Your one-stop source for practical education on almost anything.
Dear Stakeholders,

Another year has passed and we are comfortably situated in our new office in Creve Coeur. We are utilizing the space well, hosting classes and events sponsored by Extension and our partners, and outside entities.

This year was eventful in that the East Urban Region celebrated Extension’s 100 Year Anniversary by hosting a celebration in Faust Park. St. Louis County was a great partner on this project in that they graciously allowed us to use the facility and provided a great deal of support with planning and implementation. Other partners included the Lincoln County Fire Protection District, who brought a Safe House, 4-H Dog Training and Robotics Club participants, Continuing Education Fire Safety, the St. Louis Chapter of the Mizzou Alumni Association, the Mississippi River Hills Project, several administrators from Extension, and Chris Klossner, who brought his antique steam tractor. Mayor Nation, the mayor of Chesterfield welcomed us and we also hosted legislative aides from Senators McCaskill and Blount’s offices, as well as Rep. Clay and Ott’s offices.

We also hosted a Partner Recognition Event, where we recognized 8 of our significant partners in the community, including Mary Lou Green from Brightside St. Louis, Angela Keyes from the Challenger Learning Center, Viviane McKay from St. Louis County’s Health Department, Karen Bono from the St. Louis County Older Resident Program, Aging Services Academy, Mike Walter from the International Brotherhood of Electrical Workers, Lucretia Penn from the Girl Scouts of Eastern Missouri, Gary Alexander from the Small Business Association, Don Frisch from the Missouri Botanical Garden, and Jennifer Rowles-Volk from the St. Louis Mizzou Alumni Association.

We continued to work with St. Louis County Government to conduct Diabetes awareness programming at the St. Louis Co. Health Center, and vastly expanded our Robotics programming in St. Louis Co. Public and Private Schools and our soil samples.

We are grateful again this year for the generous support of St. Louis County, which helps us maintain an office in St. Louis County and the St. Louis County Extension Council. We really could not do the work we do without their support.

We look forward to seeing you at our office or in one of our many programs in the coming year.

Sincerely,

Nina Balsam
St. Louis County Program Director

Kenneth O. Truemper
St. Louis Co. Extension Council Chair
Many thanks to our volunteer governing board!

Officers
Ken Truemper, Chair
Glendale (Elected)
Jack Breier, Vice Chair
University City (Appointed)
Wimpy Kenner, Treasurer and Secretary
Affton (Elected)

Members
Sylvester Bolden, St. John (Elected)
Toni Burrow, Ferguson (Appointed)
Sreenu Dandamudi, Chesterfield (Elected)
Courtney Hinton, Normandy (Appointed)
Richard Juang, University City (Elected)
Jack Lane, Unincorporated St. Louis (Elected)
Larry McGowen, Wildwood (Appointed)
Anita Santiago, Florissant (Elected)
Lisa Taylor, Florissant (Elected)
Jinsong You, Manchester (Appointed)

University of Missouri Extension is a unique partnership of local, state and federal government with the University of Missouri and the people of Missouri. Each county-based office is governed by its own Extension Council, a volunteer governing board that guides extension programming, administers extension county funds and makes personnel recommendations.

2014 St. Louis County Appropriations Budget

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Cover Photos (Left to right, top to bottom)
1. Canning jars.
2. Youth Futures, Mizzou Campus.
3. Terry Olishile (4-H) and Kandace Fisher-Mclean (Housing and Environment)
4. Robotics class.
5. Community Partnership honorees
6. Lou Aboussie (Senator Claire McCaskill’s office) and CPD, Nina Balsam.
7. Steam tractor engine from 100 Year Celebration.
8. Nathan Brandt (Horticulture) at work.
9. Millie Miller-Hoover (PTAC), Joan Gabel, Dean of Trulaske College of Business, Amy Buchanan.
10. 4-H Display at 100 Year Celebration.
11. 100 Year Celebration frisbee.
Agriculture/Natural Resources

Master Gardeners increased their impact in urban St. Louis in 2014. Their volunteer efforts at Tillie’s Corner, former home to a black-owned grocery store in operation for four decades, included the construction of a native garden and play area for children in the Jeff-Vander-Lou neighborhood. Their continued work at the site will provide local residents with the opportunity to learn about gardening and growing vegetables. (Nathan Brandt)

The Master Gardener training course was extended to include an evening session for full-time workers, bringing the number of students trained in 2014 from 40 to 58 which allowed for a more diverse student body. Missouri Botanical Garden and Missouri Department of Conservation are Extension program partners. An average of 93 hours of service per student was donated to St Louis communities and county parks throughout the year. 41,600 hours of service were performed by Master Gardeners in St. Louis in 2014.

Based on the average Missouri income, their time is valued at $18.80 an hour, resulting in $782,080 contributed to our area in volunteer hours. In addition, 98% of participants said they would recommend the course to a friend. (Nathan Brandt)

Master Naturalist volunteers partnered with St. Louis County by adopting an 11-acre section of McDonnell Park in North County. Volunteers worked to restore prairie and woodland habitats by removing invasive honeysuckle. The same group also helped the Parks Department by planting 255 red and white oak trees in Queeny Park. (Nathan Brandt)

The first ever St. Louis Urban Gardening Symposium took place at Brightside St. Louis in June. Participants chose from a series of 25-minute workshops on topics such as native plants, rain gardening, lawn and tree issues and plant care and maintenance. A shared venture by Extension, Brightside and Missouri Department of Conservation, the event attracted around 80 attendees. (Nathan Brandt)

The threat of the Emerald Ash Borer to St. Louis’ urban forests got real in 2014. In response to the confirmation of an infected tree in St. Charles County, Extension partnered on a workshop for St. Louis area officials, arborists and planners. Around 140 attendees learned about preventive management of ash tree populations. (Nathan Brandt)
MU Extension contributes to a St. Louis County’s economic development through growth in jobs, sales, innovation, technology development and commercialization. Our office assists businesses — including small, disadvantaged and women-owned firms — in obtaining federal, state and local government contracts. (Millie Miller-Hoover)

2014 Accomplishments:

- **Number of Active Clients:** 258
- **Number of seminars:** 9
- **Selling to the Government seminars:** 41 attendees
- **Outreach Events attended:** 8 with total 344 attendees
- **Number of Contracts Awarded:** 1,585
- **Dollar Amount Awarded:** $41,436,768
- **Number of Jobs Created:** 921

**Small Business and Technology Centers**

Missouri Small Business and Technology Development Centers: MO SBTDC provides expert business counseling, training and online resources that help existing businesses grow and prosper and new businesses get started successfully. (Kevin Wilson, Director, St. Louis SBTDC)

**SBTDC Impact in St. Louis County**

**2014:**

- **Sales Increase** $47,000,000
- **Loans and Equity** $46,500,000
- **Jobs Created** 590
- **Jobs Retained** 212
- **New Businesses Created** 39
- **New Business Milestones** 38
COMMUNITY DEVELOPMENT

Creating Whole Communities

In July 2014, a new community building initiative was launched through a partnership of University of Missouri Extension, University of Missouri – St. Louis (UMSL) and St. Louis neighborhoods. Creating Whole Communities (CWC) leverages UMSL and MU Extension’s expertise and resources in research, organizational capacity building and leadership development, and fosters civic dialogue to bring about whole communities in our region. The popular What’s Brewing? Seminar series and the annual Neighborhood Leadership Academy are now partners with CWC.

Neighborhood Leadership Academy

In November 2014, 21 community leaders and nonprofit staff graduated from the 12th Annual Neighborhood Leadership Academy, joining the ranks of over 200 alumni from across the region who continue to create and build vibrant, healthy and whole communities. UMSL faculty in the School of Social Work and the Department of Political Science join Extension faculty and NLA alum in teaching the curriculum for this ten-session program. Academy participants learn the skills necessary to build networks, be effective leaders, and create livable communities by developing and implementing an improvement project for their neighborhood. Projects included: organizing a community health fair, starting a safety committee, and developing a community mural by working with neighborhood youth.

This summer, the NLA launched a new workshop series called “NLA Alumni + Friends Roundtables” to bring together NLA alumni with other community leaders from across the region. Over 65 people participated in Roundtable sessions on getting the word out, using community events to promote your neighborhood, and engaging youth in leadership positions. The Roundtables will be offered throughout the year and will be held on topics related to community leadership in the St. Louis region.

Community Forums – Creating Whole Communities “What’s Brewing?” Series

Over 250 non-profit organization staff, community members, stakeholders and elected officials attended six Creating Whole Communities “What’s Brewing?” breakfast seminars. The “What’s Brewing?” breakfast series brings UMSL researchers and community practitioners together to discuss the challenges and opportunities St. Louis communities face and gain an understanding of why some communities rebounded, while others have remained stagnant or continued to decline. This series will continue through spring 2015.

Stock Healthy, Shop Healthy

In August 2014, MU Extension launched the new Stock Healthy, Shop Healthy initiative. Stock Healthy, Shop Healthy is a comprehensive, community-based program that allows communities to improve access to healthy, affordable foods by working with a small food retailer. Millions of Americans have limited access to a supermarket, which means they must rely on fast-food restaurants, gas stations and corner stores to feed themselves and their families. People who have better access to supermarkets are more likely to eat more fruits and vegetables and less likely to be overweight or obese. With support from the Missouri Department of Health and Senior Services, MU Extension developed two comprehensive toolkits for both retailers and community organizations, along with a variety of free resources including recipes, posters, assessment tools and surveys for organizations and stores to use to promote the program.
In addition, MU Extension hosted a free webinar series on *Stock Healthy, Shop Healthy* that had participation from across the country. The *Stock Healthy, Shop Healthy* program is based on the success of the *St. Louis Healthy Corner Store Project*, a similar effort in the City of St. Louis co-ordinated by MU Extension. The resources made available on our website will guide any community through a unique approach to increasing access to healthy foods that involves engaging small food retailers and community members, and thus addresses supply and demand at the same time.

It is well-documented that diet and nutrition have a direct impact on the health of a community. By providing citizens with knowledge, leadership skills and awareness, MU Extension is on the forefront of stabilizing many St. Louis metropolitan communities. For instance, if an NLA participant opts to create a community garden as a result of the program that community could be impacted in several ways. The American Heart Association states that 1 in 3 people have high blood pressure. Growing and consuming fresh vegetables in an area where many are living with hypertension can have a great economic benefit. Costs directly attributable to high blood pressure for the nation total almost $131 billion annually in direct medical expenses and $25 billion in lost productivity.1


### 4-H YOUTH DEVELOPMENT

4-H in St. Louis serves over 2,000 youths in the area building life skills, engaging in science and connecting to the community. The St. Louis area 4-H programming includes:

**4-H Robotics**

A total of 218 youth completed the 4-H Robotics program in 2014. Students learned how to build and program the LEGO Mindstorm NXT robots to move forwards, backwards, complete a turn, maneuver through mazes, and other STEM skills. Sites included Stornado Academy, Blossom Wood Day School and the Pattonville School District. 4-H Tech Wizards sites were located at Ferguson Middle School in partnership with the Challenger Learning Center and Duchesne Elementary in partnership with PAKT. A homeschool 4-H robotics club has also been formed and competed in the FIRST LEGO League competition. (Amanda Meek, Courtney Brown, Vince McKinney)

**4-H Youth Futures**

4-H Youth Futures helps make college an achievable goal for underserved youth. In 2014, eight students from our program graduated from high school and are pursuing higher education with the help of the 4-H Youth Futures College Within Reach program. The campus-based experience, coupled with a caring adult mentor motivates youth and helps them navigate the many steps of getting into and staying in college. A total of 55 youth from the St. Louis area attended the 4-H Youth Futures Conference at the University of Missouri – Columbia in July. Youth completed a practice ACT, learned about the college admissions process and scholarships, and experienced college life by staying in the dorms. Throughout the year, the students have also been participating in monthly activities, such as UMSL Day, Movie Night, and helping at the food bank. Six 4-H Youth Futures youth also served as mentors for the Marshall Mentor Program (see next page) and 4-H Tech Wizards. The Missouri 4-H Youth Futures team received the Vice Provost’s Diversity award at the University of Missouri Extension’s Program Conference. The Missouri 4-H Foundation has also issued a challenge grant of up to $250,000 to help sustain the 4-H Youth Futures program. (Jody Squires, Terry Olishile, Donna Garcia)
Achievement Days through 4-H CHOICES Program with Special School District

MU Extension 4-H serves as a partner with the Special School District of St. Louis County through the 4-H CHOICES Program. SSD teachers implemented 4-H curriculum in their classrooms throughout the school year. The capstone event, Achievement Days, was attended by 559 youth in 2014. Students participated in hands-on activities set to the theme of “Set the Stage.” (Terry Olishile)

Marshall Mentor Program

MU Extension has partnered with Cyndi Willenbrock and the Marshall the Miracle Dog Program to deliver an anti-bullying message to Missouri youth through the utilization of teen mentors. St. Louis 4-H was also featured in the Marshall the Miracle Dog movie and Bullying Prevention Day at Busch Stadium. In the St. Louis area, the Marshall Mentor program was implemented at one area school. The Marshall Mentor Program has also become a statewide 4-H program. (Amanda Meek, Terry Olishile)

According to a study by the Pew Research Center, over a lifetime of work, the typical college graduate earns $650,000 more than the typical high school graduate. Missouri 4-H Members are twice more likely to have been on a college campus than their non-4-H peers which means they are also more likely to attain a college degree and earn more money through their lifetimes. If just 75 Missouri 4-H participants earn an additional $650,000 over a lifetime, that will contribute $48,750,000 to the economy.


HUMAN ENVIRONMENTAL SCIENCES

FINANCIAL EDUCATION

These programs benefit the community by increasing the financial stability of its members, fostering less dependence on public programs, reducing financial stress on employees so they can be more productive on the job and building skills that result in people who are better equipped to participate as consumers in the local economy.

Women’s Financial Education Series and Money Management Workshops

The Women's Financial Education Series (WFES) workshops are designed to promote self-reliance by arming people with knowledge and skills about money management, credit, insurance, estate planning, retirement planning, etc. During 2014 in St. Louis County, 15 adults learned about resources and techniques to more effectively make financial decisions, implement financial strategies, and increase success in reaching financial goals through WFES. The series is facilitated and sponsored by MU Extension faculty, with support from organizations such as the United Way, Missouri Family Support Division, St. Louis County Library District, Catholic Charities Housing Resource Center, Connections to Success, AAUW and other community coalition members. Through other financial workshops, another 300 adults learned about resources and techniques to help them better manage their money and financial resources, reach family goals, reduce debt, and help save. (Suzanne Gellman)

$start $mart, Return $mart and Work $mart for Women

There is still a wage gap between men and women’s earnings, and research has found that men are much more apt than women to negotiate for themselves in work-related situations. University of Missouri Extension faculty, partnering with several departments at UMSL, the YWCA, American Association of University Women, and the WAGE Project, offered various workshops to help local women learn about negotiating salaries and benefits.
Over 50 participants learned how to benchmark potential salaries and learned negotiation skills through *Smart Start* programs. Over 40 women, already in the workforce, learned about negotiating their salary through a leadership program where a portion of the *Work Smart* program was presented.

As a result of their participation in these programs, women can research and benchmark the salary and benefit ranges for their particular job in the local market and they can better communicate and negotiate with their employer or potential employers for comparable wages, benefits, and promotions. This provides them with more resources and financial stability while increasing their ability to participate in the marketplace. (Suzanne Gellman)

**Investing and Retirement Planning programs**

Understanding the basics of saving, investing, and retirement planning is crucial for individuals who want to achieve and preserve economic stability over their lifespan. *Investing 101* and other retirement planning programs included participation from over 100 adults in St. Louis County who learned about saving, planning for retirement, investment options and important investment concepts. (Suzanne Gellman)

**Money Matters Partnership with St. Louis County Library**

The St. Louis County Library hosted a series of financial workshops for parents and teenagers who live in some of the more economically-challenged areas of the County. Partnering with University of Missouri Extension, Lincoln University Extension, and The Center for Entrepreneurship and Economic Education, the library hosted four (4) educational classes at each of the five (5) St. Louis County Library branches in the northern portion of the county. Session topics included: credit, budgeting, banking, saving and investing. In 2014, 45 adults and 30 teens participated in one or more sessions of this financial series. (Suzanne Gellman)

**HOUSING AND ENVIRONMENTAL DESIGN**

Approximately 30 youth aging out of the foster system were educated through the youth IDA Program through the United Way. They were educated about saving and investing, their rights and responsibilities as renters, properly caring for their homes, and proper food and nutrition safety. Youth will use their matched savings towards asset specific investments such as rent for an apartment, continued education, a vehicle, etc. (Kandace Fisher-McLean, Suzanne Gellman, Damaris Karanja).

From 2008 to 2013, the 68 youth completing the program were able to save $63,594.86, which the United Way matched at 2:1 for a total of $190,784.58 in savings and match dollars to be used by them in transition to independent living.

Home maintenance education provided as part of the Adult IDA Program and Life Emergency Grant Program through Beyond Housing taught approximately 53 adults about how to maintain their home to avoid emergency repair situations, how to conserve energy in their home, and tips for hiring contractors when needed. Adults who participated in the home maintenance class will use their matched savings to make permanent home improvements to their residence (through the Adult IDA Program) or to make emergency repairs to their homes through the Life Emergency Grant. (Kandace Fisher-McLean)

The Missouri Housing and Development Commission Property Management Conference was held at Tan-Tar-A resort in Osage Beach, MO. Kandace Fisher-McLean and Nathan Brandt shared a concurrent session at this event in which approximately 42 participants were present from all over the State of Missouri. Nathan spoke on tips and tricks for sprucing up and maintaining landscaping around properties. Kandace spoke about the importance of keeping the home environment healthy; specifically, things that landlords and maintenance professionals can do in conjunction with their tenants to address mold and moisture issues and issues related to pests in the home. (Kandace Fisher-McLean and Nathan Brandt)
NUTRITION AND HEALTH EDUCATION

Wellness

Approximately 60 St. Louis County employees participated in University of Missouri Extension’s workplace wellness program. An effective and non-intimidating exercise program was delivered for St. Louis County government employees during the workday. The Employee Wellness Council supplemented 50% of the class fee for the participants. Participants in the program have commented that it has been helpful in maintaining or improving their physical status. This program, presented at worksites, has the goal of increasing employee health and decreasing employer costs due to missed work and insurance premiums. (Damaris Karanja)

Eat Well Be Well with Diabetes

The Eat Well Be Well with Diabetes program is a nutrition-focused, diabetes self-management educational program for people with diabetes, their families and their friends. MU Extension partners with the St. Louis County Department of Health for the four-session educational series that provides participants with the knowledge and skills necessary for improved self-management of diabetes. In 2014, one 4-session program was offered reaching 39 contacts in St. Louis County.

Eat Well Be Well with Diabetes program participants reported adoption of healthier food choices, increased knowledge of and adoption of diabetes-specific meal planning methods, increased confidence in their ability to manage a high or low blood sugar level, increase in preparing healthy meals from home more frequently, improved confidence in their ability to make healthy food choices when eating at a restaurant, more frequently using the Nutrition Facts Label to make food choices and being more likely to eat about the right amount of food to keep blood sugars in a normal range.

The cost of diabetes in Missouri is estimated at $3,006,000,000 which includes excess medical costs ($1,990,000,000) and costs due to lost productivity ($1,016,000,00) (American Diabetes Association, 2009). (Damaris Karanja)

Cooking Matters for Adults

Cooking Matters is an experiential cooking class that empowers families at risk of hunger with the skills, knowledge and confidence to make healthy and affordable meals. Each of the Cooking Matters curricula uses the Dietary Guidelines for Americans and MyPlate as the foundation for basic nutrition guidelines, then builds upon these ideas, using interactive lessons to teach cooking, food safety, and food resource management. In 2014, three 6-session programs were offered reaching over 220 contacts the St. Louis area. Programs were offered in partnership with the St. Louis County Department of Health, Arc, and St. Luke’s Plaza. Survey results revealed an increase in consumption of vegetables, fruits, low-fat or fat-free milk products, whole grains, lean meat, chicken, or fish.
Unhealthy eating and inactivity contribute to 310,000 to 580,000 deaths each year according to the US Department of Health and Human Services (HHS). According to the USDA, healthier diets could prevent at least $71 billion per year in medical costs, lost productivity, and lost lives. According to the CDC, state and federal governments spend one thousand times more to treat disease than to prevent it ($1,390 vs. $1.21 per person each year). Avoiding or delaying onset of a disease increases a person's productivity/earning potential. *Cooking Matters* participants’ evaluation data shows that significant lifestyle changes occur during the participant's enrollment, thereby strengthening the evidence of *Cooking Matters* impact. (Damaris Karanja)

**Eat Smart Guidelines for Childcare**

A partnership with Missouri Department of Health and Senior Services and the Missouri Foundation for Health enabled **15 teachers, teacher’s aides, and cooks** to be trained on the Missouri Eat Smart Guidelines for Child Care Centers. These centers are working to implement the guidelines and improve the nutritional quality of meals and snacks served daily. The program directly impacted the health of **57** children and helped the childcare centers acquire a total of $11,250 in grant funding from Missouri Foundation for Health. (Damaris Karanja)

**Stay Strong Stay Healthy and Advanced Stay Strong Stay Healthy**

*Stay Strong Stay Healthy* programs are designed to increase aging adults’ access to a safe, structured, and effective strength training program. In 2014, the programs reached **479** contacts in the St. Louis area. University of Missouri Extension collaborated with St. Louis County Government Employee Wellness Council and St. Luke’s Plaza to provide the program.

By participating in these programs, participants increase physical activity and improve strength, balance and flexibility, resulting in reduced risk for falls, better overall health and greater independence. These health benefits decrease the likelihood of a participant entering a nursing home, which costs on average $51,465 per year in Missouri. The money saved benefits the community by keeping more discretionary income in circulation locally. It also keeps people actively, independently contributing to society longer. (Damaris Karanja)

**Mental Health First Aid**

*Mental Health First Aid* is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. The program introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Those who take the 8-hour certification course as Mental Health First Aiders learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care. In 2014, a total of **40** Nutrition Program Associates participated in the program. (Damaris Karanja)

**Health Insurance Education Initiative**

Because of the new health care law, the Affordable Care Act (ACA), individuals, families, and businesses need to make decisions about their health insurance. The Health Insurance Education Initiative is a statewide project of University of Missouri Extension that provides education to ensure that people have the resources and skills needed to make informed health insurance decisions for themselves, their families, and their businesses. Faculty from MU Extension conducted over 10 sessions during 2014 for over **80** participants from the St. Louis region.
Programs were provided in collaboration with the following partner organization: Shepherd’s Center, People’s Community Action Corporation, the Salvation Army, St. Louis Volunteer Lawyers and Accountants for the Arts, the Leukemia & Lymphoma Society, as well as various public libraries and faith-based organizations. (Robert Russell, Damaris Karanja, Teresa Mareschal).

Family Nutrition Education Program (FNEP)

FNEP is nutrition education for individuals and families. Nutrition educators meet participants in homes, schools and at agencies. Our office served a total of 717 students in the St. Louis area in 2014. Elementary schools include Grannemann, Jamestown and Jana. Curriculum offered: Adventures In Nutrition with the Show-Me Chef, Choosing Foods for Me, Fun with Food and Fitness, Food Group Express and Let’s Read about Healthy Eating. 75 indirect participants were reached through the Show Me Nutrition education display. (Terressa Caine-Glasper)

LABOR EDUCATION

The MU Extension Labor Education Program is a dedicated partner in the development and delivery of high quality training programs for trade union leaders throughout the St. Louis community.

Labor Law Breakfast Series

There were 220 participants from 30 different unions and other organizations. There were 14 presenters/partners from St. Louis and throughout the state of Missouri, including university faculty, appointed state officials, attorneys, and neutrals. Collectively over 250 hours of learning occurred throughout 2014. Presenters discussed a variety of topics, including Hot Issues in Arbitration; Developments in Workers’ Compensation; Pension Withdrawal Liability; the attempt by Northwestern University football players to unionize and how that fits with other NLRB decisions; Violence in the Workplace; an overview of Supreme Court decisions concerning labor & employment law; and updates on what is happening at the Missouri Department of Labor. (Robert Russell)

Other Labor Education Programs

There were approximately 170 participants in other labor education programs in the St. Louis region in a variety of programs. These participants were drawn from a variety of backgrounds, including union staff, union officers/stewards, delegates, journalists, and attorneys. These participants were drawn from throughout the metropolitan region and the state of Missouri. Collectively, there were over 800 hours of learning through these different programs in 2014.

Labor relations are a continually evolving area of the law. These continuing education programs help practitioners understand these changes and the best practices in labor and employment relations so that they can continue to work effectively as advocates. (Robert Russell)
MU Extension FY2014 Continuing Education

MTI
The Missouri Training Institute provides continuing education programs in business, custom-designed training programs, and business consulting services for business and industry, public and nonprofit organizations, and educational institutions. Training programs cover human resource management, supervision, management, leadership, team building, effective decision-making, dealing with generational differences and business writing. The institute’s consulting services cover human resources, strategic planning, board development and board retreats. In FY 2014, 14,174 people from all 114 Missouri counties enrolled in the institute’s 510 programs. For more information, visit mti.missouri.edu.

St. Louis County residents served in 2014: 208

MU Conference Office
The MU Conference Office provides high-quality, professional, full-service meeting management for a variety of noncredit educational programs, such as conferences, workshops, seminars and symposia. Whether a meeting is hosted on campus, in out-state Missouri or anywhere in the world, the office’s professional staff provides assistance to create the best learning environment for participants. In FY2014, the conference office registered 13,484 Missourians for MU Extension conferences. Participants attended conferences for teacher education in math, science and writing; agricultural lending; plant science; and therapeutic recreation. For more information, visit muconf.missouri.edu.

St. Louis County residents served in 2014: 992

Continuing Medical Education
The Office of Continuing Medical Education provides rural primary-care physicians with access to education as necessary for them to meet state licensure requirements, learn specialty medicine and for health education. Distance learning via the Missouri Telehealth Network provides access to weekly grand rounds from various School of Medicine departments. In FY 2014, more than 1,800 programs reached 27,322 health care professionals across the state and around the world.

St. Louis County residents served in 2014: 61

FRTI
MU Extension’s Fire and Rescue Training Institute (FRTI) is charged with providing comprehensive continuing professional education and training to Missouri’s fire-service and emergency response personnel. The institute has a direct effect on the well-being and protection of Missouri’s 24,000 firefighters and the 5.9 million citizens they serve. In addition to preparing them to fight fires, courses prepare firefighters for medical emergencies, hazardous materials response and disaster preparedness and mitigation. In FY 2014, FRTI trained firefighters representing 113 of Missouri’s 114 counties for a total enrollment of 13,958 fire and emergency responders equating to almost 170,000 student instructional hours of training. For more information, see mufrti.org.
St. Louis County residents served in 2014: 804

LETI

The MU Extension Law Enforcement Training Institute brings state-of-the-art, certified, professional training to law enforcement officers as well as continuing professional education to a wide spectrum of other criminal justice and public safety practitioners. Established in 1948, the institute has been the state’s recognized leader for more than 60 years in providing vital training and education services for Missouri’s 20,000 in-service and 3,000 police recruits annually. In FY2014 LETI conducted 75 programs with almost 64,000 contact hours of instruction. There were almost 800 students from 69 Missouri counties and over 500 from around the United States. For more information, visit leti.missouri.edu.

St. Louis County residents served in 2014: 11

Nursing Outreach

Keeping Missouri nurses up-to-date with the knowledge and skills they need to effectively provide care is a primary goal for MU Nursing Outreach. Nursing Outreach provides high-quality, affordable continuing education programs using face-to-face and Web-based delivery methods, which helps them reach the 88 percent of their audience living in rural areas. Nurses from 85 (75 percent) of Missouri’s 114 counties and the city of St. Louis attended continuing education programs sponsored by MU Extension in FY2014.

Solo Nursing Outreach programs saw 1,889 participants, and another 944 nurses partook in co-sponsored multidisciplinary programs. Participants rated the overall quality of their continuing education experience at 1.3 on a 4-point scale, with 1 being the highest, and indicate they plan to change their clinical practices based on what they learned in Nursing Outreach programs.

St. Louis County residents served in 2014: 46

Osher

The Osher Lifelong Learning Institute at the University of Missouri (Osher@Mizzou) is a membership organization for adults ages 50 and older to enjoy classes, teach, exchange ideas and travel together.

The program provides opportunities for intellectual development, cultural stimulation, personal growth and social interaction in an academic cooperative run by its members who volunteer their time and talents. The program focuses on classes developed and led by fellow members and faculty from the University of Missouri, Stephens College and Columbia College.
MISSION
University of Missouri Extension improves Missourians’ lives by addressing their highest priorities through the application of research-based knowledge and resources.
twitter.com/MUExtSTL facebook.com/MUExtSTL extension.missouri.edu/stlouis

ST. LOUIS COUNTY & CITY
UNIVERSITY OF MISSOURI EXTENSION STAFF

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Impact on St. Louis County, Missouri

The County at a Glance

- Population: 1,001,444

UM Students from the County in 2014

- 16,732 students
  - 5,988 - MU
  - 666 - UMKC
  - 1,316 - Missouri S&T
  - 8,762 - UMSL
  - 14,169 - Undergraduates
  - 2,563 - Graduates
  - 10,606 - Full-time students
  - 6,126 - Part-time students

UM Alumni Residing in the County in 2014

- 74,177 alumni
  - 31,002 - MU
  - 1,885 - UMKC
  - 6,307 - Missouri S&T
  - 34,983 - UMSL
  - 15,705 Selected School Alumni
    - 930 - Medicine
    - 2,395 - Nursing
    - 924 - Health Professions
    - 404 - Dentistry
    - 77 - Pharmacy
    - 182 - Optometry
    - 287 - Veterinary Medicine
    - 1,564 - Agriculture
    - 7,750 - Engineering
    - 1,192 - Law

UM Employees and Retirees Residing in the County in 2014

- 2,420 people employed by UM
  - 333 - MU
  - 12 - UMKC
  - 52 - Missouri S&T
  - 1,981 - UMSL
  - 34 - UM Health Care
  - 8 - UM System
  - 537 UM Retirees and Beneficiaries

UM Services Received in the County in 2014

- 1,063 patients seen at UM Health Care, with $365,168 of uncompensated care.
- 2,489 patients seen at the UMSL Center for Eye Care with an average of $77 per patient in uncompensated care.
- 21 patients seen at the UMKC School of Dentistry with an average of $123 per patient in uncompensated care.
- 84,278 contacts with MU Extension through MU Extension events held in district counties.

UM Alumni Teaching K-12 in the County in 2014

- 3,318 teachers
  - 35% of all county teachers
  - 216 principals and administrators
  - 49% of all county principals and administrators

UM Construction Projects involving Vendors located in the County in 2014

- 72 vendors involved with 109 projects, for $35.0 million.

UM Footprint in the County

UMSL Campus, UMSL Campus, St. Louis County Extension Center at UMSL, St. Louis County MU Extension Center
Impact on St. Louis County, Missouri

UM Research Expenditures Funded by Federal and Private Sources

Between FY2008 and FY2013, UM brought in more than $1.1 billion in federal and private research funds.

Economic Development Highlights

- With $3.2 billion in total revenues in 2014, UM would have been the 16th largest publicly held Missouri-headquartered company in the state in 2013.
- With almost 32,000 employees in the state, UM was Missouri’s 2nd largest employer in 2013.
- In 2012, UM’s $165.2 million in federal research expenditures represented 94.3% of these expenditures at Missouri public universities.
- In 2014, UM’s $31.0 million in National Science Foundation (NSF) awards represented 91% of all NSF awards made to Missouri public universities.
- UM earned $10.8 million in licensing income in 2014.
- UM received 176 new invention disclosures in 2014.
- 4 startups were created around UM technologies in 2014.
- UM was issued 53 U.S. patents and filed 83 new U.S. patent applications in 2014.

Electronic Services to the State in 2014

- The Missouri Research & Education Network (MOREnet) provided internet connectivity and technical services to members that include:
  - 61 higher education institutions with more than 238,000 students.
  - 517 K-12 schools serving more than 846,000 students.
  - 132 public libraries connecting 335 library buildings that serve 5.3 million Missourians.
  - Serving the State Office of Administration, several municipalities and various other eligible organizations.
- MOREnet returned over $15 million in telecommunications expenditures to companies doing business in Missouri.

Financial Aid Provided to UM Students in 2014

- $888.2 million provided to 58,553 total students
  - $444.9 million (28,087 students) - MU
  - $202.2 million (11,887 students) - UMKC
  - $102.2 million (6,819 students) - Missouri S&T
  - $138.9 million (11,740 students) - UMSL

Impact on Education

- UM enrolled 44.8% of first-time undergraduates attending four-year public institutions in 2013.
- UM awarded 50.4% of the 1,210 doctoral degrees earned in Missouri in 2012.
- UM awarded 41.8% of the 1,890 first professional degrees earned in Missouri in 2012.
- UM awarded 53.6% of the 30,793 bachelor’s or higher degrees awarded by Missouri’s four-year public institutions in 2012.

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

The university advances Missouri citizens and communities through its mission of teaching, research, public service, and economic development across our four campuses and University of Missouri Extension.

Prepared in December 2014, based on the best available data.

Data Sources include: Missouri Office of Administration • UM IRP • Office of Social and Economic Data Analysis (OSEDA) • Center for Applied Research and Environmental Systems (CARES) • MU • UMKC • Missouri S&T • UMSL • UM System • UM Health Care • MU Extension • US Census Bureau • US Dept of Health and Human Services • National Science Foundation
Impact on St. Louis City, Missouri

The County at a Glance

- UM Students: 2,561
- UM Alumni: 11,172
- UM Employees: 684
- UM Salary & Retirement Income: $18,935,139
- UM State Tax Revenue: $789,171
- UM Federal Tax Revenue: $3,259,450
- Population: 318,416
- UM Students:
  - 450 - MU
  - 105 - UMKC
  - 118 - Missouri S&T
  - 1,888 - UMSL
- UM Alumni:
  - 1,823 - Undergraduates
  - 738 - Graduates
  - 1,312 - Full-time students
  - 1,249 - Part-time students
- UM Employees and Retirees Residing in the County in 2014
  - 684 people employed by UM
    - 55 - MU
    - 2 - UMKC
    - 4 - Missouri S&T
    - 621 - UMSL
    - 2 - UM Health Care
  - 79 UM Retirees and Beneficiaries
- UM Alumni Residing in the County in 2014
  - 11,172 alumni
    - 4,077 - MU
    - 266 - UMKC
    - 654 - Missouri S&T
    - 6,175 - UMSL
    - 1,964 Selected School Alumni
    - 107 - Medicine
    - 377 - Nursing
    - 119 - Health Professions
    - 25 - Dentistry
    - 8 - Pharmacy
    - 25 - Optometry
    - 25 - Veterinary Medicine
    - 180 - Agriculture
    - 829 - Engineering
    - 269 - Law
- UM Services Received in the County in 2014
  - 209 patients seen at UM Health Care, with $210,290 of uncompensated care.
  - 1,531 patients seen at the UMSL Center for Eye Care with an average of $77 per patient in uncompensated care.
  - 7 patients seen at the UMKC School of Dentistry with an average of $123 per patient in uncompensated care.
  - 98,381 contacts with MU Extension through MU Extension events held in district counties.
- UM Construction Projects involving Vendors located in the County in 2014
  - 51 vendors involved with 54 projects, for $8.6 million.
- UM Alumni Teaching K-12 in the County in 2014
  - 660 teachers
    - 25% of all county teachers
    - 65 principals and administrators
    - 42% of all county principals and administrators

UM Footprint in the County
St. Louis City FNEP MU Extension Center, St. Louis City MU Extension Center
Impact on St. Louis City, Missouri

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