



Belmont

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2004 County Impact Statements



EXTENSION

Interdisciplinary Programming

- A weekly news column was developed for *The Times Leader* entitled ***The Buckeye Connection***. Each week, an educator or program assistant submits a timely article for the column. As a result of the weekly column, readers of *The Times Leader* will gain knowledge of what Extension has to offer to residents of Belmont County.

4-H Youth Development

- CARTEENS volunteers are working together to bring safe driver training to Belmont County juvenile traffic offenders. Presentations by inmates, Ohio State Highway Patrol Troopers, and the CARTEENS volunteers combine to make a program that helps to encourage appropriate driving behaviors and illustrate the inevitable consequences of irresponsible behavior behind the wheel. In 2004, CARTEENS programming reached 206 young drivers and 206 parents.
- 250 youth from 13 third-grade classrooms from throughout the county participated in the *Incredible Egg* program. These youth learned the responsibility of caring for eggs and hatched chicks. One participant evaluation stated, "I did not know that you can learn and have fun at the same time." One of the teachers said, "The enthusiasm for learning in my classroom increases in all subjects due to the program." The hatch rate has increased this year with a new egg supplier.
- 108 youth aged 9 to 13 participated in *Belmont County 4-H Junior Camp* in June. These youth were given an opportunity to live in a cabin with other youth, learning valuable life skills. They also had opportunities to learn about natural resources, athletics, boating, swimming, crafts, and other educational activities while participating in the four-day camp. Initial evaluations indicate that campers learned to identify trees and to build a bluebird house. Additionally, 51 teens served as *4-H Camp Counselors* or *Counselors in Training* during the 4-H Junior Camp. These teens were responsible for planning and conducting most programming during the camp and assisted with teaching educational sessions. Counselors in Training were assigned a Counselor to shadow during camp and learn about the role of being a good camp counselor.
- 20 Cloverbud aged youth participated in a one-day *4-H Cloverbud Day Camp* in June. These youth participated in a series of games and activities that focused on water education, including the opportunity to stand inside a life-sized bubble. Other activities included crafts, games,

songs, and making flubber. The day ended with the children acting out a story with fish puppets that each 4-H member created.

- Collaboration with Big Brothers and Big Sisters of Belmont County has resulted in a 4-H Club developed during an **after-school program** in Bellaire. Twenty middle-school-aged youth and three volunteers are participating in this new program.
- Adult 4-H Volunteer Committee Members worked to provide a variety of learning experiences and opportunities to the 4-H members of Belmont County. The 4-H Rabbit Committee sponsored a Rabbit Workshop teaching youth about proper care and nutrition for rabbits. Each 4-H'er also had the opportunity to practice tattooing a bunny. Additionally, the Horse and Livestock Committees provided Workshop and Quality Assurance programs for those enrolled in the respective animal areas.

Agriculture and Natural Resources

- The fifth Annual Youth Safety Day Roundup was held in conjunction with county's third annual fourth-grade dairy day. A total of 130 youth, as well as 20 teachers, learned about the dairy industry and attended six 20-minute safety sessions. Each youth received a free T-shirt for their participation. Returned surveys documented that 71 percent of the participants stated that they learned very much from attending the field day. Surveys also stated that 49 percent of the participants "very much" learned something that they could use.
- 12 new Master Gardeners received 50 hours of training and will in turn provide at least 50 hours of volunteer service to the program. Two major projects this year in Belmont County included providing educational materials at the two organized farm markets and the landscape beautification project at the Barnesville Depot Station. In 2004, 32 master gardeners in Belmont and Monroe Counties provided 500 hours of volunteer service and made more than 1,000 individual contacts. Since the program began in 1994, Master Gardeners have provided more than 8,500 hours of volunteer time and have reached 19,000 clients.
- Belmont County has a new Scenic Byway — Drover's Trail. Extension, at the county and state levels, was very helpful in the process of obtaining this status. The Scenic Byway includes 39 miles of St. Rte 147 and St. Route 800. The Belmont County Scenic Byway Committee, through the assistance of a grant, has developed a beautiful brochure to promote the designated highway.

- 50 people attended a timber marketing and taxation workshop in Belmont County. As a result of the meeting, 6 participants followed-up with professional advice before marketing their timber. A survey conducted the previous year showed that those who seek professional help receive 75% more money when selling their timber.
- 23 private applicators were provided three hours of training and received their re-certification. 5 clientele were provided two and a half hours of training and were certified for the first time. The pesticide training programs allows farmers to buy and use restricted-use chemicals in a safe and environmentally friendly manner.

Family and Consumer Sciences

- The *Dining with Diabetes* program has completed six years of programming and continues to attract a new audience. Diabetes has become a major health problem in the county, state, and nation. Teaching county residents how to select and prepare nutritious meals and stay within their daily carbohydrate allowance is extremely important. Working together with West Virginia Extension in Marshall County, West Virginia, and a certified diabetic educator from Wheeling Health Right, we have taught 46 individuals about diabetes and the effects nutrition and food selection have on their health. One client wrote that we take a very difficult subject and make it understandable. Test scores and behavior practices improved between class one and the three month follow-up class in 75% of the class participants.
- *Dining with Diabetes* was also taught in each district throughout the state. Cindy Oliveri and Anita Pulay presented a train-the-trainer session. Currently, 60 counties within the state of Ohio have or do intend to offer the *Dining with Diabetes* series of classes.
- *Teaching Parents to Help Children Cope with Divorce* is a two-and-a-half-hour multimedia, educational program that offers information on the divorce process and post-divorce parenting. In 2004, 203 adults were reached with this program.
- The Family Nutrition Program is continuing to be funded in Belmont County. Basic nutrition and food-safety skills are being taught to encourage food security for the food-stamp-eligible audience. Men and women have learned to

make wise food choices at the grocery store following the guidelines taught using the food guide pyramid. Thrifty shopping skills are included in the classes, and the knowledge has helped participants to be aware of ways to save money at the grocery store. A total of 1,886 participants have been taught this year, with 90% reporting that they have learned new knowledge and intend to adopt newly learned skills. In addition to classes being taught, 2,400 monthly newsletters were distributed as handouts at various agencies.

- Thirty women in Belmont County received mammograms in 2004 because Anita Pulay scheduled the mobile mammogram unit from Ohio State University James Cancer Center. All the women reported that they appreciated the unit coming to the community. Sixty percent of the women who had previous mammograms were overdue to have their next. When the women read about the service, they made the effort to have the procedure because it was convenient and accessible. Of the 30 screenings, 25 women had normal reports, two needed additional views, two required ultrasound, and one needed to have her mammogram repeated. It is scheduled to be done on December 16 at a local hospital. Two women had baseline mammograms done. All the women commented that they would like to return in 2005. The mobile mammogram unit is scheduled to return in spring and fall 2005. This project was a team effort involving OSU Extension, The James Cancer Center, the Belmont County Health Department, Trinity Hospital Cervical and Breast Cancer Unit, and the Belmont County Board of the American Cancer Society. In addition to getting mammograms, the women had the opportunity to have a physical exam and pap test. One woman who took advantage of this service was diagnosed with a problem and had a hysterectomy immediately. Belmont County has an average number of cancer patients but has more deaths due to delayed treatment. This program was put in place to increase the number of cases of early detection.
- Over 200 Belmont County residents received health and wellness training including nutrition, food safety, sanitation or stress management lessons. The goal of these lessons was to increase wellness. 100% of the audience learned new knowledge and intend to use this knowledge to improve their well being.