

UNIVERSITY OF MISSOURI EXTENSION

Morgan/Moniteau County

2023

Annual Report

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**SERVE
MISSOURI.**

**DELIVER
MIZZOU.**



Extension

University of Missouri

an equal opportunity/ADA institution



Office of Extension
and Engagement
University of Missouri

OFFICE OF THE VICE CHANCELLOR
FOR EXTENSION AND ENGAGEMENT
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December 2023

Dear county commissioners and friends of MU Extension and Engagement,

Thank you for your important partnership with the University of Missouri Extension this past year.

I want to highlight three areas that address needs you helped us identify.

You may recall that the FY 23 state budget provided a one-time \$5 million infusion to MU Extension for growth. Of that, we allocated about \$3 million for field faculty in the areas of agriculture, 4-H, health/human development and business and community development.

Through a dedicated hiring effort, and thanks to that allocation, we have hired 168 new employees since November 2022. That includes 72 academic/faculty members, most of whom are field specialists in a priority area noted above, and 96 staff members (e.g., office administrators, youth and food and nutrition associates, etc.).

We also returned more faculty to local program delivery that best serves your county's needs, while preserving the partnership and relationship building work you value. Our extension and engagement specialists focus full-time on that work as they serve their assigned multi-county groups. Currently, 19 have been hired, with two more in the pipeline.

Finally, we are prioritizing our work with county extension councils. In the new role of partnership and council development director, Lorin Fahrmeier focuses on strengthening council representation and governance. This role will build stronger links with regional, educational and campus leadership to better identify and address local priorities.

At the UM System level, our engagement work across four universities and with leaders across the state makes a difference in areas of greatest need: broadband, workforce development, health access, food security and healthy futures for our youth.

Your county annual report shows what we are accomplishing together as we Serve Missouri and Deliver Mizzou. We look forward to strengthening that partnership with county commissioners and community stakeholders in the coming year.

Sincerely,

Chad Higgins, PhD
Interim Vice Chancellor, MU Extension and Engagement
Chief Engagement Officer, UM System

Who we are

Faculty and staff



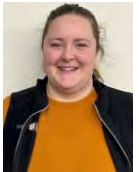
Elaine Anderson
Extension Engagement Specialist



Joni Harper
Field Specialist in Natural Resources



Landon Bax
Field Specialist in 4-H



Morgan Ream
Nutrition Program Associate



Laura Baepler
Youth Program Associate Moniteau



Hailey Colvin
Youth Program Associate Morgan



Bobbie Kroeschen
Office Manager

Other Specialists serving the Counties

- Ramón Arancibia, Horticulture Specialist
Amie Breshears, Agriculture Business Special
Ashley Allen–Brown, Economic Development Specialist
Tina Edholm, Human Development Specialist
Alex Freeburger, Nutrition and Health Specialist
Todd Lorenz, Agronomy Specialist
Gene Schmitz, Livestock Specialist

Council members

Morgan County

Greg Schad, Chairman
Patricia Sanders, Vice-chairman
Angie Story, Secretary
Diann Holsten, Treasurer
Jeremy Bashore
Joann Billington
Marcel Guhr
Peggy Huhmann
Norman Kilmer
Marsha Nelson
David Steinmeyer
Tony Stephens

Moniteau County

Mac Finley, Chairman
Don Basinger, Vice- Chairman
Dawn Cook, Secretary
Julie Berendzen
Barb Denker
Jeanne Heuser
Clint Hoellering
Kenny Kunze
Chuck Massengill
Mitchell Moon
Wade Petree
Norman Rohrbach

County commissioners

Morgan County

Tony Stephens Presiding Commissioner
Brian Lehman Eastern Commissioner
Ryan Hoffa Western Commission

Moniteau County

Joe Lutz Presiding Commissioner
Clint Hoellering Northern Commissioner
Rick Messerli, Southern Commissioner

Budget and more

Dear Friends of Extension,

In 1992, the extension councils of both Morgan and Moniteau agreed to house the extension center for both counties in the Morgan County Courthouse. Since that time, the University of Missouri Extension has provided researched-based information and education programs to improve the lives of residents in both counties.

This unique partnership and cooperation of the two counties is a model for others in the the state. Both councils and extension staff appreciate the continued support of the county commissioners: Tony Stephens, Ryan Hoffa and Brian Lehman from Morgan County and Joe Lutz, Clint Hollering and Rick Messerli from Moniteau County.

Extension funding is a three-way partnership of federal, state and county government. Federal and state money, through the University of Missouri system, pay professional staff salaries, training costs, computers and communication equipment. County funds support the local office, secretarial and youth assistant salaries, staff mileage and council expenses.

This annual report highlights a few of the programs that made a difference in 2023. We look forward to a continued partnership

County Appropriations and Expenditures

Income

County Appropriations	\$67,700
Total Income	\$67,700

Expenses

Office Staff	\$30,242
4-H YPA Salary	\$16,882
Office Temp	\$ 1,087
Travel	\$ 4,408
Postage	\$ 1,719
Telephone	\$ 1,948
Advertising	\$ 1,055
Supplies	\$ 8,130
Insurance	\$ 1,169
Miscellaneous	\$ 294
Council Elections	\$ 251
Repairs	\$ 277
Furniture/Equipment	\$ 1,241
Total Expenses	\$67,700

Local Support

Did you know you can donate directly to Morgan/Moniteau County Extension with a gift to be used immediately or as an endowment contribution for long term efforts. Monies put into the endowment are left forever to earn interest with the county office benefiting each year. You can also direct your donation to a specific program such as 4-H or Master Gardeners.

UM System County Impacts

2024 UM Systemwide Impact Data Sheets

Moniteau and Morgan Counties



University of Missouri System
COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

UM System Footprint in the area in 2023



FY23 area students

123 students

- 95 Undergraduates
- 28 Graduate and professional students
- 93 Full-time students
- 30 Part-time students
- 24 Pell grant recipients (aid year 2023)



Area employees and retirees

112 people employed by UM

- 59 Campuses
- 52 MU Health Care
- 1 UM System

49 UM retirees and beneficiaries

UM salary and retirement income: \$6.6 million

UM state tax revenue: \$196,919

UM federal tax revenue: \$950,964



Area alumni

Selected school alumni

- 6 Medicine
- 37 Nursing
- 81 Health Professions
- 9 Dentistry
- 12 Pharmacy
- 1 Optometry
- 17 Veterinary Medicine
- 232 Agriculture
- 111 Engineering
- 33 Law

Alumni teaching K-12

- 46 teachers
- 12.2% of all district teachers
- 3 principals and administrators
- 12.5% of all district principals and administrators



Area breakdown

MU

- 103 students
- 783 alumni
- 59 employees

UMKC

- 7 students
- 90 alumni
- 0 employees

Missouri S&T

- 11 students
- 55 alumni
- 0 employees

UMSL

- 2 students
- 35 alumni
- 0 employees



Area properties and offices

MU Extension in: Moniteau and Morgan Counties



Area population: 36,606



Area services provided

Health care (FY23)

- 7,152 in-state patients seen at MU Health Care, with \$3.8 million of uncompensated care
- 10 in-state patients seen at UMKC School of Dentistry with a statewide average of \$43.61 per patient in uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 2,078 visits to 1,142 patients having ZIP codes associated with the area

Extension (2022)

- 9,116 Total educational contacts from MU Extension to residents of the counties, including:
- 1,229 contacts related to productive farming, better gardening, and managing natural resources
- 7,887 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development

UM System County Impacts

2024 UM Systemwide Impact Data Sheets

Moniteau and Morgan Counties

UM System Statewide Footprint

Economic and Community Development Highlights

- In 2022, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 81,645 jobs.



\$3.1
billion

For every dollar invested from 2019 to 2021, the MU Extension Business Development Program has returned \$133 in economic impact for its clients by increasing sales more than \$1.6 billion. For a total impact of \$3.1 billion, the program has generated more than 37,000 jobs and attracted nearly \$451 million in capital investments and \$1.5 billion in government contracts.

- Between FY17 and FY22, UM System brought Missouri more than \$1.46 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



In FY23, UM System was issued 33 patents and filed 61 new U.S. patent applications.

- In FY23, the UM System awarded 805 design and construction project contracts throughout Missouri, for a total investment of \$279.2 million in the state.



In FY23, to improve access to medical and health related services, MU Health Care's Missouri Telehealth Network's Show-Me ECHO program provided 18,381 hrs of case-based instruction to 2,938 learners located in 112 of 114 Missouri counties and the city of St. Louis.

Education and Training Provided



41,992 police, fire fighters, and medical professionals attending continuing education (2022)



Agriculture and natural resource programs served 174,692 farmers and related businesses (2022)



311,749 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2022)



University of Missouri System
COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

Education Highlights

FY23 Financial Aid Awards

In FY23, 67.3% of the UM System's 80,702 students received financial aid totaling \$973.7 million

MU

27,256

students receiving financial aid

\$536.0M

financial aid awarded

UMKC

11,859

students receiving financial aid

\$217.3M

financial aid awarded

Missouri S&T

6,748

students receiving financial aid

\$117.7M

financial aid awarded

UMSL

8,489

students receiving financial aid

\$102.8M

financial aid awarded



UM System's MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 58 higher education institutions (230,000 students), 485 K-12 school districts (832,000 students) and 132 public libraries (serving nearly 3 million Missourians) in 2022.

- UM System awarded 50.5% of the 32,098 Bachelor's or higher degrees awarded by Missouri four-year public institutions in 2022-23.
- UM System awarded 36.6% of the 1,935 research doctorates and 26.9% of the 3,593 professional doctorates awarded by Missouri public and not-for-profit private institutions in 2022-23.
- In FY23, UM System's \$37.9 million in National Science Foundation (NSF) grants represented 88.3% of all NSF grants made to Missouri public colleges and universities.
- In 2023, over 10,900 Missourians accessed mobroadband.org, part of the UM System Broadband Initiative which helped the statewide build-out of high-speed internet infrastructure. MU Extension also supported residents in making individual challenges to the FCC that resulted in \$810,000 in additional funding for the state of Missouri.

Supporting the University of Missouri is an investment in the future of Missouri.

Local Impacts

Missouri Century Farms

The Missouri Century Farm program dates back to 1976 and seeks to recognize and celebrate the families and farms who have survived the test of time and been in operation for 100 year or more. For Missouri and the community, the Century Farm program is an important venue to promote and preserve the states cultural and economic past for future generations.

Qualifying farms are recognized with a certificate and farm sign for display at the farmstead. Over 186 farms in Morgan and Moniteau Counties have qualified for Century Farm status .



1885- Jim & Pat Marriott

1885- Cory & Jessica Johnson

State Fair Farm Families



Moniteau County

Brad and Julie Berendzen



Morgan County

Lucas and Rachel Gerlt

Missouri Grand Challenges: Local Solutions



MONITEAU AND MORGAN COUNTIES

Knowing Missouri's Needs

MU Extension asked Missourians to share the greatest challenges they and their communities face.

We heard that feedback and made big changes in the way we work with council and local partners to improve lives. Locally, a network of county engagement and subject matter specialists now share MU's knowledge, research and engagement, targeting programs, information and assistance in:

- agriculture and environment
- youth and family
- business and community
- health and safety

For each grand challenge, MU Extension and Engagement targets a specific gain by 2023:



Economic opportunity

Increase MU Extension and Engagement's economic impact to the State of Missouri from \$1 billion to \$1.5 billion overall, and from \$88 billion to \$100 billion in agriculture, the top economic sector



Educational access and excellence

Increase participation in postsecondary education from 66% to 70%



Health and well-being

Improve Missouri's health ranking from 40th to 35th in the nation

Knowing Local Challenges



CHALLENGE 1: Economic Opportunity: Agricultural Economics

Leading Agricultural Products

Total Commodity Sales: \$344,012,000



Data Source: US Department of Agriculture, National Agricultural Statistics Service, [Census of Agriculture](#). 2017.

Net Farm Income

Net farm income (total sales, government payments, and other farm-related income minus total farm expenses) reflects the strength of the local agricultural community and can be an important measure for lenders and policy makers. The report area had a combined net farm income of \$80,781,000 in 2017, an average of \$38,522 per farm. This compares favorably to the statewide average farm income of \$29,485.

Report Area	Total Farms	Average Farm Income
Report Location	2,097	\$38,522
Moniteau	1,135	\$29,882
Morgan	962	\$48,717
Missouri	95,320	\$29,485

Data Source: US Department of Agriculture, National Agricultural Statistics Service, [Census of Agriculture](#). 2017.

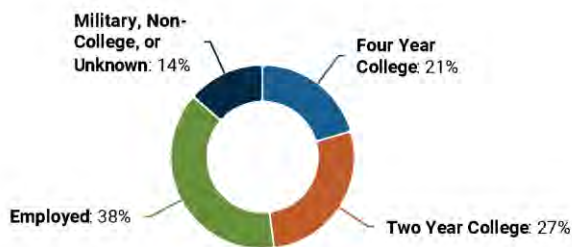
Grand Challenges



CHALLENGE 2: Educational Access and Excellence: *College and Career Readiness*

Post High School Report

The 12-month post-graduation activity of recent high school graduates can inform communities about postsecondary education, career readiness, and characteristics of the future workforce. In 2022, of 302 graduates surveyed in the report area, 62 went to a four-year college, 83 to a two-year college, 116 directly entered the job market. The remaining 41 are reported as in the military, not in college, or unknown.



Data Source: [Missouri Department of Elementary & Secondary Education](#). 2022.



CHALLENGE 3: Healthy Futures: *Access to Care*

Mental Health Care Providers

Mental health is a critical public health issue worldwide. Access to mental health services is a challenge across Missouri, which ranks 46 out of 51 states in provider access. In the trio there are approximately 7 credentialed professionals providing mental health care to serve the area's 36,479 residents. The patient-provider ratio in the report area is 5,211 to 1, which means there is 1 provider for every 5,211 persons. The ratio of persons to providers in the report area is higher than the state average of 855:1, which means there are fewer providers per person in this area.

Ratio (Population to Providers)

5,211:1

Report Location

Moniteau	2,579:1
Morgan	21,006:1
Missouri	855:1

Data Source: Centers for Medicare and Medicaid Services, [CMS - National Plan and Provider Enumeration System \(NPPES\)](#). December 2023.

Primary Care Providers

Older adults make up a historically large percentage of the U.S. population and meeting the healthcare needs of an aging population can be challenging. In the report area, there are approximately 6 primary care physicians (MDs and DOs) to serve the area's 7,315 residents over the age of 65. The patient-provider ratio in the report area is 1,219:1, which means there is 1 provider for every 1,219 older adults. The ratio of adults to providers in the report area is higher than the state average of 242:1, which means there are fewer providers per person in this area.

Ratio (Population to Providers)

1,219:1

Report Location

Moniteau	1,272:1
Morgan	1,193:1
Missouri	242:1

Data Source: US Department of Health & Human Services, Health Resources and Services Administration, [HRSA - Area Health Resource File](#). December 2023.

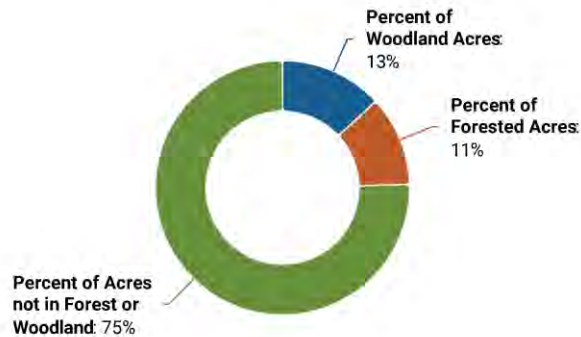
Grand Challenges



CHALLENGE 4: Agricultural Growth & Stewardship: Land Use

Forested, Woodland & Non-forested Acres

Sustainable management of forests and woodlands and harvesting of mature trees support the state's \$10.3 billion forest products industries. Forests have a closed canopy (>80% cover) permitting little light to penetrate to the ground below. They consist of several overlapping layers of trees, with a mid-story and understory comprising a variety of shade-tolerant shrubs and a sparse layer of soft-stemmed plants. Woodlands have a more open canopy (30-80% cover), and their sparse, woody mid-story allows more sunlight to reach the ground. This light permits the growth of a dense ground cover containing a variety of wildflowers, grasses and sedges. Fire plays a large role in maintaining woodland habitats.



Data Source: Multi-Resolution Land Characteristics Consortium, [National Land Cover Database](#).

Recreational Land Acres

The recreational land use data documents Missouri land under federal, state or local government control with open or restricted access to the public. Land with no access is not included.

Acres in Protected Area

158

Report Location

Moniteau	87
Morgan	71
Missouri	1,791,829

Data Source: [United States Geological Survey \(USGS\) Protected Areas Database](#), 2023.



CHALLENGE 4: Agricultural Growth & Stewardship: Soils Testing

Recent public initiatives and USDA programs are putting a focus on producers to improve the health of their soil. The USDA-NRCS defines soil health as the continued capacity of the soil to function as a vital, living ecosystem that sustains plants, animals and humans. A variety of practices can improve soil health, including regular monitoring, sampling and testing protocols. The MU Soil and Plant Testing Laboratory provides testing and unbiased, research-based recommendations for economically viable and environmentally safe nutrient management practices across Missouri.

Report Area	Agriculture	Home and Garden	Community Areas	Research	Total
Report Location	395	43	10	0	448
Moniteau	130	12	6	0	148
Morgan	265	31	4	0	300
Missouri	11,785	4,192	315	3,708	20,000

Data Source: [University of Missouri Extension Soil and Plant Testing Laboratory Annual Summary](#), 2022.



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs

Missouri 4-H for ages 8 – 18



Community clubs are organized by volunteer club leaders and teams of recognized volunteers. Members attend club meetings, elect officers, enroll in projects and plan learning and community service activities. Some clubs opt to be single-project clubs, where all members focus on the same project.



4-H's Leadership and Civic Engagement programs foster understanding, confidence and decision-making skills to empower youths to become informed and active young citizens. 4-H civic engagement initiatives prepare young people to become future leaders by engaging them in programs where they have voice and influence.



Missouri 4-H Agriculture and STEM programs employ hands-on activities that foster problem-solving, creativity, critical thinking and exploration in engineering and technology. Agriculture programming emphasizes biology, environmental science, agri-science, veterinary science and engaging activities such as animal care and agronomy. STEM programs delve into computer science, robotics, aerospace, physics, chemistry and veterinary science.



Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Morgan/Moniteau County

Missouri 4-H

Local Impact

A community of 1353 youth building life skills, contributing to their community and becoming college and career ready. 283 youth ages 5-18 and 91 volunteers enrolled and participated in Moniteau and Morgan County 4-H community club programs in 2023. Thirteen community 4-H clubs offer long term education experiences where members learn life skills such as decision making, public speaking and working with others. Members learn by doing under the guidance of adult volunteers, who teach projects ranging from computers and arts to animal science and healthy living. Clubs also involve youth in community service, camping and educational trips.

Missouri 4-H has shown 4-H inspires kids to do more, grow true leaders, builds leadership and communication skills, social and emotional skills. 4-H is the only youth development program with direct access to technological advances in agriculture, life sciences, engineering, learning technologies and social sciences from the university system. This brings relevant science content and hands-on learning that helps youth thrive (Arnold, Bourdeauk, & Nott, 2013).



Morgan/Moniteau County

Missouri 4-H

Local Profiles and Stories



For Moniteau County, a highlight of 2023 was winning the 4-H Feeding Missouri Food Drive contest by raising over 51,459 meals. This is their second year winning the state contest with 5,000 more meals than last year's total. Meals donated are earned by clubs through a combination of holding food drives and earning community service hours.



Morgan County had several members Participate in Move Across Missouri where they were ranked very high through out the state. Morgan County also had several participate in day camp.

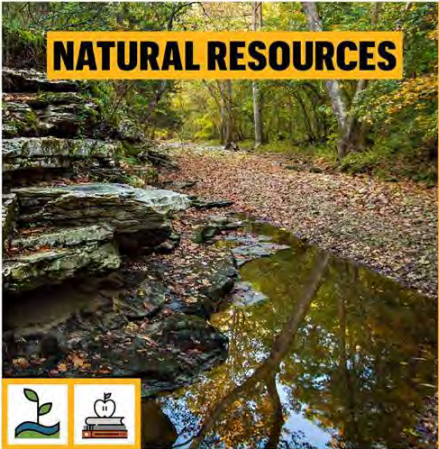


A group of 13 teens in Moniteau County coordinated a Honoring our Hero ceremony in California MO at the Latham Memorial Park. The participating 4-H youth had a sense of pride of bringing the community together for the celebration with over 200 attendees.





MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Agriculture and Environment**



The Missouri Master Naturalist program is a community-based initiative for adults, supported by the Missouri Department of Conservation and MU Extension. It aims to create a group of knowledgeable volunteers who can offer education, outreach and service for the responsible management of natural resources in Missouri communities.

Additionally, the **Missouri Woodland Steward program** offers a short course that equips private landowners with knowledge of woodland management, helping them identify wildlife habitats, develop plans and connect with local natural resource experts.



Management-intensive grazing involves dividing large fields into smaller paddocks and systematically rotating livestock among them. Producers who attend grazing schools learn how to reduce costs through improved livestock, grazing and pasture management while getting insights into fencing, watering systems and grazing system design.

The annual impact of management-intensive grazing is estimated to be \$125 MILLION per year in Missouri.



The Missouri Agriculture, Food and Forestry Innovation Center (MAFFIC) helps Missouri farmers pursue value-added agricultural production and marketing. Partners in this statewide initiative include the Show-Me-State Food, Beverage and Forest Products Manufacturing Initiative, Missouri Agricultural and Small Business Development Authority and the University of Missouri.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



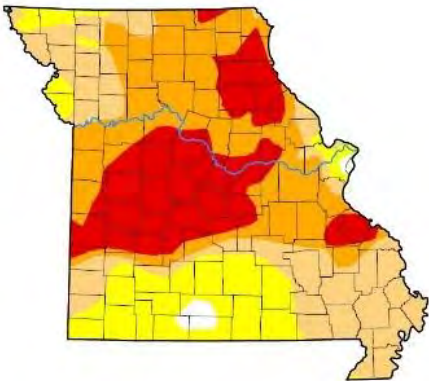
Health & Well-Being

Morgan/Moniteau County

Agriculture and Environment

Local Profiles and Stories

U.S. Drought Monitor
Missouri



A major drought continued during 2023, resulting in limited forage availability for many livestock producers. Concerns about nitrate levels in forages, prussic acid levels in forages, alternative forages, and winterfeeding options were topics that were addressed to help producers cope with drought conditions and limited hay supplies.

Over 400 individual contacts were made in the areas of beef production, forage production, and drought related issues during 2023.

Producer meetings were held in July and August with total attendance numbering 115 producers over six locations. Follow-up winter feeding meetings were held during with a total of 37 producers attended these events. Additionally, MU Agriculture Specialists provided an independent assessment of pasture losses during the grazing season to the county USDA Farm Service Agency offices.



Moniteau Grazing School
23 attendees from Morgan and Moniteau
Sponsored by Moniteau SWCD, USDA-NRCS
and MU Extension



2023 was a drought year where nitrate quick tests were frequently requested.

Morgan/Moniteau County

Agriculture and Environment

Local Profiles and Stories



Woodland Management & Invasive Species Control Workshop

Private woodland owners learn about the basic woodland and wildlife management concepts and practices. Include managing your woodlands for wildlife, prescribed fire, and invasive species identification and control.

Missouri's Native Wild Edibles

Thirty people attended the native wild edibles workshop held in the spring of 2023. A variety of native edibles including fruits and nuts were talked about. Participants learn how to identify, grow, and enjoy these wild fruits.



Davie Haake 2022 Outstanding Missouri Tree Farmer of the Year

The Missouri Tree Farm Conference was held in Versailles with 60 attendees. The focus of the event was to increase participation in the Tree Farm System, a national program for woodland owners who are committed to sustainably managing their forested property for wood, water, wildlife and recreation.

Morgan/Moniteau County

Agriculture and Environment

Local Profiles and Stories



Progressive Ag Safety Days

Extension specialists and community partners provide information on various safety topics like fire, hearing, ATV, crosswalk, electricity and food safety to elementary students in California and Versailles Schools.



Ozark Prairie Master Gardeners



The Master Gardeners meet monthly to educate members and provide trainings for the public. Master Gardeners contributed over 1853 hours back to the communities.





MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Health and Human Sciences**



Chronic Disease Self-Management programs offer evidence-based information for individuals and their caregivers to boost self-confidence in managing symptoms, enhancing quality of life and even reducing health care expenses.

These programs have undergone rigorous evaluation and are proven to be effective tools for individuals dealing with chronic conditions like arthritis, fibromyalgia, depression and diabetes.



Preschool through junior high youths learn how to maintain healthy lifestyles through information about nutrition, food safety and physical activity. **Show-Me Nutrition** classes support Missouri's Show-Me education standards for health and physical education and the state's School Wellness Policy.

"We have struggled with our daughter's picky eating for years and have tried so many techniques to try and get her to eat new foods. Your influence on her has worked magic this year. She has come home so excited about trying new foods and has now become not only willing but excited to try new things."

Parent of a Show-Me Nutrition participant



Mental Health First Aid equips people to recognize and respond to signs of mental illness and substance use disorders.

The youth version of the program is designed to support adolescents ages 12-17 facing mental health or addiction challenges, while the adult version focuses on adults age 18 and older. Participants learn how to offer initial assistance and guide individuals toward the care they need.

**In Missouri, approximately
1 MILLION ADULTS and 72,000 ADOLESCENTS
suffer from MENTAL HEALTH ISSUES.***

*Missouri Department of Mental Health 2020 Status Report

Legend



Agricultural Growth
& Stewardship



Economic
Opportunity



Educational
Access &
Excellence



Health
& Well-Being

Morgan/Moniteau County

Health and Human Sciences

Local Profiles and Stories

SNAP-Ed Public Value Statement 2023

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$10,874,798 in federal funds to Missouri. During FY2023, Missouri's SNAP-Ed program reached over 78,000 Missourians through direct classroom education. Each person participated in an average of 6 hours of education totaling over 15,000 hours. In addition, an additional 760,135 persons participated in indirect education. Direct and indirect education resulted in over 1.8 million total contacts with Missourians.

A total of **54** participants were from Moniteau County.

Participants in SNAP-Ed learn the importance of making healthier meals and snack choices, eating breakfast more often, are more willing to try new foods, increase their physical activity, and make healthier food choices. Those who practice healthy eating and are physically active are more likely to contribute to a healthy labor force and enjoy a high quality of life throughout the lifespan.

This vital programming effort also reduces healthcare costs over the participant's lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums.



EFNEP Public Value Statement 2023

The Expanded Food and Nutrition Education Program (EFNEP) brought \$1,626,730 federal funds to Missouri. These funds were used to enroll 526 limited-resource families in nutrition education and meal preparation classes, representing 1,926 family members. Additionally, 1,980 youth were enrolled in EFNEP classes.

17 of these youth and adult participants reside in Morgan County.

Participants in EFNEP learn the importance of making healthier meals and snack choices, eating breakfast more often, trying new foods, increasing their physical activity, and making healthier food choices. Those who practice healthy eating and are physically active are more likely to contribute to a healthy labor force and enjoy a high quality of life throughout the lifespan.

This vital programming effort also reduces healthcare costs over the participant's lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums.

Morgan/Moniteau County

Health and Human Sciences

Local Profiles and Stories



Bone, Brain and Heart Health classes taught at Price James Library in Tipton. Participants were involved in small group discussions gaining an overview of specific health topics. The participants can apply what they learned to their own lives and guided choices to improve their overall health and well-being.

Through MU Extension's **Farm and Ranch Stress** programs and five different field-tested workshops, rural participants are equipped with tools to improve their mental health, are connected to valuable mental health resources, and participants gain access to free one-on-one telepsychology sessions.



Morgan/Moniteau County

Health and Human Sciences

Local Profiles and Stories



Living a Healthy Life with Chronic Pain, a Chronic Disease Self-Management program provides evidence-based information for individuals and their care givers to boost self confidence;

Feedback and Participant Outcomes:

- “We’re not alone – we may not have the same pain, but we can relate to each other.”
- “This class holds you accountable – drink more water, exercise, eat healthier.”
- “I haven’t used my cane the past 2 weeks.
- “I really like the Moving Easy Program – I’ve watched people doing the exercises here and wondered what they get out of it, but now I know.”

Economic Indicators:

6 completers x \$714 = \$4,284 estimated cost savings from reduced ER visits and hospital.



Dining with Diabetes is a program led by University of Missouri Extension Nutrition and Health Education Specialists for adults with type 2 diabetes or pre-diabetes or people who take care of those with diabetes. This 4-session course helps participants to build food skills through cooking while learning strategies to better manage, prevent or delay complications surrounding diabetes. In addition to cooking diabetes-friendly recipes, classes also include meal planning, group discussion, and information about physical activity and label reading.

Economic Indicators:

8 participants x \$1,369 = \$10,952 in estimated annual direct healthcare costs savings



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Business and Community**



Missourians from all walks of life celebrated the **2023 Missouri Good Neighbor Week**, Sept. 28 to Oct. 4, by completing and reporting neighboring acts and nominating others as the most engaged neighbors in their counties.

In 2023, the goal was to document 15,000 acts of neighboring. That goal was surpassed with 19,752 Missourians being positively affected during MISSOURI GOOD NEIGHBOR WEEK.

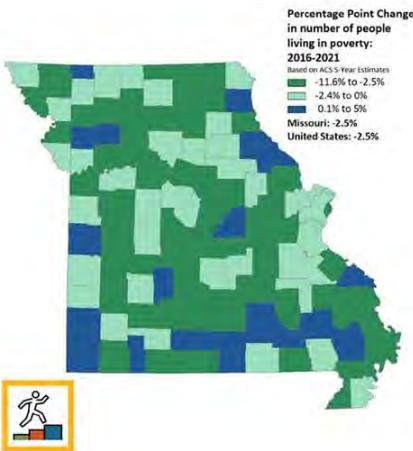


AMERICA'S **SBDC** MISSOURI **CLIENT HIGHLIGHT**

LOGS OF GLORY

The **Missouri Small Business Development Centers** (SBDC) provide professional training and customized one-on-one counseling to small businesses across the state. Working with the Missouri SBDC helps business owners make confident decisions.

FY2020-2022, Missouri SBDC ASSISTED 878 STARTUPS and helped Missouri small businesses earn more than \$440 MILLION.



The **Missouri Economy Indicators (MEI)** series explores business, industry and workforce topics that affect Missouri's economy. The data is shared through newsletters and on social media. MU Extension faculty and staff receive talking points and collateral to share with local stakeholders.

In 2022, MEI published 15 issues, and MEI online resources were accessed MORE THAN 5,000 TIMES. Two out of five MEI newsletter recipients reported using the information to help guide policy or decision-making in their work.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Morgan/Moniteau County

Business and Community

Local Impact

Since 2017 Startup Moniteau has been helping entrepreneurs throughout the region make their dream of starting and owning their own business a reality. The result is that 26 entrepreneurial businesses has gone through the program resulting in a strong partnership with entrepreneurs in the region.

Through cooperative efforts from the Small Business Development Center, Lincoln University, EM Burger Memorial Foundation, and Co-Mo Connect powered by Co-Mo Electric Cooperative, Startup Moniteau continues to stimulate growth through the development of these home grown businesses. In the fall of 2022, entrepreneurs were invited to attend business mixers where they were introduced to the program and were encouraged to enroll in the second phase of the program: LaunchU.

LaunchU began in January 2023 and is a nationally recognized, six-week curriculum-based educational experience. Entrepreneurs are walked through the necessary steps in starting a business: development of a business plan, a feasibility plan, a market and a target market. Business professionals from the region serve as guest speakers at LaunchU to share their knowledge with these future business owners. MRED scholarships \$150.00 of the \$250.00 cost of the program. One of the biggest aspects of this program is the entrepreneurs are able to bounce ideas off of one another and provide valuable input into the creation of each others business. Launch U culminates each year with a pitch competition. Entrepreneurs are asked to present their business idea.

Financial seed money was awarded with \$8,000 spread among the entrepreneurs. During FY23 LaunchU, four entrepreneurs completed the course and are now poised to start their business. MRED believes this program will mean big things for the regions economy as a whole.





MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Community and Professional Health Education**



The **Diabetes Prevention Program** is a CDC-recognized program provided by licensed lifestyle coaches to prevent type 2 diabetes. Through lifestyle coaching participants can achieve sustainable weight loss, increase in physical activity and learn coping skills to manage stress.

More than 1 IN 3 PARTICIPANTS
have reached the
5 - 7% WEIGHT LOSS GOAL.



MU **Continuing Education for Health Professions** (CEHP) provides evidenced-based, relevant and responsive learning activities designed to narrow professional practice gaps with respect to knowledge, competence, and performance of the healthcare team. A commitment to lifelong learning, in partnership with those we serve, contributes to excellence in practice and improved health outcomes.

CEHP provided 169 LEARNING ACTIVITIES which reached over **53,000 PROFESSIONALS** across all Missouri counties.



Rural Immersion Program is an opportunity for medical students interested in rural practice to gain experience in the rewards and challenges of working and living in a rural community, examining rural health disparities and quality of life concerns within a specific region. Group activities and meetings with community leaders in business, government, education, health care and natural resources give students a preview of life in a rural area.

All of the 2023 participants agreed that the Rural Immersion Program significantly contributed to them FORMING INSIGHTS on the suitability of living and working in a rural community, both personally and professionally.

Legend



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Health & Well-Being



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **First Responder Education**



The programming from the **MU Fire and Rescue Training Institute** (FRTI) is available to all qualified fire and emergency first responders. Seventy percent of courses are held at the local departments or agencies. With most of the state's fire service personnel considered volunteer or part-time, this local access and flexibility assures training opportunities for all firefighters and emergency responders.



LETI's **National Animal Cruelty Investigations School** provides training on investigating abuse and neglect of animals. Multi-level courses prepare future animal care workers to handle most types of incidents. Several jurisdictions throughout the country require the National Animal Cruelty Investigations School's training for employment as animal cruelty investigators.



The LETI **School Protection Officer Program** provides basic training for school faculty and administrators to become school protection officers. The three-week academy typically runs during June and exceeds the hourly requirements for state recognition and certification.

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Issued in furtherance of the Cooperative Extension Work Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. Director, Cooperative Extension, University of Missouri, Columbia, MO 65211
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