

Quick Facts

- 524 volunteers donate over 30,000 hrs/yr valued at \$659,000 or 15 FTEs.
- 33,450 educational contacts /year
- Staff generated \$828,000 in in outside funding

YOUTH DEVELOPMENT



HEALTH & WELLNESS



Washington State University Clark County Extension engages people, organizations, and communities to advance knowledge, economic well-being, and quality of life by fostering inquiry, learning, and the application of research. Extension fosters and promotes partnerships with public agencies, NGOs, community groups and members, and individuals to implement the shared mission of WSU Extension and Clark County. Extension opened for business in Clark County on November 1, 1917.

Impacts

Youth Development Structured learning, encouragement, and adult mentoring play a vital role helping young people in 4-H achieve future life successes. A national Tufts University study shows 4-H helps youth excel beyond their peers. 4-H youth:

- Are 56% more likely to be physically active; less likely to be sexually active by grade 10, and exhibit significantly lower drug, alcohol, and cigarette use.
- Report better grades and greater engagement at school; they are more likely to attend college and pursue careers in science, engineering, or computer technology; they are three times more likely to actively contribute to their communities.

4-H Clubs bring youth together under the guidance of caring adults for year-long, hands-on learning in a community environment that fosters the four essential elements for positive youth development.

- 240 adults led 1061 youth ages 5-19 in 99 4-H Clubs, contributing 13,000 hours of mentoring.
- 91% or more improved self-responsibility, communication, decision-making, teamwork, & leadership.
- 88% of youth improved self-responsibility, communication, decision-making, teamwork, & leadership.

The 4-H Restorative Community Service Food Bank Garden provides youthful offenders opportunities for meaningful service emphasizing their positive contribution and community membership.

- 24 adults mentored 55 at-risk youth who produced 1000 lbs of produce for 300 needy citizens.
- Almost all youth felt they were listened to and made positive contributions to the community.

4-H Science, Engineering and Technology (SET) Initiatives extend 4-H benefits to urban audiences and foster development of 21st century workplace skills. 348 youth participated in a 4-H project related to technology and engineering. The 4-H Clovernauts Club continues to place in the top at their regional and national competitions in robotics competitions.

Health and Wellness Food Safety & Nutrition programs help individuals and families in Clark County make better choices to prevent disease and improve health. Programs promote healthy food choices, exercise & safe food practices to low-income families, youth, and the general public.

Food Sense, funded by federal grants, provides nutrition education to low income youth and their families. Over 5,000 families learned to make healthy food choices and consume more fruits and vegetables, manage limited budgets, and increase exercise. Classes help families reduce obesity, reduce potential diseases, decrease the costs of health care related to poor food choices, all of which decrease reliance on social services.

Pre-Diabetes Education teaches residents to manage their lives through healthy food choices, regular physical activity, and lifestyle management to prevent diabetes. Extension helped 50 residents in a 10 month program lose about 11% of their body weight, participate in 160 minutes of physical activity per week, and have prevented the onset of diabetes. Preventing diabetes saves each participant \$300 per month in health care and costs for diabetic supplies, while reducing the risk of serious health issues such as stroke, loss of eyesight and amputations.

Expanded Foods and Nutrition Program (EFNEP) assists 200 low income families (adults who have children) acquire the knowledge, skills, attitudes, and changed behaviors necessary to increase nutritionally sound diets and improve total family diet and nutritional welfare. Over 1,200 youth in the Vancouver School District received nutrition education on healthy food selections.

Food Safety and Quality programs teach consumers how to prevent foodborne illness with safe food handling practices. Teaching youth handwashing helped prevent Norovirus outbreaks in schools and general illness. With more people wanting to safely preserve locally grown foods, Extension trained 22 Master Food Preserver volunteers to help 1,000 individuals safely preserve food. Volunteers trained 12 limited resource families to preserve donated and gleaned produce which added to their family meals.

Food Safety for Food Workers programs provide food handlers the food safety knowledge necessary to meet the Person In Charge (PIC) standards which improves skills of the food workers, improves health inspection scores, and eliminates or reduces foodborne illnesses in the community.

- PIC classes reached 134 food handlers from 54 facilities (623 food handlers representing 294 facilities 2008-2013).
- Restaurant health inspections scores improved; 90% made at least one change in the facility.

Natural Resources Enhancing the natural environment of Clark County increases the health and sustainability of its economy and its communities. Landowners increased their knowledge about improving land management and streamside habitat; implemented best management practices (BMPs) to improve water quality; improved streamside habitat; and installed low impact development BMPs.

WSU Master Gardeners. This program's 187 para-professional volunteers (54 new this year) utilized EPA's principals of Beneficial Landscaping in their outreach. They promote landscaping practices that yield environmental, economic, and aesthetic benefits, contributing over 16,000 hours or time. The WSU MG program performs outreach to the public through tours, workshops, and public events, such as organic vegetable gardening, fruit tree care, composting, and pest management. Workshop participants, 84% increased their knowledge. The program endowment stands at \$133,000.

Small Acreage Program (SAP). Partnering with Clark County's Clean Water Program, SAP trains landusers how to steward their land and save money by doing so. *Living on the Land: Stewardship for Small Acreages (LOL)*, a 12 week training, graduated 374 people since 2003 owning 3,190 acres. Among the 345 LOL graduates (282 households) through 2012, 182 HHs implemented 587 BMPs on at least 2,012 acres affecting at least 1200 livestock (excluding poultry). Respondents shared what they learned with at least 2,724 other people. Over 45% tested their soil, 54% of respondents with septic systems inspected their system, and 54% of the HHs with wells tested them, all as a result of what they learned. 77% agreed funding the LOL through Clean Water Program fees was a good use of the fee. SAP holds an annual Small Acreage Expo; two-thirds of participants increased their knowledge about property management and how management affects water quality. SAP provides workshops on best practices, property tours, and relevant publications. Most participants report increased knowledge and implementing management changes on their property.

Watershed Stewards. The Watershed Stewards program, partnering with Clark County's Clean Water Program to train community volunteers, lost funding in mid-2013. Since 2001, the program reached 91,116 residents and students through outreach events, presentations, and workshops, while Stewards contributed over 30,000 hours. 85% - 100% of participants in the workshops learn at least something, with 50% increasing their knowledge of a subject moderately to quite a bit. 72% of workshop participants implement the practices taught while all workshop participants shared what they learned with 3,680 other people.

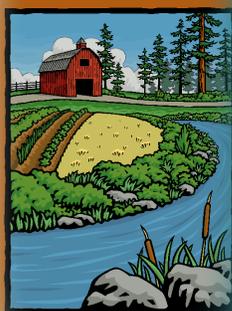
Commercial Horticulture programs foster the establishment of new fruit, berry, and vegetable farms, along with wineries, and greenhouses. Most outreach targets direct marketing and local sales, such as the three commercial classes for 120 people. 51 of the 81 farmers assisted reported making significant improvement in their marketing, pest management, or production practices. The program's Pacific Northwest plants page (<http://pnwplants.wsu.edu>) received 577,653 web visitors (unique IPs).

Food Systems work provides local farmers training on production and marketing related to small farm businesses; promotes local farms through the WSU Farm Finder (farmfinder.wsu.edu); and helps farmers develop business plans in its Ag Entrepreneur class where 19 people owning 15 properties and 11 businesses participated in 2013. Of 69 surveyed (08-10), 35 shared learning with 338 other people; 22 changed their farm business and 18 changed their marketing based on the course.



NATURAL RESOURCES

DOING OUR PART FOR CLEAN WATER



SMALL ACREAGE PROGRAM



FOOD SYSTEMS

