personal and natural resources, marketing alternatives, and the identification of sources of assistance. Post-program surveys indicated 69.8% of the participants developed or changed their plan for use of their property and 80.8% of the participants were first-time participants of an Extension program.
- As a founding member of the Ohio Meat Goat Marketing Alliance, cooperative efforts between producers, industry, and OSU Extension are utilized to deliver educational programs and baseline research for this emerging industry. Special emphasis has been placed on value-added marketing through carcass research and presentations on niche marketing. The alliance was instrumental in establishing graded sales with a commercial livestock company that has seen bi-monthly marketing of over 500 head. Meat goat grading has educated producers on the importance of quality to increase revenue by as much as \$13.00/cwt and reduced marketing cost by \$3.00/head. A Pike County Extension educator made a presentation at the International Conference on Goats in Queretaro, Mexico. The educators held a two-day Professional Meat Goat Symposium that was attended by over 90 persons and featured warm season grasses and high condensed tannin forages, which can reduce the need for chemical dewormers. A Pike County Extension educator publishes the Buckeye Meat Goat Newsletter, which is received by over 650 producers.
- Hundreds of local requests in Consumer Horticulture were responded to this year in areas of weed identification and control, floriculture, and pest mitigation. Common requests in Pike County include lady beetles, tomato diseases, and tree diseases. Special meetings on soil testing and raised bed gardening were provided to Piketon Sosis, Waverly Garden Club, and residents of Bristol Village with interest in gardening and floriculture.

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