



Grays Harbor County

WASHINGTON STATE UNIVERSITY
EXTENSION

2016 Program Impact Report

MAKING A DIFFERENCE IN THE LIVES OF GRAYS HARBOR COUNTY RESIDENTS

Dan Teuteberg, County Director
dan.teuteberg@wsu.edu

Sue Sparkman Loveless,
Office Manager

PO Box 3018 (mail)
32 Elma-McCleary Rd.
Elma, WA 98541
(360) 482-2934

Nancy Ness
GH Noxious Weed Control Board
(360) 482-2265

<http://extension.wsu.edu/graysharbor/>

Facebook pages:

- WSU Extension-Grays Harbor County
- Grays Harbor County 4-H
- Grays Harbor Noxious Weeds
- WSU Master Gardeners of Grays Harbor and Pacific Counties



Mission Statement

Washington State University Extension Grays Harbor County helps people put research-based knowledge to work, improving their lives, communities, and the environment.

To realize this mission, faculty and staff plan, conduct and evaluate research and experience-based educational programs to improve the lives of Grays Harbor County residents.

WSU Extension Grays Harbor County also employs the assistance of hundreds of volunteers and community partners and provides access to the resources available at Washington State University and the National Land Grant University Extension System.

Local Programs Include:

- 4-H Youth Development
- Food Sense Nutrition Education
- Noxious Weed Education and Control
- Master Gardener Program
- Food Safety & Preservation
- Diabetes Prevention Program

WSU Extension programs and employment are available to all without discrimination.
Evidence of noncompliance may be reported through your local WSU Extension office.
Washington State University, U.S. Department of Agriculture, and Grays Harbor County cooperating agencies.



2016 4-H BY THE NUMBERS

- 2,084 Youth Reached
- 104 Certified and Enrolled Adult Volunteers
- 22 Trained Youth Volunteers

4-H Youth Development

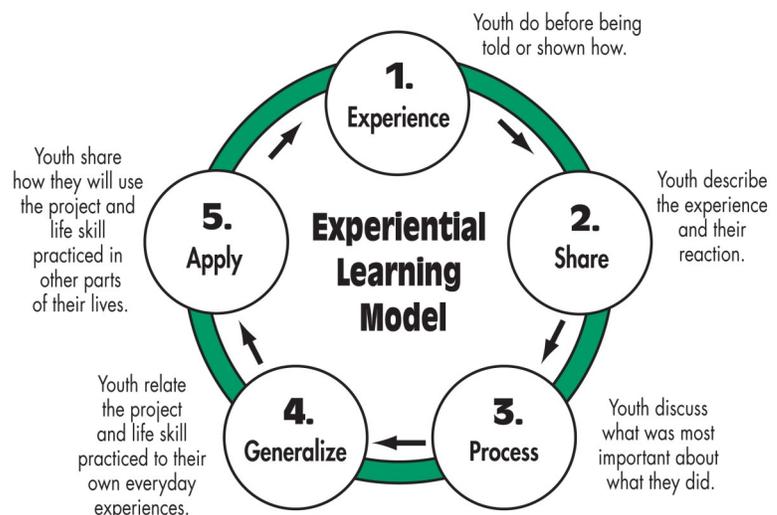
Situation & Issue

Youth have certain developmental needs--emotional, social, intellectual and physical--and will attempt to meet those needs throughout their day-to-day lives. Research through the Tufts University longitudinal study discovered that the structured out-of-school time learning, leadership experiences, and adult mentoring that young people receive through their participation in 4-H plays a vital role in helping them achieve success.

Response

The Grays Harbor County 4-H Youth Development Program reaches out to youth and their families to build skills for life in a variety of ways including project clubs, after school programs, summer camps, special interest projects, internship programs and special events. Programs focus on three important areas with an emphasis on the experiential learning model:

- Positive and sustained relationships between youth and adults
- Activities that build important life skills
- Opportunities for youth to use these skills as participants and leaders in valued community activities



Providing programs that foster opportunities for experiential learning and life skill development to help youth become confident, contributing citizens.

Outcomes and Results for 2016

Twelve new adult volunteers attended Volunteer Education sessions covering topics including communication, learning styles, youth protection, life skill development, and youth/adult partnerships. Of the participants completing evaluations, 78% reported they increased their knowledge of life skill development in youth. The Grays Harbor County 4-H Youth Development Program reached 2,084 youth. The contributions of 104 adult volunteer leaders provided youth with a wide variety of learning experiences including public presentations, record books (record keeping, financial documentation, and narrative writing experience), judging, clinics, fairs (teaching poise and social competence in addition to project content skills), and community service projects (civic responsibility).

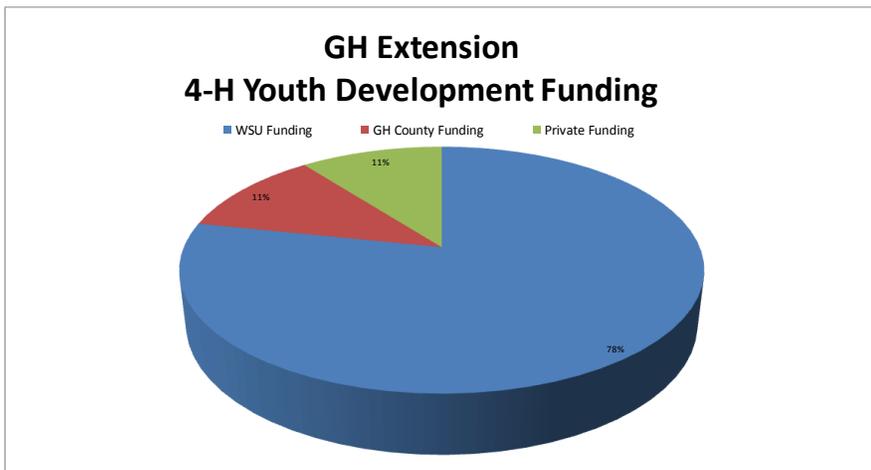
Staff

Dan Teuteberg, Assistant Professor, 4-H Regional Specialist, (1.0 FTE position with WSU Mason County Extension)

Tracie Hanson, 4-H Program Coordinator (1.0 FTE)

Funding

* County contribution also includes indirect cost of office space for this County Department.



Goals for 2017

- Increase the number of trained adult volunteers who deliver youth programs via clubs and community programs
- Increase number of community partners

WHAT THE RESEARCH SAYS ABOUT 4-H

4-H'ers are:

4 times more likely to give back to their communities

2 times more likely to make healthier choices

2 times more likely to participate in STEM activities Science, Technology, Engineering and Math

4-H girls are 2 times more likely and nearly 3 times more likely to take part in science programs compared to girls in other out-of-school time activities.

The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth Development



2016 FOOD \$ENSE BY THE NUMBERS

- 11,869 Direct contacts with youth
- 452 Direct contacts with parents and other adults
- 1,402 Indirect contacts with parents and adults via newsletters
- 426 Nutrition education programs delivered

Food \$ense Nutrition Education

Situation & Issue

This project targets adults and children with messages that are consistent with the Dietary Guidelines and teaches the skills to select and prepare the lowest-cost, most nutritious (and tasty) foods. Educators emphasize increased consumption of fruits, vegetables, low fat milk, and decreased consumption of high fat, high sugar foods. Additional messages emphasize portion size and the importance of physical activity.

In 2016, Grays Harbor County ranked 38th out of the 39 Washington counties in health factors. Over one-third of the adult population is obese and a quarter is physically inactive, while two out of five youth don't get enough physical activity. More Grays Harbor adults have heart disease and diabetes than the state average. Of the 38 schools in Grays Harbor, 30 are eligible for free and reduced price lunch.

Response

In Grays Harbor County, Food \$ense reached 1,959 individuals through 70 series nutrition education classes with additional demonstrations. Eighty-one percent of program participants were youth and 19% were adults, with 39% people of color (25% Hispanic). By gender, 56% of program participants were female and 44% were male. As a result of participating in the program, youth and adults increased physical activity, made healthy food choices and ate more fruits and vegetables.

WSU Extension Food \$ense developed its Whole School Approach and Integrated Community Approach to include key Policy, Systems and Environmental (PSE) strategies that support core education. Examples of environmental supports include:

- Promote healthy choices in the school lunchrooms
- School Wellness
- Enhanced access to healthy food

Food \$ense nutrition education focuses on the SNAP-Ed key behavioral objectives for obesity prevention:

- Make half your plate fruits and vegetables, at least half your grains whole grains and switch to fat-free or low-fat milk and milk products
- Increase physical activity and reduce time spent in sedentary behaviors as part of a healthy lifestyle
- Maintain appropriate calorie balance

Empowering low-income residents to make healthy food choices and choose active lifestyles through education and environmental supports.

Outcomes and Results for 2016

After completing series nutrition youth classes, 31% improved their knowledge of recommended servings and serving sizes, 32% improved their practice on eating a healthy breakfast, 30% used MyPlate information to select healthy snacks and 40% improved knowledge and practice on food safety.

Teachers were given program evaluations and 100% responded. Teachers have adopted healthier behaviors: 63% reported talking about or modeling healthy behaviors, while 45% adopted one or more of the nutrition practices discussed in class such as eating more fruits and vegetables, exercising regularly, drinking less soda, choosing healthy meals and snacks, watching serving sizes, and eating breakfast, including smoothies. Teachers also observed student behavior change. Students were more willing to try new foods, including those provided by the Fresh Fruit and Vegetable program and made healthier meal and snack choices.

Parent newsletter evaluations were sent home with second through fifth grade curricula. Responses from parent newsletter surveys were encouraging. Of the 369 parents who responded: 63% buy healthy snacks more often; 68% eat more fruits and vegetables; 59% increased the amount of physical activity; 62% are more aware of portion sizes; 59% read nutrition labels more often; 50% changed some food preparations to lower fat, sugar and salt intake.

Staff

Julie Guyton, Kimberly Foster, Davona Gwin, Ashley Johnson, Jessica Swanson, Maja Ballew

Collaborators

Grays Harbor County, Aberdeen School District, Elma School District, North Beach School District, Ocosta School District, Satsop School District, the Housing Authority of Grays Harbor County, the Aberdeen DSHS Community Service Office.

Goals for 2017

- Expand on PSE approaches with school and county health agencies
- Reach more SNAP-eligible adults/audiences through new partnerships with The Arc of Grays Harbor, CCAP TANF and food banks

Funding

USDA Supplemental Nutrition Assistance Program (SNAP-Ed) grant: \$205,549.00

FOOD SENSE PARTICIPANT QUOTES:

“We no longer hang out in the ‘Little Debbie’ snack department and get to the berries!”

2nd grade parent at Elma Elementary School



A third grade student proudly shows off her Lemon Velvet Smoothie “moo-stache” at Ocosta Elementary School

“More kids are doing the monthly walk/run. No one is bringing ‘energy drinks’ for breakfast. [Kids] talked about reading labels at home.”

5th grade teacher, Stevens Elementary Aberdeen



2016 NOXIOUS WEED BOARD

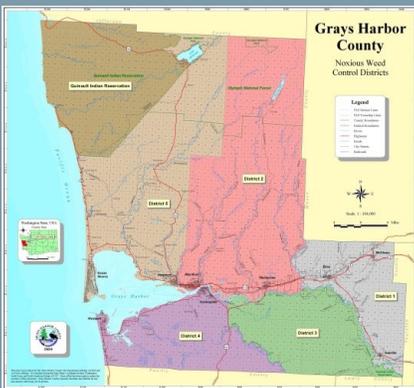
Ernie Nelson
Chair
District 5

Grace Stiller
Vice Chair
District 4

Lou Messmer
District 2

Rod Easton
District 1

Vacant
District 3



Noxious Weed Program

Situation & Issue

Grays Harbor County enjoys a diverse landscape, from the largest river within the boundaries of our state, to the rainforest, coastal dunes and glacier topped mountains—all vulnerable to the impacts of non-native noxious weeds to our economy and way of life.

State and County weed laws establish all property owners' responsibility for helping to prevent and control the spread of noxious weeds.

Since plants grow without regard to property lines or political jurisdictions, everyone's cooperation is needed – gardeners, farmers, government land agencies, ranchers, foresters, hunters, boaters, fishermen and the shipping industry and all have a role to play.

Response

Washington's weed laws spell out these responsibilities, and creates the government infrastructure needed to educate citizens and ensure that the laws are respected.

- Providing information based on scientific research to people who contact us via phone, e-mail, office visit , social media, and public events
- Informing landowners of weed infestations and working with them towards control
- Engaging all members of the community in noxious weed awareness
- Partnering with other land managers to get greater results
- Providing preventative assistance through "weed free" certification inspections
- Fostering stewardship with volunteers to remove weeds in our public spaces
- Utilizing Integrated Pest Management guidelines
- Inventorying weeds across 2,224 square miles of county



Protecting Grays Harbor's Natural Resources

Staff

Nancy Ness, Coordinator (0.48 FTE)

Funding

In 2016, the program received approximately \$36,987.00 from the County's general fund.

Outcomes and Results for 2016

Community Outreach and Education

- Grays Harbor Home & Garden Show booth (50 participants)
- Grays Harbor County Fair (7,000 participants)
- Grays Harbor College Forestry class (20 participants)
- Chehalis Watershed Festival (50 participants)
- Regional Dept. of Transportation training (40 participants)
- Master Gardener Training (30 participants)
- Kiosk and publication rack at the Coastal Interpretive Center
- 105 followers on the GH Noxious Weeds Facebook page
- Supported the Play Clean Go national campaign
- Aquatic weed posters and "Shoreline Best Management Practices" publications for Ocean Shores Coastal Interpretive Center and Ocean Shores Freshwaterways
- Provided "Weed Free" hay, mulch, gravel and rock certifications
- Offered weed wrench community loaner program

Projects and Partnerships

- Class A Weed (False Brome) survey/follow-up from 2015
- Noxious weed project with the Quinault Indian Nation
- Pollinator Forage Project with State Weed Board

Goals for 2017

Expand Community Outreach and Education

- Expand collaborative partnerships including Stream Team
- Expand educational opportunities through libraries, schools, colleges, and social media
- Assist landowners with plant identification and control methods

Community Programs

- Offer "Weed Free" inspections for hay, mulch, gravel and rock
- Increase weed wrench community loaner program
- Increase the number of assessments and maps of noxious weeds throughout the county including gorse, Scotch broom, tansy, etc.
- Increase successful Cooperative Weed Management Area efforts

NOXIOUS WEED PROGRAM COLLABORATIONS

Ocean Shores Freshwaterways

Chehalis River Cooperative
Weed Management Area

Quinault/Queets Cooperative
Weed Management Area

Olympic Invasives
Working Group

Scotch Broom Working Group

Pacific Northwest
Invasive Plant Council—
Citizen Science Invasive Plant
Program

WSU Master Gardener
Invasive Plant Study Group

Friends of Schafer/Lake Sylvia

Ocean Shores Coastal
Interpretive Center

Chehalis Land Trust

Grays Harbor Stream Team





2016 MASTER GARDENERS BY THE NUMBERS

- 7,875 Volunteer Hours = \$228,296* = 3.8 FTE
- 2,600 Pounds of produce donated to local food banks from gardens associated with Master Gardeners
- Over 4,300 residents reached
- More than 425 youth learned nutrition and gardening skills

*Value of volunteer time in Washington \$28.99/hr (For 2015/indexed April 2016). www.independentsector.org/volunteer_time

Master Gardener Volunteer Program

Situation & Issue

Healthy landscapes help provide food resources, a sound environment, protect water quality, and improve the quality of life in Grays Harbor County. There is a strong need for educational outreach and technical assistance for rural and suburban landowners in Grays Harbor County to assist them in making wise landscaping and gardening decisions. Recent statistics indicate that Washington ranks toward the top in the United States for highest hunger rates. The Master Gardener program has taken leadership in gardening expertise to assist low-income audiences by providing educational outreach and produce to help address hunger needs.

Response

113 WSU Master Gardener volunteers donated more than 7,875 hours of service conducting a number of highly visible educational programs throughout the year.

Master Gardeners offered public workshops on topics as varied as pruning, compost, growing vegetables, container gardening, lavender, noxious weeds, pest management, and bees.

Significant events hosted by the Master Gardeners included the 19th Annual Garden tour, comprised of eight gardens in the Aberdeen and Cosmopolis area. Participants learned about sustainable garden practices such as water conservation, composting, use of mulch, non-chemical insect and disease control, and appropriate plant selection for our climate. The Home & Garden Show was sponsored solely by the Master Gardeners this year. This two-day show with an attendance of over 2,500 is the only event of its kind in our coastal area. Master Gardeners staffed a plant information center and diagnostic plant clinic during the entire show, a children's gardening activity booth and a compost demonstration booth. Seven classes were also presented during the show. A plant/planter sale and a used book sale were added this year.

The educational Demonstration Garden is located at the Grays Harbor County Fairgrounds. This provides a venue where Master Gardener docents can illustrate techniques and other best practices, as well as display appropriate ornamental and edible plants to grow in a coastal environment. The garden also yields produce for local food banks.

Master Gardeners demonstrated their commitment to youth through workshops in school classrooms and gardens, children's activities at various events and their significant efforts to support the county Health Department's Cultivating Roots Community Garden Project.

Promoting responsible environmental stewardship with relevant information to meet the home horticulture needs of Grays Harbor County residents

Outcomes and Results for 2016

Over 325 home gardeners had their insect, plant disease and weed problems correctly identified/diagnosed at diagnostic plant clinics. These clients were provided with remedies including Integrated Pest Management (IPM) options for their control to reduce overall herbicide and pesticide use.

Approximately 200 pounds of produce from the Demonstration Garden were donated to local food banks and an additional 1200 pounds were produced and donated at off-site locations where Master Gardeners provide expertise and assistance. Additionally, over 1200 pounds of produce were donated by gardening activity prompted by the Plant a Row campaign in which Master Gardeners participated.

Over 425 youth participated in youth development opportunities through gardening skill building, work experience, and other activities.

Master Gardener Volunteers reached more than 1,495 clientele through workshops, demonstrations, and tours, providing best practices and educational information and publications.

Master Gardeners trained 27 new Master Gardeners this past year.

Volunteer Staff

Sharon Kulish-Bayles, Volunteer Coordinator

Funding

Project funding is supplied by the Master Gardener Foundation of Grays Harbor and Pacific Counties.

Goals for 2017

- Continue Staff Plant Clinics at all workshops, Home & Garden Show, Grays Harbor Fair, and Ocean Shores
- Offer *First Saturday with Master Gardener* workshops starting in 2017
- Begin planning for Master Gardener Volunteer Training for 2018
- Sponsor Home and Garden Show and Garden Tour
- Continue youth programs at Cosmopolis Elementary, Cultivating Roots Community Garden-youth and pre-school, Elma Head Start program and add Girl Scout programs



Master Gardeners answer questions from the public at the Home and Garden Show Plant Clinic

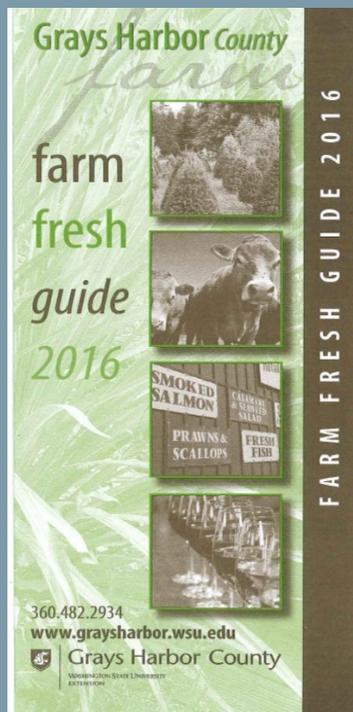


September 1st Saturday Workshop presented at the Master Gardener Demonstration garden for the public

QUOTES FROM PARTICIPATING GROWERS:

“Our customers want to know more places to buy fresh and local produce and what Grays Harbor has to offer and also to receive the “family farm atmosphere”. We want the Farm Fresh Guide to continue as it helps to support small businesses to succeed in Grays Harbor County.”

“My farm and customers support the Farm Fresh Guide.”



Agriculture in Grays Harbor County

Situation & Issue

Farmers depend on wholesale markets and direct sales to the consumer from their farms. Direct sales also make it possible for local farms to contain labor and transportation costs, while providing quality products.

Although only 4% of the county's 1,902 square miles is dedicated to agriculture, much of Grays Harbor is rural (over 61% of the county's land is forest). This rural setting, as well as Grays Harbor's close proximity to the coastline and Olympic National Park, makes the county an attractive tourist destination.

Response

Since 1995, WSU Extension has partnered with Greater Grays Harbor, Inc. to produce the *Farm Fresh Guide*, with financial support from Grays Harbor Tourism. The *Farm Fresh Guide* lists thirty growers in Grays Harbor County who provide farm direct sales to the consumer. Among the 30 farms included on the 2016 map were two seafood growers, 16 vegetable, berry and flower growers, one vintner, five farms offering animals and meat, four Christmas tree growers, and three farms offering hay, haylage, oats, barley, and custom haying.

The 2016 *Farm Fresh Guide* received a new look last year. It now includes a QR code so smart phones can link to a website to view the map. PDF copies of the *Farm Fresh Guide* can be downloaded from the websites of all three partners. Five thousand copies of the guide were printed for distribution to local businesses, libraries, visitor centers, and local lodging in an effort to reach our guests. Local patrons also look forward to the Guide each year in order to visit local producers. Eat Fresh! Eat Local!

Outcomes and Results for 2016

- Nearly all 5,000 copies of the map were distributed to the regional libraries, businesses, tourist facilities, lodging, and the featured farms
- Participating farms witnessed new visitors due to inclusion in the Guide
- Copies of the *Farm Fresh Guide* are requested year round

Funding

\$1,500 grant was received from Grays Harbor Tourism for printing expenses. In kind support from WSU Extension Grays Harbor County and Greater Grays Harbor, Inc. supports the creation and distribution of the annual *Farm Fresh Guide* to Grays Harbor County.

Fostering profitable family farms, land and water stewardship, and access to healthy food.

Agriculture in Grays Harbor County

Grays Harbor County agricultural producers are among the less than two percent of the population in the United States today that produce the food and fiber consumed by the remaining population and they do it more efficiently and at less cost to the consumer than any other industrialized country in the world. The following comparisons are from the 2012 Census of Agriculture released in May, 2014. The census also indicates that 61% of Grays Harbor County is in woodlands, 19% croplands, 8% pastureland, and 12% for other uses.

The maritime climate, productive soils and abundant water supply in Grays Harbor County provide nearly ideal conditions for a wide diversity of horticultural crops. In addition, the county has a highly visible livestock industry which includes dairy animals and horses as well as exotic livestock like buffalo, Scottish Highland beef, Nigerian dairy goats and alpacas.

The county produces over 1,500 acres of vegetable crops including sweet corn and cannery peas. The county is also well known for the production of quality cut-flowers including daffodils, tulips, calla lilies, gladiolus, and dahlias. Other crops include Christmas trees, raspberries, blueberries, potatoes and beans. Cereal grain is also grown, with the majority of that in spring and winter wheat.

Both traditional, established agricultural producers as well as new alternative crop growers rely on Extension as a point of contact for information on growing and marketing local agricultural products. For the first time WSU Extension, in partnership with DNR and other local agencies, held an eight week course in Grays Harbor for family forest owners. The forest stewardship - coached planning shortcourse helped to

answer questions for owners of small-scale family forests (typically 5-500 acres). Planning is underway to hold WSU's annual summer field day near Oakville in Grays Harbor County in August 2017.



AGRICULTURE BY THE NUMBERS

- 557 Farms
- 119,440 acres utilizing about 4% of the county's 1902 square miles of land
- Over 61% of the county is in forest land
- \$31,353,000 market value of livestock and crop sales per year
- Average of \$56,289 per farm, annually

2012 Census of Agriculture Grays Harbor County Profile

WSU, the DNR and other agencies offered an eight week course in Grays Harbor for family forest owners. This award-winning program was well received and filled to capacity.



2016 DIABETES PREVENTION BY THE NUMBERS

- 40% maintained a 7% or greater weight loss by the close of the program
- 69% engaged in more physical activity
- 93% completed at least 4 classes

Diabetes Prevention Program

Situation & Issue

Considering the Robert Wood Johnson Foundation 2016 County Health Rankings, Grays Harbor improved its overall standing to 34 out of the 39 counties. However, the county ranking falls to 39 for health behaviors and clinical care, and 38 for socio economic factors. These factors contribute to individuals and families having no insurance or being underinsured. Many Grays Harbor residents are without a family physician, don't receive annual assessments or regular care.

Additionally, nearly a fifth of the adults smoke and a similar number report eating fruits and vegetables less than once a day.+/+++

More than a third of Grays Harbor County residents are obese, measured by self-report. More Grays Harbor adults have diabetes or heart disease than the state averages. Although 73% of Grays Harbor County residents have access to locations for physical activity, almost a third report not engaging in physical activity in their leisure time.+++/+

The Diabetes Prevention Program (DPP) has been shown to delay or prevent the onset of diabetes. It is comprised of 16-weekly facilitated sessions followed by monthly ,or twice-monthly sessions.

Response

Two new Diabetes Prevention Program series were held in Grays Harbor County, with three classes continuing. Fourteen individuals enrolled in one of the four programs. Of those enrolled, 4 received scholarships supporting their attendance while 7 had the DPP as a covered insurance benefit and 3 paid for the program. Monthly or semi-monthly sessions were provided for participants from three of the series started in 2015 having already completed their weekly sessions. Thirty-two weekly Diabetes Prevention Program sessions (4 /16-week sessions) and 33 once or twice-monthly sessions were facilitated.

Staff

Chris Koehler, Associate Professor, Family and Consumer Science

Funding

\$6,850 in combined program funds available

+County Health Ranking -Robert Wood Johnson Foundation

+++WA DOH Grays Harbor Chronic Disease Profile

*1 <http://www.doh.wa.gov/Portals/1/Documents/Pubs/140-073-StatePlanForHealthyCommunities.pdf>

¹New England Journal of Medicine, Vol. 346, No. 6 (2002)

Grays Harbor County
Washington State University Extension

WEIGH LESS LIVE MORE

There's a program offered in your area that can help you lose weight and live a longer, healthier life. About 18 million adults in Washington have prediabetes and are at risk for developing type 2 diabetes.¹ And most people with prediabetes don't even know they have it.

The Diabetes Prevention Program is a proven program that can help you lose weight and prevent or delay the onset of type 2 diabetes for people at risk. And the best part is you may be able to enroll at NO COST to you!^{*}

ENROLL BY February 22, 2016 A \$380 VALUE - for only \$125!

Lose weight and reduce your risk of diabetes by enrolling in this 16-week program. Two classes starting near you.

Aberdeen:
GHCH, East Campus
Tuesdays, 5:30–6:30 PM
Starting March 1, 2016

Elma:
WSU Extension Office
Wednesdays, 5:30–6:30 PM
Starting March 2, 2016

CALL 360-482-2934 or email: koehler@wsu.edu

Please Check Enrollment Qualifications:

- A1C result of 5.7-6.4
- Fasting Plasma Glucose result of 100-125 mg/dL
- 2-hour (75 gm glucose) Plasma Glucose result of 140-199 mg/dL
- Risk quiz score of 9 or higher (Call to take the risk quiz)

* Some insurance plans include the DPP as a covered benefit. Flexible Spending Accounts or Health Savings Accounts may be used to cover the cost of the program, check with your plan administrator. WSU offers parent plans with reduced fees for people with limited resources.

Reasonable accommodations will be made for persons with disabilities and special needs who contact: Chris Koehler at 360-482-2934 or koehler@wsu.edu at least two weeks prior to the event.

Extension program and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office. Cooperating agencies: Washington State University, U.S. Department of Agriculture, and Grays Harbor County.

A proven program that can help prevent or delay the onset of type 2 diabetes through lifestyle changes for people at risk.¹

Outcomes and Results for 2016

- 93% (13) completed at least four classes of the 16-week core series
- All of those who completed the program lost some weight (6)
- Of those who completed the post core sessions from 2015 classes (15) : 100% weighed less than when they entered the program, and 40% maintained a 7% or greater weight loss.
- Four program participants no longer qualify as “at risk” for diabetes; 3 have A1c results lower than prediabetes

The Diabetes Prevention Program recommends 150 minutes of moderate physical activity per week. Sixty-nine percent (9) of those completing four or more sessions increased their time engaged in physical activity while participating in the program. Food and activity journal entries and self-reports during sessions revealed that individuals increased their physical activity minutes per week, as well as choosing more physical lifestyle activities, like walking to or between errands, walking to stores, libraries and fitness facilities from home.

Class members are also demonstrating a physical activity lifestyle change. They adopted a variety of fitness activities like hiking park trails, sharing walking DVDs, YouTube videos and On-Demand fitness programs. New Year's Day, a number of class members participated in the local Lake Sylvia First Day Hike, and with increased stamina, have competed organized 5K and 10K running or walking events.

Goals for 2017

- Promote positive behavior change in health and personal finance through a Facebook page
- Promote protecting your identity and securing your personal information and important papers
- Provide facilitator training for the Strengthening Families Program for Parents and Youth 10-14 and promote the local programs

PARTICIPANT QUOTES

“Not only do I no longer have prediabetes, but my doctor says my blood work looks better than it has in a decade!”

“My husband reads the label before we buy anything, and now he’s eating a salad every day for lunch and he’s not choosing iceberg lettuce.”

“My A1c is now 5.5!”

“Whenever my husband and I eat out we decide what we’d like and split the entrée and then add a side salad for each of us.”

2016 CONSUMER FOOD SAFETY BY THE NUMBERS

- 60 Documented food safety/preservation inquiries
- 53 Pressure canner gauges tested
- 11 of which were accurate
- Additional 31 were within range
- 11 gauges were recommended to be replaced

~

Food preservation articles were written for our website, local newspapers, newsletters, and social media which directly sparked or renewed interest for several people.

Consumer Food Safety

Situation & Issue

Home food preservation is seeing a resurgence. It doesn't matter why - it matters that it is done safely. Improper processing can cause illness and in extreme cases, even death. Those new to home food preservation, along with experienced canners, need to use current information. A problem is that people need to accept not everything they see on the internet/social media/YouTube/etc. is correct. Using outdated material is another mistake. The common thread is that people need to be trained correctly, use the most current research, and have their equipment tested to preserve food safely.

The Center for Disease Control (CDC) estimates that each year roughly 1 in 6 Americans get sick (approximately 48 million people), 128,000 are hospitalized, and 3,000 die of foodborne illnesses.

The United States Department of Agriculture (USDA) recommends dial pressure canner gauges be checked annually for accuracy to prevent inadequate processing of low-acid foods that allows for the survival of *Clostridium botulinum* spores.

Response

- Provide and promote pressure canner gauge testing
- Make informational displays for outreach events
- Promote the online course "Preserve the Taste of Summer"
- Answer food safety/preservation questions via phone, email, social media and face-to-face using current USDA research
- Provide food preservation/safety information and resources on the Grays Harbor County Extension website and Facebook page
- Use social media to promote events and to answer questions
- Shared posts from Dr. Stephanie Smith's WSU Food Safety Facebook page to provide current information to the public on procedures, products, and safety recalls
- Write informational articles for local release
- Be available at our county fair to answer preservation questions

Staff

Sue Sparkman Loveless, Office Manager (1.0 FTE)

Funding

- Salary and Benefits 100% Grays Harbor County
- No line item funding for this program

Increasing the number of consumers that use safe food preservation and food handling practices.

Outcomes and Results for 2016

- 60 food safety/preservation inquiries were logged in 2016
- 53 pressure canner gauges were tested in 2016, many for the first time
 - 11 gauges were spot on
 - 31 were within the acceptable range
 - 11 gauges were more than two pounds off which came with the recommendation to be replaced
 - 7 new gauges were tested
- Arranged to have a gauge testing clinic at a local store in 2017
- Presented a food safety lesson to a high school summer program along with a hands-on project, easy refrigerator pickles (A die-hard dill pickle eater even liked them)

Several food preservation articles were written for local publications. An article about canning fresh local tuna sparked interest. As a result, individuals bought new pressure canners, brought the canners to have the gauges checked, and requested additional guidance. Individuals then purchased fresh tuna, and reported great success. Following this experience, they preserved fresh fruits, vegetables, soups and meats. Last year, a couple saw kimchi being made in the office and asked for instructions to make their own.

Goals for 2017

- Increase awareness of USDA food safety and preservation resources provided by WSU Extension using social media, local news and our web page.
- Hold a pressure canner gauge testing clinic in the community this spring/summer.
- Provide educational displays and materials throughout the county including at the Grays Harbor County Fair.



CLIENT QUOTES:

“It’s nice to know you do this here (at the Extension office) and you do it right!”

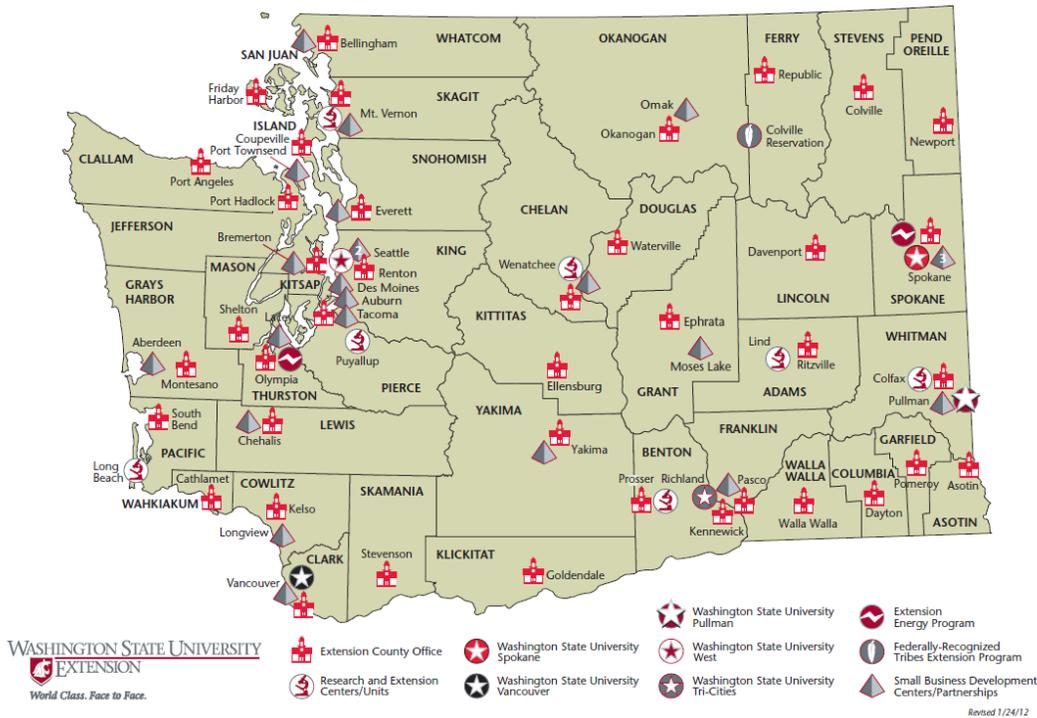
“Thank you so much for providing this service. I don’t have to worry about the safety of my canned goods. HUGE peace of mind for me!”

“Thanks for all of your help this past year.”

SUCCESS STORY:

I recently had a call from a woman who canned chicken two weeks prior. She realized she had only processed the jars for 15 minutes when it should have been 90 minutes. She asked if she could just reprocess for the additional time of 75 minutes. I explained the reasons behind the process to help her understand the chicken was not safe to serve anyone. I value that people feel comfortable calling in with these questions.

Washington State University



Grays Harbor County

WASHINGTON STATE UNIVERSITY
EXTENSION

Dan Teuteberg, Director
dan.teuteberg@wsu.edu
Sue Sparkman Loveless, Office Manager

PO Box 3018 (mail)
32 Elma-McCleary Rd.
Elma, WA 98541

<http://extension.wsu.edu/graysharbor/>

Facebook pages:

- ⇒ WSU Extension-Grays Harbor County
- ⇒ Grays Harbor County 4-H
- ⇒ Grays Harbor Noxious Weeds
- ⇒ WSU Master Gardeners of Grays Harbor
And Pacific Counties

