



Tuscarawas County

419 16th St. SW
New Philadelphia 44663, 330-339-2337



2008 County Highlights

Strengthening Families and Communities

- 1,376 people participated in Fit Youth Initiative's fourth annual community summer walking program, "Vote Yes for Healthy Steps!" in partnership with eleven county public libraries, the Tuscarawas County Dairy Farmer's Association, the YMCA, Curves, and the Tuscarawas County Health Department. A total of 391 participants (28%) completed at least 30 hours of walking required to earn a t-shirt. The t-shirt design was chosen through a contest for area 4th and 5th graders. Based on records returned, participants throughout the county walked for more than 16,000 hours between May 1 and September 1. The YMCA marketing director and instructor remarked, "I think this program was a great success for my classes. Thanks for helping me increase their activity."
- 22 issues of *FYI Connections* have been provided to thirteen area school districts in Tuscarawas and surrounding counties during the past three school years. The monthly newsletter includes a family friendly wellness related article and highlights of member organizations' upcoming events and is distributed via e-mail to administrators to send home with their students. The newsletter is also posted on the Ohio Action for Healthy Kids web site, Zone 7 page.
- Eight participants attended Dining with Diabetes. Three weekly sessions included lessons about managing diet, food preparation, food tasting, and a guest speaker (exercise physiologist, podiatrist, and diabetes educator) discussing a diabetes-related health issue. Participants indicated increased awareness of specific tests related to their diabetes care: hemoglobin A1C (86%, increase of 30%) and microalbumin test (71%, increase of 44%). Participants also increased their knowledge regarding carbohydrate-containing foods, the benefits of soluble fiber, and the Plate Method. 86% of participants indicated they were practicing carbohydrate counting, as compared to only 43% prior to attending the classes.
- Three parents attended the three-class series "Ways to Enhance Children's Activity and Nutrition! (We Can!)" A simplified "We Can!" was simultaneously offered to children of participants. All adult participants reported positive changes in their children's eating behaviors over the course of the series. All learned new information and plan to use information and skills learned.
- 2,012 low-income adults, mostly parents, attended nutrition classes taught by the program assistant in the Family Nutrition Program. 1,933 (96%) reported learning new information and 1,645 (82%) reported plans to

make recommended changes in nutrition, food shopping, and/or food safety practices.

- Over 260 youth and adults participated in the two large community service projects that were initiated by the local 4-H Committee and 4-H Staff. One project took place at 4-H Camp Piedmont and the other at the county fairgrounds. In April, to help prepare camp for opening, Tuscarawas County families joined together to clean the kitchen, rake leaves, and clear up winter debris, plant flowers and trees, clear old trees and fallen branches, paint cabins, mulch trails, and dig ditches for improved drainage. Other families attended and prepared food for all the workers. The fellowship, camaraderie, and the positive attitude of "Making The Best Better" then led the group to initiate a work day at the county fairgrounds. In August, the second group of 4-H volunteers and members spent a day at the fairgrounds cleaning out barns and drains, painting buildings and rails, weeding around fence lines, cleaning spouting, rebuilding pens, and setting up for the 4-H Clover Café. Both projects added pride in the facilities for those involved and was very much appreciated by camp staff and the Senior Fair Board.

Preparing Youth for Success

- Two "Teen Action for Healthy Kids" workshops were conducted in partnership with Ohio AFHK, Zone 7 to encourage development of student advocacy groups in area high schools. A total of 33 students and 10 advisors from seven different school districts participated. Students are involved in activities promoting healthy habits for younger students and their peers, particularly with regards to healthy eating and physical activity.
- FYI promoted an "ACE Your Tests!" campaign with area schools in conjunction with International Project ACES (All Children Exercise Simultaneously) Day. Schools were provided with promotional posters as well as classroom resources and ideas to encourage increased physical activity opportunities on testing days. Sixteen schools (approximately 5,000 students) participated in the campaign in Tuscarawas and Carroll counties. Events included activities such as kicking off each testing day with a walk around the school track and healthy breakfast and a school-wide afternoon exercise break.
- FCS staff organized and administered 4-H project judging for 213 members enrolled in foods, clothing, and other FCS related 4-H projects. Staff also facilitated set-up and judging of over 55 club fair booths at county

fair. The FCS Committee supported 4-H activities by preparing and serving lunch for approximately 200 judges during 4-H project judging days and providing camp scholarships to four members through frozen food sales.

- 1,083 youth ages 5–18 experienced hands-on learning as they participated in traditional organized community 4-H clubs in the county. These life skills were directed by 227 volunteers who gave leadership within the club structure. An additional 2,014 students participated in 4-H enrichment programs in 30 classrooms throughout the county. These enrichment programs included Breads of the Harvest, Chick Embryology, Learning Basic Sewing Skills, Nutrition Education, and our local forest industry.
- Outdoor education and group living skills were just two of the areas that 140 youth experienced at the annual 4-H Camp Piedmont. Twenty-nine older youth shared their knowledge of group facilitating, safety, team building, and interactive recreational programs that taught the youth cooperative living while serving as counselors. The older youth developed skills in many leadership aspects including team teaching, discipline, program development, and then the evaluation of the camping situation. Each of these individuals gained confidence in their interviewing skills as part of the selection process.
- 14 educators representing 7 school districts in the tri-county area attended a train-the-trainer session for implementation of “Real Money Real World” and NEFE’s “High School Financial Planning Program” into their schools. Four of those districts purchased the Real Money Real World curriculum. 308 Indian Valley Middle School students in 6th–8th grades completed the simulation in May 2008. Of those, 82% reported increased awareness of the cost of maintaining a household, 84% reported increased awareness of job type impacting income, 92% indicated they felt it was highly important to do well in school, and 72% indicated they intended to learn how to make wise financial decisions as a result of attending the simulation.

Advancing Employment and Income Opportunities

- 62 participants attended ServSafe Employee (Person-In-Charge) food safety trainings (50 of those representing 4 local school districts participating in school food service training). 95% of participants demonstrated increased knowledge in the areas of personal hygiene, cross contamination, and cooking/cooling as assessed by a pre/post test. All participants who completed the National Restaurant Association’s (NRA) Employee test passed with a score of 86% or greater and received an Employee Food Safety Training Certificate. Four indi-

viduals participated in the ServSafe Manager’s Course. All passed the NRA ServSafe Manager’s examination.

Enhancing Agriculture and the Environment

- 83 members of the Tuscarawas County Dairy Program travel to Illinois and Indiana on their annual education tour. This year the tour made a stop at the Fair Oaks Farm in Indiana, which is the largest dairy farm east of the Mississippi River. The significance of this stop was the environmental use of the farm land and their use of manure and waste products from the farm to produce the energy that runs the milking operation. 4-H members participated in interactive activities as a part of the learning opportunity.
- Teaching volunteers about natural resources and the environment was the focus of the Ohio Certified Volunteer Naturalist (OCVN) workshop. Participants received 40 hours of classroom and field instruction in ecology, mammals, birds, nature interpretation, and geology of the region. In return, these certified volunteers have donated more than 240 hours of community service, a value of more than \$3,600.
- Teaching Humane Officers about farm animal production was the focus of the “Agriculture 101” training. Humane officers in Ohio receive very limited training in farm animal production methods, yet are often called to investigate allegations of abuse and/or neglect. Through classroom and on-farm training by OSU Extension and Ohio Farm Bureau professionals, participants gained knowledge of farm animal production practices, animal welfare, mortality composting, legal issues, and working with the media in this two-day workshop. A post-workshop evaluation reported 100% increased their knowledge and learned information useful when conducting investigations. Participants also highly valued the on-farm exercises and the importance of following proper bio-security measures.
- Little research has been conducted on the effects of starter fertilizer on corn when used for silage. With the skyrocketing cost of fertilizer many farmers are questioning what material is most economical. Results of a three-year on-farm study have concluded that, regardless of the materials used, a cost savings of nearly fifty percent can be achieved without negatively impacting yield. The cooperating farm in this project has changed their fertilizer management and saved \$8,000 as a result of the research.
- Nearly 100 farmers who have a restricted use pesticide applicator license received three hours of training about practices to follow that help achieve maximum yield, minimize environmental impacts, and are economically sound. The value of this training is in excess of \$187,000 every three years.

Ohio State University Extension embraces human diversity and is committed to ensuring that all research and related educational programs are available to clientele on a nondiscriminatory basis without regard to race, color, religion, sex, age, national origin, sexual orientation, gender identity or expression, disability, or veteran status. This statement is in accordance with United States Civil Rights Laws and the USDA.

Keith L. Smith, Ph.D., Associate Vice President for Agricultural Administration and Director, Ohio State University Extension

TDD No. 800-589-8292 (Ohio only) or 614-292-1868