



UNIVERSITY OF MISSOURI EXTENSION
Pettis County

2023 Annual Report

1012 Thompson Blvd., Ste. A.
Sedalia, MO 65301

**SERVE
MISSOURI.
DELIVER
MIZZOU.**

MU **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

Sherol Bose
Administrative Assistant

Julie Carpenter
4-H Youth Program Associate

Alexander Freeburger
Field Specialist in Health and Nutrition

Katharine Hanlon
Nutrition Program Associate

Billie Long
Volunteer - Master Gardener, Emeritus

Gene Schmitz
Field Specialist in Livestock

Maria "Monse" Montoya De Rivera , NPA
Pettis County Community Partnership

Additional faculty with assignments in Pettis

Amie Breshears
Field Specialist in Agricultural Business

Christina Edholm
Field Specialist in Human Development

Joni Harper
Field Specialist in Natural Resources

Travis Harper
Field Specialist in Agronomy

Kathi Mecham
Field Specialist in Horticulture

Kent Shannon
Field Specialist in Agricultural Engineering

Small Business and Technology Development Center at State Fair Community College

Kelly Asbury

West Central Regional Director
Wayne Prewitt

Council members

Patty Wood, Chairman
Billie Long, Vice-chairman
Kay Sparks, Secretary
Jennifer Boatright, Treasurer
Kenneth Danko
David Dick
Brad Elwell
Craig Guffin
Sue Guffin
Greg Harrell
Don Hutcheson
Janice Klenke
Connie Koch
Dustin Mahin
Nancy Sellers
Matthew Vickery

Israel Baeza, Appointed Commissioner
David McCoy, Appointed Farm Bureau
Rhiannon Foster, Appointed City of Sedalia



County commissioners

Israel Baeza, Eastern Commissioner
Bill Taylor, Presiding Commissioner
Jim Marcum, Western Commissioner

Brad Pollitt, MO District 052 Representative

Budget and more

Thank you from the Extension Council:

On behalf of the Extension Council, we express our gratitude and appreciation to the many volunteers, organizations, county government, businesses and community leaders for their continued support of the extension education program! With your help, we have been able to offer programs that matter to many families, farms, businesses and the communities of Pettis County.

We look forward to building on past successes as we continue to develop and implement programs that make a difference.

MU Extension is a unique funding partnership.

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.

The Pettis County Extension Council, faculty and staff would like to express our appreciation to the Pettis County Commissioners for their continued support of extension programs.

Income	
County Appropriations	77,000.00
Investment Income	349.00
Fundraiser Net Income	6,762.00
Total Income	84,111.00
Expense	
Personnel Serv - Salaries & Wages	51,339.00
Payroll Expenses	3,843.00
Travel	2,661.00
Postage	1,578.00
Telephone Service	1,461.00
Advertising	30.00
Rent/Lease Space	7,550.00
Rent/Lease Equipment	1,704.00
Office Supplies	2,518.00
Janitorial Supplies	406.00
Program Supplies	2,144.00
Utilities	3,547.00
Other Contract Services	2,000.00
Insurance	2,402.00
Council Operations	531.00
Repairs/Maintenance	200.00
Furniture/Equipment	60.00
Total Expense	83,974.00

Local Support

Did you know you can donate directly to Pettis 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

Pettis County



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

UM System Footprint in the county in 2023



FY23 county students

189 students

- 138 Undergraduates
- 51 Graduate and professional students
- 139 Full-time students
- 50 Part-time students
- 39 Pell grant recipients (aid year 2023)



County employees and retirees

64 people employed by UM

- 27 Campuses
- 33 MU Health Care
- 4 UM System

23 UM retirees and beneficiaries

UM salary and retirement income: \$2.7 million

UM state tax revenue: \$85,682

UM federal tax revenue: \$421,283



County alumni

Selected school alumni

- 20 Medicine
- 36 Nursing
- 78 Health Professions
- 15 Dentistry
- 18 Pharmacy
- 6 Optometry
- 10 Veterinary Medicine
- 138 Agriculture
- 95 Engineering
- 29 Law

Alumni teaching K-12

- 33 teachers
- 6.1% of all district teachers
- 1 principal or administrator
- 3.5% of all district principals and administrators



County breakdown

MU

- 131 students
- 674 alumni
- 27 employees

UMKC

- 29 students
- 117 alumni
- 0 employees

Missouri S&T

- 18 students
- 55 alumni
- 0 employees

UMSL

- 11 students
- 26 alumni
- 0 employees



Construction projects

- \$163,395 remitted to 1 county vendor, for 3 projects



County properties and offices

MU Extension in: Pettis County



County population: 42,919



County services provided

Health care (FY23)

- 4,923 in-state patients seen at MU Health Care, with \$3.2 million of uncompensated care
- 29 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 1,485 visits to 794 patients having ZIP codes associated with the county

Extension (2022)

- 25,692 Total educational contacts from MU Extension to residents of the county, including:
- 1,208 contacts related to productive farming, better gardening, and managing natural resources
- 24,459 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- 25 contacts related to starting businesses, developing community leaders, or renewing the local economy

UM System County Impacts

2024 UM Systemwide Impact Data Sheets

Pettis County

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
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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.

Missouri Grand Challenges: Local Solutions

PETTIS COUNTY



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

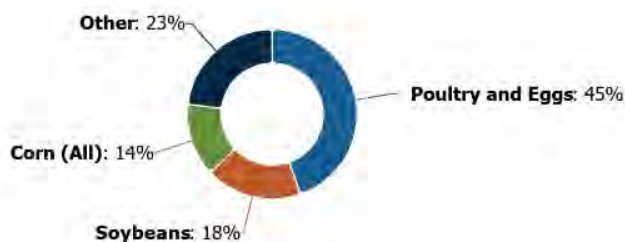
Knowing Local Challenges



CHALLENGE 1: Economic Opportunity: Agricultural Economics

Leading Agricultural Products

Total Commodity Sales: \$239,127,000



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 \$66,076,000 in 2017, an average of \$52,483 per farm. This compares favorably to the statewide average farm income of \$29,485.

Report Area	Total Farms	Average Farm Income
Pettis	1,259	\$52,483
Missouri	95,320	\$29,485

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

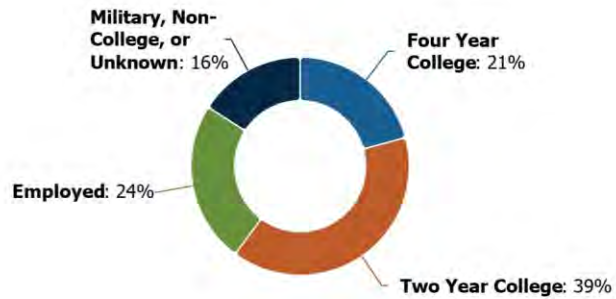
Grand Challenges



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 2018, of 474 graduates surveyed in the report area, 91 went to a four-year college, 183 to a two-year college, 126 directly entered the job market. The remaining 74 are reported as in the military, not in college, or unknown.



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



CHALLENGE 3: Healthy Futures: *Healthy Weight*

Obesity (Adult)

This indicator reports the number and percentage of adults aged 20 and older self-report having a Body Mass Index (BMI) greater than 30.0 (obese). Respondents were considered obese if their Body Mass Index (BMI) was 30 or greater. Body mass index (weight [kg]/height [m]²) was derived from self-report of height and weight. Excess weight may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.

Note: In 2021, the CDC updated the methodology used to produce estimates for this indicator. Estimated values for prior years (2004 - 2017) have been updated in this platform to allow comparison across years. Use caution when comparing with saved assessments generated prior to November 10, 2021.

Percentage of Adults Obese, 2016



Data Source: Centers for Disease Control and Prevention, [National Center for Chronic Disease Prevention and Health Promotion](#). 2021.

Physical Inactivity

Within the report area, 8,135 or 24.6% of adults aged 20 and older self-report no active leisure time, based on the question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?" This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as obesity and poor cardiovascular health.

Note: In 2021, the CDC updated the methodology used to produce estimates for this indicator. Estimated values for prior years (2004 - 2017) have been updated in this platform to allow comparison across years. Use caution when comparing with saved assessments generated prior to November 10, 2021.

Adults Age 20+ with No Leisure Time Physical Activity, Percent



Data Source: Centers for Disease Control and Prevention, [National Center for Chronic Disease Prevention and Health Promotion](#). 2021.

CHALLENGE 4: Agriculture: *Value Added from Agriculture*

Value-added agriculture refers to production or manufacturing processes, marketing, or services that increase the value of primary agricultural commodities. In 2021, the total value-added derived from agriculture, forestry and related economic activity was an estimated \$34.9 billion. Meat processing, food processing, animal and pet food manufacturing, and crop production and related industries are Missouri's top value-added products: \$9.5 billion and 155,425 jobs from livestock production and related industries alone. [Learn more about Missouri Agriculture's Economic Impact.](#)

Percent of Total Value Added from Agriculture

20.30

Pettis

Missouri

21.98

Data Source: Missouri Department of Agriculture, [Missouri Agricultural and Small Business Development Authority](#). 2021.





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.



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.



4-H In-school clubs meet during the school day. Members participate in projects that supplement their existing lessons. Clubs may meet for short periods or span the full 4-H program year. Members can elect officers and plan learning activities with options of public speaking, community service and links to career readiness.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Pettis County

Missouri 4-H

Local Impact



MISSOURI 4-H IMPACT

MISSOURI 4-H STATEWIDE EVALUATION Extension
University of Missouri

4-H members ages 8-18, participated in our Missouri annual evaluation. The evaluation used the National 4-H Common Measures. N=17

94.1% Keep trying to reach their goals.

94.1% Willing to work hard on something difficult.

94.1% Help others reach their goals.

94.1% Stop to think about their choices, when making a decision.

94.1% Learn from their mistakes.

94.1% Set personal goals.

100% Like to learn new things.

100% Treat others the way they want to be treated.

100% Show respect for other's ideas.

88.2% Think about other people's feelings, before saying something.

58.8% Comfortable speaking up in a group.

82.4% Can work with someone, who made them upset.

64.7% Comfortable being a leader.

88.2% Looks for ways to involve all members of a group.

88.2% Like to learn about people who are different from them.

88.2% Willing to try something they might get wrong.

GROWING TRUE LEADERS OF TODAY AND TOMMOROW

The fifth annual 4-H Feeding Missouri food drive, in partnership with Missouri Farmers Care Drive to Feed Kids, ran January 1st through April 30th. Pettis County 4-H members collected food and monetary donations at local Community Clubs and the Extension Office, partnering with the W-K Chevrolet Family of Dealerships and a SNAC club at Applewood Christian School to help local food pantries including Open Door, the La Monte Food Pantry, and the 4-H feeding Missouri program.

Over 1190 pounds of food and \$364 were collected with 73 volunteer hours for a calculated meal value of over 14,488 meals.



4-H County Council Officers learn leadership and team building skills.



Dresden 4-H Club members with donations for the 4-H Feeding Missouri Food Drive



4-H Council partnered with the W-K Family for the 4-H Feeding Missouri Food Drive

Pettis County

Missouri 4-H

Local Profiles and Stories

4-H Community Clubs

Pettis County 4-H clubs offer long-term educational experiences in which members learn life skills such as decision making, project mastery, public speaking and working with others. Members learn by doing under the guidance of adult volunteers, who teach projects ranging from computers science, and arts and crafts to animal science and healthy living. Clubs also involve youth in community service, camping and educational trips.

4-H Participants = 143 Youth in 8 Community Clubs across Pettis County

4 Clubs received Community Service Club Awards Seals with a total of 4503 hours of Community Service combined with an average of 40.9 service hours per member.

PURPLE SEAL – 16 average service hours, Muddy Creek 4-H Saddle Club; 15.6 average service hours, Brown 4-H Club; 68.6 average service hours, Dresden 4-H Club; and 95.8 average service hours, Beaman Arator 4-H Club.

BLUE SEAL – 8.5 hours of service per member, Ringen Brushy 4-H Club



Dresden 4-H Club members toured the Sedalia Animal Shelter and donated supplies and funds.



Left: Ringen Brushy 4-H Club members with food drive items for local food pantry.

Volunteers

4-H members were supported by 116 adult Volunteers, spending on average 100 hours per year.

Time valued at \$31.80 per hour at 11,600 hours equals to \$368,880.00.

Volunteers are the core of the 4-H Program. They help to create, support and deliver educational programs and experiences. More importantly, these individuals serve as role models and mentors for youth.



Brown 4-H Club members ringing bells for Salvation Army.

Local Profiles and Stories



Students at Horace Mann Elementary with baby chicks hatched in their classroom

Embryology (Hatching Chicks in the Classroom)

Embryology has a long history in Pettis County of over 25 years. Embryology is an in-school enrichment program that allows local youth to learn the chick life cycle with a hands-on experience. We had three different sessions starting in Mid-February and running until the end of April with participation of:

11 Locations; 48 classrooms; 820 youth



Youth learning about Ag projects available in 4-H and how to make a fossil imprint

Youth Ag Tour with Cole Camp Antique Tractor Club and Central MO Ag Club

The Central Missouri Agriculture Club, University of Missouri Extension Pettis County 4-H, Cole Camp Antique Tractor Association, and surrounding schools partnered together to introduce a bit of agriculture and its history to some of the youth in the Sedalia area.

On September 28 and 29, 2023, 854 youth and adults had the opportunity to travel to Cole Camp, Missouri and observe old farm machinery at work. The show featured antique tractors, farm equipment and assorted livestock.

The schools attending included Skyline Elementary, Hurricane Deck, Green Ridge, Smithton, Cole Camp, Northwest, Bunceton, La Monte, Stover, and an area Homeschool Coop.

SNAC (Student Nutrition Advisory Council) – Kids in the Kitchen

4-H Student Nutrition Advisory Council clubs are offered via in school, or before/after school programs helping youth become more knowledgeable about nutrition and fitness. Kids in the Kitchen is a curriculum that encourages youth to eat healthier meals and snacks as a result of hands-on cooking experiences. Students experience fun educational activities which help them understand the value of eating from all the food groups, participate in physical activities and learn safe food handling practices in each of the lessons.

8 sessions at Applewood Christian School with Elementary Students

8 sessions at Applewood Christian School with Junior High Students

31 program graduates



Students at Applewood Christian School received an apron upon graduating the program funded by a grant from MO 4-H Foundation

Pettis County

Missouri 4-H

Local Profiles and Stories

Heit's Point Summer 4-H Camp

Our Camp council includes 5 counties, Carroll, Chariton, Benton, Saline, and Pettis. Due to Specialist Staffing, we partnered with and held camp at Camp Bobwhite, in Knob Noster this year. Our camp theme was, "4-H Camp: A universe of possibilities!". Youth participated in several activities throughout each day including, flag raising/lowering, dancing, arts and crafts, singing, swimming, astronomy, team-building, camp fires, and games. Camp ran from June 5th-7th.

8 Counselors and 11 campers from Pettis County attended.



Pettis County Campers, Counselors, and Chaperones

Pettis County Contest Night and Achievement Days

Youth from across the County participated in Conference Judging for their completed projects. This activity instills confidence and allows youth to explain the skills they learned throughout the year. Projects are awarded ribbons and selected to represent Pettis County at the Missouri State Fair.

42 Youth with 102 projects from 36 different project areas

7 Volunteer Judges

43 Projects from 29 Youth selected for MO State Fair

2 Youth gave Demonstrations at the MO State Fair

2 youth competed at State Fashion Revue in Columbia, MO.

1 Youth gave a prepared speech at State Public Speaking Contest in Columbia, MO.



Pettis County 4-H Dog Show

Twelve youth from Benton and Pettis County competed at the Pettis County 4-H Dog Show. This show is hosted at Mutts, Manners, and More in Windsor, MO and features classes from obedience to agility and nose tracking. Youth also take part in a costume contest with their dogs.



Pettis County

Missouri 4-H

Local Profiles and Stories

Pettis County Junior Livestock Show & Sale – July 16th and 17th, 2023

Pettis County 4-H partners with the Pettis County Jr. Livestock Committee and County FFA Advisors to provide an opportunity for youth to show livestock from their project areas. Local Sponsors also donate time and money to make the show, sale and dinner possible.

86 Youth with 264 entries from 7 different counties participated with:

40 Beef	39 Meat Goats	6 Bucket Calf	57 Swine
32 Poultry	27 Rabbits	15 Dairy Goats	38 Sheep

The Pettis County Jr. Livestock Sale was held Monday, July 17, 2023 at the Swine Pavilion on the Missouri State Fairgrounds. Thirty-four youth participated in the sale. Thanks to the generosity of the buyers, the sale's total was \$ \$113,915.00. Ninety-eight percent of all proceeds went directly to the youth to support their market livestock projects. (image: Swine exhibitors in the Championship Drive at the Pettis County Jr. Livestock Show)



Participants of the 2023 Pettis County 4-H/FFA Horse Show

Pettis County Horse Show

Working in a partnership with the Pettis County Horse Committee, 4-H exhibitors from across the state can compete in classes ranging from Showmanship to Equitation and Trail Riding.

This year, 44 Youth from 12 different counties competed at the Missouri State Fairgrounds.

Pettis County Shooting Sports

4-H Shooting Sports is a youth development educational program. It uses the skills and disciplines of shooting to assist young people and their leaders in obtaining knowledge and developing skills. Development of skills within the discipline of shooting and "life skills" is implicit in the program curriculum and explicitly stated for volunteers. It appeals to young people and volunteers from a wide range of urban and rural backgrounds. 4-H Shooting Sports promotes positive youth-adult interaction, safety, and peer leadership. 39 Youth were enrolled in Pettis County Shooting Sports Projects

5 Certified Volunteer Instructors encompassing Archery, Trap, .22 Rifle and Air Rifle.

The 28th Annual Pettis County Shoot-Off was held on July 29th at the Sedalia Rod and Gun Club. There were 44 youth participants from 3 different counties.

5 Pettis County Youth participated in the 2023 Missouri 4-H State Shoot in Archery, Trap and .22 Rifle



Certified Volunteer Instructors are an integral part of our Shooting Sports program.



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



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.



MU Extension specialists

play an important role in addressing emergencies and disasters. MU Extension specialists swiftly distribute information so farmers and ranchers can make timely decisions that safeguard their enterprises.



The Missouri Master Gardener program

enables people of all ages to get in-depth horticultural training and then apply what they've learned to improve their communities and educate others about gardening.



In 2022, almost 4,000 Missouri Master Gardeners completed over 133,000 VOLUNTEER HOURS throughout the state.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Pettis County

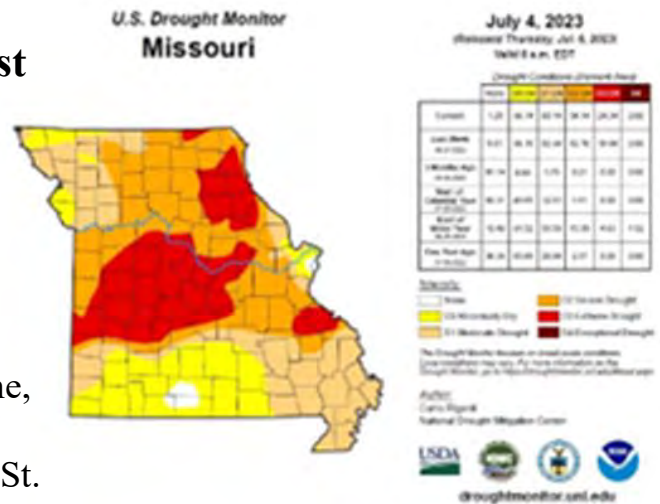
Agriculture and Environment

Local Profiles and Stories

2023 Activity Report Summary Gene Schmitz, MU Extension Field Specialist in Livestock

Assigned Counties: Benton, Cooper, Hickory, Miller, Moniteau, Morgan, and Pettis

Additional counties served via direct contacts or through various programs: Bates, Boone, Polk, Greene, Johnson, Cedar, Osage, Henry, Howard, Wright, Livingston, Cole, Holt, Vernon, St. Clair, Saline, and St. Genevieve.



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 winter feeding 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. Six producer meetings were held in July and August with the cooperation of Dr. Todd Lorenz, Travis Harper, David Hoffman, Dr. Eric Bailey, and Dr. Tim Evans. Meetings were held in Warsaw, Sedalia, Versailles, Boonville, Windsor, and Tuscumbia with total attendance numbering 115 producers. Follow-up winter feeding meetings were held during November and December in Warsaw, Sedalia, Boonville, Versailles, California, and Tuscumbia. A total of 37 producers attended these events. Additionally, ten USDA Farm Service Agency county offices requested an independent assessment of pasture losses during the grazing season. Reports were prepared for these counties based on rainfall records, USDA drought monitor information, individual contacts, and visual observations.

A second field of native warm season grass was established at the University of Central Missouri in 2023. This is in addition to the replicated plots established in 2022. These replicated plots are available for future use by UCM teaching and research faculty as well as use by MU Extension specialists for programming efforts in this area.

Pettis County

Agriculture and Environment

Local Profiles and Stories

Native warm season grass plots at State Fair Community College are now well enough established that an ultrasound measurement / phone app interface is being tested to record forage height and estimate forage yield. Yield estimate equations have been developed for cool-season forages, but not native warm season grass species. This was the third year of measuring and harvesting these plots to develop accurate equations to estimate forage yield. We will continue efforts to improve the capability of this technology to estimate forage yield in native warm season grass pastures and hay fields. This is funded through a grant from the Missouri Department of Conservation.



The Alliance for Grassland Renewal is an organization comprised of universities, governmental agencies, private companies, and forage producers. The mission of the Alliance for Grassland Renewal is to reduce or eliminate the negative effects of toxic tall fescue on the livestock industry through education and outreach, industry led quality control standards, and incentives, while pursuing new technologies and techniques. I was involved in teaching during the following educational efforts: 1. Face-to-face renovation workshops in Mt. Vernon, MO and Huntsville, AL.; 2. Virtual training for Extension agents and other forage educators with 107 individuals from across the Fescue Belt participating. Following the training, participants received access to a short presentation they can use at local meetings when requested to provide a program; 3. The renovation school was adapted to a special projects class for undergraduate and graduate students in Ukraine. Fifty-two students from 3 universities (Podillia State University, Podillia Institute of Fodder and Agriculture, and Uman National University of Horticulture) enrolled in this special projects class.

I continued participating in a project to study internal parasite loads and efficacy of dewormers in cattle. Fecal samples from 12 herds on 7 separate farms in Pettis and Benton counties were collected before and after deworming. Results are still being evaluated.

4-H youth showing market animals at local fairs and the state fair are required to attend Show-Me-Quality Assurance training. I provided training for 99 youth from 6 counties during 2023.

Pettis County

Agriculture and Environment

Local Profiles and Stories

Ag/Farm Safety Booth – Missouri State Fair

I was honored to be chosen to work at the ‘Ag/Farm Safety Booth’ at the Missouri State Fair. I was blessed to have several different Extension colleagues and folks from the Missouri Department of Labor to work with as the booth was very busy!

- In a nutshell, our job was to help fair-goers by providing information regarding safety information for ag producers as well as everyday-people. Check out the new website ‘Show Me Farm Safety’!
- We also shared information about the new 988 Missouri Crisis Line and the MO AgriStress Helpline (a confidential farmer-to-farmer resource available 24 hours a day, 7 days a week. Call or text 833-897-2474. *It’s OK to need help. It’s OK to offer help. It’s OK to ask for help.*)
- We met and shared information with literally thousands of people – it’s always good to see old friends and to make new ones!
- Kids especially love the ‘grain bin’ simulator where you see how many pounds of weight you can pull in the event someone needs a rescue. Moms and dads and even grandpas and grandmas get in on it too! We had an 88-year young lady give it a try and we had a dad who pulled 342 pounds, which is the most I’ve ever seen pulled!!
- Full disclosure – except for that guy, your best pull is never enough! It takes 325 pounds of ‘pull’ to rescue a 160 lb. person buried to their waist. Our message is 1) stay out of grain bins, 2) if you must get in a grain bin, wear a harness and tie it off, and 3) always have a spotter outside the bin.



Extension Colleague, David Middleton, and Amie Breshears at the fair in the Ag/Farm Safety booth

Pettis County

Agriculture and Environment

Local Profiles and Stories

Pettis County Farm Bureau Annual Meeting – Farm & Ranch Stress Grant

Amie Breshears was honored to support Joni Harper as part of the Farm & Ranch Stress Grant presentation at the Pettis County Farm Bureau Annual Meeting on September 13th at Smith Cotton High School. This was my first time to attend a Farm & Ranch Stress Grant presentation as a Farm & Ranch Stress Grant team member, so I used every opportunity to learn from Joni. She did an excellent job covering what stress is, recognizing signs of stress in ourselves and others, tools/tips for handling stress, how to get help for ourselves and others, and much more! Multiple people came up to us after the presentation to thank Joni and compliment her on an excellent presentation. I appreciate the opportunity to learn from her and look forward to more opportunities to help farmers and ranchers better manage stress and live healthier and happier lives.

Private Pesticide Applicator Training

Private Pesticide Applicator Training teaches producers how to safely store, handle, and use restricted-use pesticides in agricultural production. Proper application of pesticides results in greater safety for both the applicator and their neighbors. Proper application of pesticides results in reduced exposure of pesticides to the environment, ultimately leading to safer living conditions for all Missourians. 40 Pettis County residents received a license or renewal in 2023, and 23 additional out of county producers came to Pettis to take their applicator training. There are currently 198 active private pesticide applicators in Pettis County.

Soil Testing

More than 212 soil samples representing more than 60,000 acres were submitted through the Pettis County Extension office for analysis at University of Missouri Extension's soil testing laboratory. Soil sampling provides Pettis County's forage and row crop producers with an accurate analysis of exactly what is in their soil and provides them with recommended fertilizer application rates for the crop they are trying to grow. Pettis County's agronomist reviews the soil sample results with the producers, fine-tuning the recommendations for their particular situation and needs. Soil sampling and accurate fertilizer application increases crop production, reduces input cost, maximizes profit, and reduces the environmental impact of fertilizer loss from fields through leaching and runoff.

Pettis County

Agriculture and Environment

Local Profiles and Stories



Mid-West Goat Producer's Course

Seventy-two (72) producers attended the four-day course May 31st – June 3rd in Sedalia, MO. Speakers covered forage & nutrition, economics & marketing, and herd management. Pettis County had 10 producers attend.

On the final day producers participated in value-added demonstrations that included a carcass meat cutting, goat milk soap making, and goat milk cheese making.

“It’s very interactive; so, you’re getting valuable information along with real examples.”



Pettis County

Agriculture and Environment

Local Profiles and Stories

STATE-WIDE HORTICULTURE PROGRAMS

HORTICULTURE TOWN HALL

MU Extension specialists address lawn, garden, disease and insect questions during the free hour-long virtual sessions every week. Listeners submit questions and hear brief sessions on timely gardening topics.

GARDEN SPADE NEWSLETTER

Over a 1000 residents receive the monthly horticulture newsletter. MU specialist contribute timely articles addressing topics pertaining to the home gardener.



Taste testing elderberry juice with a Missouri Grower at the conference.

GREAT PLAINS GROWERS CONFERENCE

Small fruit and vegetable growers conference held in St Joseph. For over 25 years MU Extension specialist have teamed with five other states to bring participants the most up-to-date research and practical knowledge from experienced growers. Participants and exhibitors return every year to see old friends and make new ones. There were over 250 attendees in 2023. Topics include-

Tree and Small Fruits

Cut-flower Production

Organic Production

High Tunnels

Business Development

Pest Management

Migrant Farmworkers Assistance Fund Container Gardening for Women's Program in Lafayette County

Education, demonstration and resources were brought to women attending the program. Each participant received a large container, soil, plants and seeds to get started on their container garden.



Pettis County

Agriculture and Environment

Local Profiles and Stories



Master Gardeners of Pettis County

“Helping others learn to grow” is the mission of the Missouri Master Gardeners. Members work tirelessly giving their own time to help beautify their communities and disseminate unbiased, research-based gardening information to the general public.

The group meets monthly and received 209 hours in continuing and/or advanced education from MU Extension specialists on a variety of gardening topics.

The Show-Me Master Gardeners of Pettis County have 33 active master gardeners, 11 of which have emeritus status.

We manned a question & answer booth during the Ag-Expo in February. We held six classes during the Expo on the following subjects; Planting Trees, Pruning, Blueberries, Bog Gardening and Butterflies. The classes were provided by four Master Gardeners.

Every Saturday, for six hours, beginning in March through April 30th, 11 Show-Me Master Gardeners set up and ran a question & answer booth at Sutherlands’ Spring Early bird sales event.

The annual Show-Me Master Gardeners held their fundraiser plant sale on May 13th, 2023. A great many plants were sold along with books and other items.

The Master Gardeners also worked the FFA building during the fair, judging the exhibits of the participating students. 5 Master Gardeners judged.

Pettis County Show-Me Master Gardeners set up and ran the question & answer booth at the Missouri State fair in the Floriculture building. 8,500 sheets of information were given out.

One Master Gardener gave nine educational programs at the Home Ec. Building on the Consumer Showcase stage during the Missouri State Fair. Several horticulture topics were covered from Rose Bushes to pruning trees, blueberries to moles.

Show-Me Master Gardeners maintained three gardens this year; Katy Depot, Liberty Statue at the Pettis County Courthouse and the new Library garden at State Fair Community College.

Pettis County

Agriculture and Environment

Local Profiles and Stories

The Hotline received and answered 76 calls from around the United States. Show-Me Master Gardeners reported making over 653 contacts.

The Show-Me Master Gardeners provided 1,700 hours of volunteer services though-out Pettis County.

Little Sprouts at the Market

Once a month, May to October, the Show-Me Master Gardeners present programs for the children that attend the Sedalia Farmers Market at the Missouri State Fairgrounds.

The programs for the 2023 season were “Where and how it Grows”. The Master Gardeners shared their knowledge with the kids. They showed different foods growing at different stages, from seed to table. One of the highlights of the season was green beans we had 90 youth plant green beans in a cup for them to take home and care for. The Potato was also a fun day with 63 youth digging their own potatoes to enjoy at home.



Corn



Green Beans - Planting



Pumpkins



Digging Potatoes



Apples - Varieties



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



The annual **Connecting Entrepreneurial Communities** conference is designed for stakeholders, economic developers, businesses, local government, educators and nonprofits interested in increasing their communities' potential for entrepreneurship. In 2023, the conference offered breakout sessions in Benton County's shops and businesses, providing firsthand insight into the world of entrepreneurial communities.

The 2023 conference drew **104 ATTENDEES**, generating an estimated initial economic impact of around **\$33,000 FOR BENTON COUNTY**.



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**.



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**.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Pettis County

Business and Community

Local Profiles and Stories

Connecting Entrepreneurial Communities (CEC) Conference 2023

Benton County hosted the 3rd MU Extension CEC Conference Sept. 19-21. Two years of planning and hard work culminated in a 3-day whirlwind of presentations, networking, new experiences, and more! I presented as part of the *'ABC's of a Thriving Community 2.0 – DIY Edition'* team along with Jo Ann Lane (Benton Co. Economic Developer) and Lynette Stokes (Benton Co. Tourism Executive Director). I also moderated a panel discussion, *'All Together Different: Q&A with Benton County Elected Officials'* with Presiding Commissioner, Steve Daleske; Lincoln Mayor, Glen Nelson; Cole Camp Mayor, Bob Meuschke; and Warsaw Mayor, Eddie Simons.

I can't say enough great things about how hard folks worked to put on the best CEC Conference ever – a special 'shout out' to Benton Co. Economic Developer, Jo Ann Lane, for her excellent leadership and attention to detail!

By the numbers:

105 registrants 46 presenters
39 counties 28 sponsors
25 breakout sessions
18 members of the Benton County local teams
county-wide and in Lincoln, Cole Camp, and Warsaw
13 facilitators and volunteers – plus 2 organizations of folks!
12 state team members
12 West Central Region counties represented - Bates, Benton,
Camden, Dallas, Henry, Hickory, Johnson, Moniteau, Pettis,
Polk, St. Clair, Vernon
10 breakout locations in Cole Camp and Warsaw
4 states - Missouri, Nebraska, Kansas, Illinois
3 towns – Lincoln, Cole Camp, Warsaw
2 networking locations in Lincoln and Warsaw



Jo Ann Lane (Benton Co. Economic Developer), Amie Breshears, and Lynette Stokes (Benton Co. Tourism) having some fun before their presentation *'ABC's of a Thriving Community 2.0 – DIY Edition'* at The German Table in Cole Camp on Wed. afternoon of the CEC 2023 Conference in Benton County.

Farm Tax Workshops

Amie Breshears hosted the Farm Tax Workshop in Sedalia (Pettis County) on Dec. 12th, from 6:15-8:45pm at the Pettis County Extension Center. Registration was free and we had 7 registrants and 5 in-person attendees. We had 2 Pettis County attendees in the on-line session as well as 1 attendee from Morgan County and 1 from St. Clair County.

Local Profiles and Stories

MU Extension hosted and taught Farm Tax Workshops for farm businesses and farm and ranch families. The content included farming: hobby vs. business, employee vs. independent contractor, weather related sales, sale or trade of business property, legislative update, 1099s, expiration of key income tax provisions, tax issues arising from the death of a farmer, and depreciating and expensing farm assets.

The workshops were designed to convey information in a concise manner using information from the IRS and the Land Grant University Tax Education Foundation. The purpose of the classes is to get relevant and helpful information to farmers so they can make decisions and be better prepared to work with their professional tax preparer.

The workshops were a combination of in person classrooms and online via Zoom, with a total of seventy-seven participants.

Most participants completed an optional post survey. Seventy-five percent reported they had a better understanding of drought issues. Seventy-five percent said they understand the difference between 1099-MISC and 1099-NEC, Eighty-one percent are aware of depreciation methods, Ninety-four percent understand legislation is scheduled to expire. Ninety-four percent recognize year end planning is important.

Many participants planned to take some action before the end of the year. Some of the planned actions included: reviewing farm records (88%), meeting with tax preparer and communicate with family members (31%). Plan to communicate with family members about tax issues (69%) and sixty-nine percent plan to review resources before purchasing begins in 2024.

Farm tax education workshops benefit individuals by increasing their understanding and knowledge, leading to more informed decisions and management of taxes. Better knowledge also leads to improved communications with their tax preparers and accountants. The result is researched and timely purchases of farm expenses, optimizing income tax scenarios and improved profitability over time. Money saved in income taxes stays local and is spent in local businesses up and down main street, making a more vibrant and sustainable rural economy.

Local Profiles and Stories

Extension Tax Schools

University of Missouri Extension ag economics department and ag business specialists worked together to coordinate one summer and three fall tax schools. The summer school was in person and live online. Fall schools were in Columbia and Springfield and in addition a was online. The schools were designed for those who prepare taxes including enrolled agents, tax preparers, CPAs, individuals, and attorneys.



The training included updates on legislation, rulings and cases, individual taxpayer issues, agricultural and natural resources topics, ethics, trusts and estates, agriculture and natural resource tax issues, business tax issues, business entity tax issues, IRS issues, penalties and defenses, form 4797 sales of property, retirement tax issues, like-kind exchange issues. The schools were approved for 8 and 16 hours of continuing education credit by the IRS, Missouri Bar and for CFP continuing education. Total continuing education hours reported to IRS for the schools was 3,336 hours.

The teaching teams included a CPA and former IRS stakeholder liaison, an IRS certified retired ag economics professor, an attorney, Missouri Department of Revenue and extension ag business specialists.

The trainings received positive evaluations and planning is underway to offer trainings in 2024. Local county residents benefit when local tax preparers have the opportunity to gain knowledge, which benefits their clients and communities. The tax schools are a program of the ag business and policy program of MU Extension, coordinated by Mary Sobba with help from a team of ag business specialists throughout the state.

The resources for the schools included the IRS, the National Income Tax Workbook from the Land Grant University Tax Education Foundation, and materials written by the instructors.

The 2023 school attendance totaled three hundred twenty-seven people. The participants were from throughout Missouri. Pettis County was represented by 3 people.

Pettis County

Business and Community

Local Profiles and Stories

FY 2023 SBDC

This data is a combination of client-reported data and faculty-reported data, depending on the source. There are 9 different data points being reported for each county. Working definitions are found below:

- 1.Capitalization – dollar amount of loans, grants, equity, etc. going into businesses over the past year due to the work of SBDC, Apex and TAAC counselors;
- 2.Sales increase – reported amount sales increases in client businesses over the past year due to counseling and other work done by the team;
- 3.New businesses started – number of new businesses started over the past year by SBDC clients;
- 4.Dollar of Awards – dollar amount of government contracts received as reported by clients over the past year;
- 5.Number of Awards – number of government contracts received as reported by clients over the past year;
- 6.Job created – number of jobs created, as reported by clients, over the past year;
- 7.Jobs retained – number of jobs retained, as reported by clients, over the past year;
- 8.Number of clients counseled – number of unique clients from the county who received counseling services from the SBDC, Apex, and TAAC programs;
- 9.Number of training event attendees – number of attendees from each county at training events over the past year.

Name: Definition for County Annual Report - 2023
Layout: County Annual Report – 2023
Cumulative Period Start: 10/1/2022
Current Period Start: 10/1/2022
Scorecard End: 10/31/2023
Funding Source(s): D .1 @ S
Sub-Funding Source(s): ALL
Pettis County

Line No	Data Elements	Value
1.	Capitalization	\$1,403,481.00
2.	Sales Increase	\$302,911.00
3.	New Businesses Started	10
4.	Dollar of Awards	\$55,250.00
5.	Number of Awards	3
6.	Jobs Created	17
7.	Jobs Retained	8,375
8.	Number of Clients Counseled	350
9.	Number of Training Event Attendees	444



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



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



Studies show that people with strong family bonds tend to have lower stress levels.

Building Strong Families helps families amplify their strengths, tackle challenges and make confident, informed decisions to build resilient family units.

“This course made me more self-sufficient and improved my family’s access to quality food.”



MU Extension offers research-based **home food preservation** courses and publications to help people cut food waste and save money.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Pettis County

Health and Human Sciences

Local Profiles and Stories



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.

Tina Edholm taught **Mental Health First Aid** 15 times to 229 participants from 47 counties in Missouri, including Boone, Callaway, Cole, Howard, Pettis, and Saline. She attended multiple community events to share 988 resources and resiliency information.

Building Stronger Families in Missouri

Human Development and Family Science Specialists virtually extended parenting education across the state in 2023. The team successfully served 91 parents, accumulating a total of 740 hours, directly impacting over 181 Missouri children.

The impact extended beyond knowledge as participants actively applied their learnings:

- **Communication Skills:** 100% worked to improve their communication skills to be more constructive and positive.
- **Relationship Building:** 59% made intentional choices to build or repair relationships.
- **Family Stress Reduction:** 50% made intentional choices that reduced family stress.

Tina Edholm played a vital role by teaching or moderating nine virtual sessions and two eight-hour in-person sessions. In 2023, 22 participants from Cooper, Callaway, and Howard counties attended, earning a total of 160 hours of parenting education.

Pettis County

Health and Human Sciences

Local Profiles and Stories

Teen Mental Health First Aid

(tMHFA) offered across six 45-minute sessions to 10th graders during Health at Iberia High School during Spring 2022 and 2023. Course outcomes included:

- 18 out of 52 teens requested a mental health check-in from a mental health professional.
- “More people experience mental health challenges than you think. There’s nothing to be ashamed of when seeking help.” – tMHFA participant, 2023.

Mental/Behavioral Health & Suicide Prevention		
	MHFA Youth and Adult	MHFA Teen
People Served	229	51
Value of Mental & Behavioral Health Programs	\$170	\$170
Total Value of Mental & Behavioral Health Programs	\$38,930	\$8,670



These results were presented as a poster at Extension and Engagement Week. Tina will be offering tMHFA at Pilot Grove C-4 School District (Cooper County) as well as Iberia High School (Miller County) during the Spring 2024 semester.

PROENERGEY Health Fair

Alex Freeburger was invited to attend the PROENERGEY health fair held at their facility. PROENERGEY a company in Sedalia that offers innovation and services in the energy industry. I had a booth where I offered handouts relating to healthy eating and information on programs that Extension offers. By speculation, roughly 100 people attended and stopped by for information.



Pettis County

Health and Human Sciences

Local Profiles and Stories

Educational Sessions

- 1 educational session (CIP (Community Integrative Project) - Obesity Awareness)
- 3 Farmers Market events

Educational Contacts

- 5 from direct education
- Engaged with 100 ± 10 individuals at the Farmers market.

Sedalia Area Farmers Market

I reached out to the farmers market and offered free pressure canner testing to the local people (figure 1.2). I provided canner testing, as well as information relating to canning, preserving, recipes, and general information about Extension. This was a foot in the door, as down the road, I will be able to offer cooking demonstrations, or possible presentation(s) to inform people about food choices, safety, and overall health and well-being. During my times at the farmers market, I encountered roughly 100 individuals, who either had a canner to test, or wanted information on how to can, or to learn what Extension was, and what we offer. I will continue working with the farmers market, which will help gain participants for programs and classes.



CIP (Community Integrative Project)

I collaborated with University of Missouri Medical Students on a community integrative project for Pettis County, as well as other counties I cover. This presentation is to spread awareness on obesity in Pettis County, and provides strategies to reduce obesity risks, and help the people feel confident with their healthy eating, and life choices. We had one successful presentation, and we are continuing to offer this presentation until the end of Spring.

CPSM (Chronic Pain Self-Management)

I have successfully completed the training for this program. I will be co-facilitating an online class with Human Development Specialist, Kyleigh Brown, and Nutrition and Health Specialist, Melissa Cotton, beginning in January, 2024.

Pettis County

Health and Human Sciences

Local Profiles and Stories

Annual Report Number: 798 direct contacts

Cereals marketed towards youth are notoriously high in sugar which impacts focus and energy in students. For my carbohydrate/grain lessons, I brought a cereal lower in sugar, higher in fiber, but still was appealing. It was a hit with the kids, and many told afterwards that they had their adult purchase it for them to eat at home!

Each month, I teach a “cooking class” at an adult day program for individuals with developmental delays. The recipes are quick and are safe as they do not require anything sharp or hot. The director emails me frequently how many of the clients make the recipes at home. This is considered a success as these individuals can practice independent living and eat healthy foods.



Kate Hanlon, Pettis County NPA, has been having a great time teaching Kids in the Kitchen at the local libraries. The kids have been making a variety of recipes. Farmer’s Market Salsa, Cinnamon Fruit Salsa, and Pumpkin Waffles to name a few. Our most popular recipe, however, was the “Skillet Macaroni and Cheese”. My electric skillet was EMPTY at the end of class as the kids kept coming back for more! Recipe can be found at <https://foodhero.org/recipes/skillet-mac-and-cheese>.

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 795 participants were from Pettis 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.



Kate teaching about Physical Activity.

Local Profiles and Stories

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.

84 of these youth and adult participants reside in Pettis 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.

During 2023, youth and adults were served through direct teaching at schools, community groups and agencies. The following is an example of some of the locations where participants were served in Pettis County:

Schools

Dresden Elementary
Green Ridge Elementary
Heber Hunt Elementary
La Monte Elementary
Parkview Elementary
Skyline Elementary
Smithton Elementary

Agencies

Boonslick Regional Library
Sedalia Public Library
State Fair Food Pantry



Monse demonstrating how to Cook healthy meals.

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