

Cole County 2018 Annual Report



What MU Extension does and why:

Our distinct land grant mission is to improve lives, communities and economies by producing relevant, reliable and responsive educational strategies that enhance access to the resources and research of the University of Missouri.

The University of Missouri Extension is a partnership between the University of Missouri, the people of Missouri through county extension councils, the Cooperative State Research, Education and Extension Service of the U.S. Department of Agriculture and other partners and stakeholders.

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Elizabeth Smith

Dear county commissioners and friends of MU Extension,

The past year has been extremely productive for University of Missouri Extension and Engagement. With the launch of our county engagement specialist model, which is the centerpiece of a long-overdue restructuring, we are better positioned to serve Missourians.

Most county engagement specialists are now in place and the formal training for this new position rolled out this fall. By January 2019, we expect our CESs to be well on their way to success. I see a great future for them and the communities they serve.

At the MU campus, we have been busy putting in place online resources that will benefit Missouri communities. In particular, the All Things Missouri web portal is an exciting tool that can help community leaders search for valuable data. I encourage you to check it out at <https://allthingsmissouri.org/>.

When 2018 began, we set out to meet with every county's administrative body. This effort provided valuable insight and helped strengthen relationships; and as a result, we will engage in a similar effort in 2019. Meeting stakeholders and deepening county relationships is something we truly enjoy.

As you read your county's annual MU Extension report, I am confident that you will be pleased with the results accomplished through county-based University of Missouri faculty. Our faculty take pride in their efforts to respond to local extension council input.

At the state level, we have committed to a goal of doubling the economic impact of MU Extension over the next decade. This goal of \$2 billion in public value is ambitious — but, by meeting this challenge, we will help a great many Missourians.

Your support of MU Extension and our efforts in your community are greatly appreciated. As always, I welcome your input on how the University of Missouri can better serve your community and its people.

Sincerely,



Marshall Stewart

From the Extension Council...

Dear Citizens, Legislators, Commissioners and Supporters:

As required by Missouri Statue 262.617, we present you with our annual report for the MU Extension Center in Cole County. Please find detailed information about our programs and events that took place during 2018.

We would like to extend our thanks to the Cole County Commission and United Way for their continued support. We would also like to thank all of our volunteers who are too numerous to be named.

Please call or visit our office if you have questions or would like additional information.

Sincerely,



Bill Case, Chair



Jeff Hoelscher, Secretary

Cole County 2018 Operating Budget

Revenues

County Appropriations	107,142
United Way	9,000
Extension Center Reserves	14,000
Program Fees	16,000
Miscellaneous	7,158

Total Revenue **\$153,300**

Expenses

Salaries, Wages, Benefits	110,000
Travel	6,000
Miscellaneous	12,500
Telephone Service	4,200
Contract Services	7,200
Council Operations	2,000
Equipment Lease	2,850
Utilities	5,000
Insurance	3,550

Total Expense **\$153,300**

Extension Program Highlights From 2018

4-H and Youth Development

- 280 youth built life skills, engaged in science and contributed to their community.
- 318 volunteers served as club or project leaders or in other capacities.
- 3,297 participated in 4-H-sponsored enrichment programs in their schools.

Agriculture

- 205 field soil tests evaluated.

Horticulture and Natural Resources

- 20 private pesticide applicators attended training to help protect the environment and improve crop yields.
- 117 horticulture soil tests evaluated.

Master Gardeners

- 132 Master Gardeners saved local organizations an estimated \$300,000 by donating more than 12,225 hours of labor.
- 15 adults graduated from the Master Gardener Program.
- 157 attended the Spring Gardening Seminar.

Family Nutrition Education Program

- 4,175 adults and 1,058 youth reached with nutritional education.

Nutrition and Health

- 36 adults improved their endurance, flexibility and balance through strength training courses.
- 7 older adults learned strategies to decrease their fear of falling and increase activity.
- 13 licensed childcare providers earned clock hours through continuing education.
- 14 adults learned to stretch food dollars and compare foods for the best nutritional value.


Cole County MU Extension Center Statistics

- More than 13,000 Cole County citizens reached with programs or information.
- 439 soil tests processed.
- Testing location provided for students enrolled in correspondence courses.
- 311 events scheduled at our conference rooms.
- Planned, prepared, and conducted the 42nd Fall Festival with 2,500 attending.

Agriculture and Environment

AG LENDERS SEMINAR

Patricia Barrett, County Engagement Specialist in Agriculture and Environment

Number of Cole County Learners	Total Hours of Collective Workshop Participants	What Did They Learn?	What Action Did They Take?	How Does This Work Make Cole County and Missouri Better?
13 from Cole, Miller and Moniteau counties		<p>Ag Lenders Seminar provided Ag Outlook financial information about grain, livestock, dairy and commodities</p>	<p>In November, the Ag Lenders Seminar provided Ag Outlook financial information about grain, livestock, dairy and commodities. A special guest was the State viticulture Specialist, Dr. Dean Volenberg. The USDA Cole and Moniteau county specialists presented the Farm Service Agency and USDA Farm Loans outlook. The Missouri Agriculture and Small Business Development Agency (MASBDA) represented the Missouri Department of Agriculture.</p>	<p>Cole County and Missouri benefit when agriculture education and grant programs help farmers and ranchers become better producers of quality fresh produce and meat products. When producers expand their businesses with value added products, income and tax base increases for Cole County and Missouri. In Cole County, agriculture, forestry and related industries provided \$376.9 million in sales, including \$125.1 million in value added sales, 2,492 jobs and \$23 million in tax revenues. Knowledge is power, and extension education provides reliable, relevant, research-based educational programming, which benefits all of Missouri.</p>
				

Agriculture and Environment

FARM INCOME TAX SCHOOL

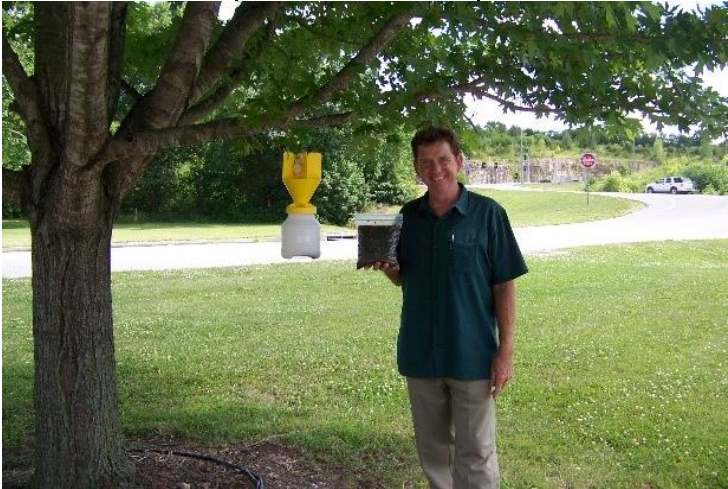
Patricia Barrett, County Engagement Specialist in Agriculture and Environment

Number of Cole County Learners	Total Hours of Workshop Participation	What Did They Learn?	What Action Did They Take?	How Does This Make Cole County and Missouri Better?
2	4 hours	<p>Participants that attended learned:</p> <ul style="list-style-type: none"> • The new income tax law changes and how they affect individuals and businesses. • Provisions related to the drought and how and when you can utilize them. • The depreciation changes including new class for farm machinery. • The qualified business income (QBI) and how it will be calculated. 	<p>A voluntary post survey completed by participants showed:</p> <ul style="list-style-type: none"> • 85% had a better understanding of the tax bracket changes. • 91% had a better understanding of how to use tax tools in purchasing farm assets (Section 179, Bonus Depreciation). • 88% now know some features of the new law are for the life of the law and some changes are permanent. • 70% know where to find Farmer’s Tax Guides and where to find additional information. 	<p>Many participants plan to take some action before the end of the year. Some of the things they plan to do include reviewing farm records, meeting with tax preparer and communicate with family members. Others say they plan to carefully consider asset purchases in 2019.</p> <p>Learning about the new tax laws benefits individuals who may make better decisions and manage taxes. Informed decisions lead to researched purchases, minimize taxes and benefits the local communities with spending and better communication with tax preparers.</p>

Horticulture and Environment

PRESENTATIONS AND REQUESTS FOR ASSISTANCE


James Quinn, Field Specialist in Horticulture

Number of Cole County Learners	Total Hours of Participation	What Did They Learn?	What Action Did They Take?	How Does This Make Cole County and Missouri Better?
<p>415 individuals requested or received information in the following methods:</p> <ul style="list-style-type: none"> • Phone • Walk-in • Email • Facebook • Educational presentations • Field days • Workshops 	<p>200+ hours of educational interaction, based on an average interaction of 30 minutes</p>	<p>Unbiased, research-based information on selecting, planting and maintaining fruit, vegetable and ornamental species around the home, including ways to benefit pollinators.</p> <p>Information on effective and environmentally responsible pest management strategies around the garden and home.</p> <p>From soil test results, information on correct fertilizer amounts and types, application timing and methods and suggestions to improve overall soil health.</p>	<p>Dissemination of high quality, unbiased, research-based horticultural information to a broad spectrum of Missourians allows the state’s citizens to reap the benefits of improved gardening success.</p> <p>Advice provided on pest identification, prevention or control, can lead to:</p> <ul style="list-style-type: none"> • More judicious use of pesticides • Less harm to the environment • An economic savings with reduced cost or enhanced protection of a product of value. <p>Soil test recommendations, when followed, can lead to:</p> <ul style="list-style-type: none"> • Better plant growth, thus better return on dollars spent. • Less harm to the environment from fertilizer runoff and soil erosion. 	<p>People of all ages and income levels can realize the benefits of gardening in their quality of life.</p> <p>There is a growing awareness both among the general public and health professionals of the importance of plants to the physical and psychological well-being of people. In addition to aesthetically improving the environment around the home, planting of turf, trees, shrubs, perennials and flowers reduces energy costs, adds value to the property, and provides gardeners with exercise and a sense of accomplishment.</p>
		<p>Fresh fruits and vegetables produced in home gardens are a healthy supplement to the diets of many Missourians. Gardening also fulfills a need on the part of people several generations removed from the farm to work with the soil. Interest with pollinators is on the rise.</p>		

Horticulture and Environment

MASTER GARDENERS


James Quinn, Field Specialist in Horticulture

Number of Cole County Learners	Total Hours of Workshop Participation	What Did They Learn?	What Action Did They Take?	How Does This Make Cole County and Missouri Better?
<p>15 adult learners participated in the Master Gardener program:</p> <ul style="list-style-type: none"> • 132 maintained or achieved active status • 12 maintained or achieved advanced status • 85 maintained or achieved emeritus status 	<p>This program requires initial training, then volunteer service:</p> <ul style="list-style-type: none"> • 600 hours of training • 12,225 hours of volunteer service • 312 hours of advanced education • 1,650 hours of continuing education 	<p>Participants in the core training attain gardening knowledge and skills. Evaluations at the time of course completion that the majority of respondents reported moderate to high levels of knowledge in all thirteen core-curriculum topics.</p> <p>These topics included landscaping, care of lawns, trees and flowers and vegetable and fruit growing. Follow up surveys show this knowledge is largely retained. They also showed an increased appreciation of the University of Missouri, MU Extension and the local county extension center. Lastly, they responded they were more likely to volunteer after completing the core class training. Continuing and advanced education for active or emeritus Master Gardeners continues the learning process.</p>	<p>Participants report using their training in almost every topic area. Most shared their knowledge with others.</p> <p>While a variety of activities encouraged by the program were implemented, the three most frequently reported activities in which participation or use increased were volunteering, use of native plants and physical activity.</p> <p>Participants identified one or more economic values gained; more than 60% estimated having saved at least \$50 in the first year. This was attributed to growing more of their own food, increased landscape design, reduced yard maintenance costs and reduced water consumption.</p> <p>Participants are also likely to take an additional extension class, with over 40% reporting doing so within a year of the core training.</p>	<p>When individuals volunteer, they are more likely to be citizens who positively contribute to their community. If they are more educated, as in lifelong learners, they are more likely to make better decisions effecting the community.</p> <p>In Cole County, Master Gardeners maintain more than 10 beautification sites, saving these not-profits or public entities both time and money. Their volunteer hours are valued at nearly \$300,000. They raise their own funds to support these sites and to provide \$3,000 annually in college scholarships to area students.</p> <p>A key partner is Jefferson City Parks and Recreation, which strives to beautify the community and keep its citizens active and healthy. Research has shown that gardeners and their household members are more likely to eat more fruits and vegetables, thus having a better diet.</p>

Horticulture and Environment

GARDEN 'N GROW

Liz Cordray, Central MO Master Gardener Volunteer

Number of Cole County Learners	Total Hours of Workshop Participation	What Did They Learn?	What Action Did They Take?	How Does This Make Cole County and Missouri Better?
<p>10 youth</p>	<p>400 hours</p> <p>Participant quote: <i>I can't wait to plant and to harvest!</i></p>	<p>The program was taught by Master Gardener volunteers. Lessons were included in each class period on a different gardening topic. The youth learned to prepare the soil, plant seeds and transplants, mulch plants with straw, stake plants, and properly care for their garden, as well as identify and control weeds and insects. They also learned when to harvest vegetables and how to prepare them for eating.</p> <p>The participants ate almost everything they picked each time they gardened.</p>	<p>Garden n' Grow participants grew their own produce in raised bed gardens. The youth planted vegetables in six themed beds at Lincoln University.</p> <p>Information learned in the classroom was applied when working in the garden, such as proper mulching and watering techniques, staking and harvesting. Participants took home the vegetables that they grew.</p> 	<p>When you support MU Extension's Garden n' Grow, youth learn the responsibility of growing and caring for a garden, how to cooperate and work together, how to harvest and prepare vegetables and the importance of healthy eating.</p>

Nutrition and Health

A MATTER OF BALANCE

Lynda Zimmerman, County Engagement Specialist in Nutrition and Health

Number of Cole County Learners	Total Hours of Workshop Participation	What Did They Learn?	What Action Did They Take?	How Does This Make Cole County and Missouri Better?
7 adults	<p>112 hours were spent in classes to reduce fear of falling and improve balance</p> <p>Participant quotes:</p> <ul style="list-style-type: none"> • <i>This class has helped me have an improved attitude.</i> • <i>The instructor was very thorough and deliberate in conducting this class. She was very concerned to insure all members of the class understood every aspect.</i> 	<p>The post-course surveys completed by participants showed:</p> <ul style="list-style-type: none"> • 6 of 7 (86%) were more comfortable talking to their health care provider about medications and risks for falling. • 6 of 7 (86%) felt more comfortable increasing their physical activity. • 4 of 7 (57%) felt more comfortable talking with their family and friends about falling. • 4 of 7 (57%) felt more assured in their ability to reduce falls. • 5 of 7 (71%) felt more satisfied with their life. 	<p>The pre-/post-surveys and class evaluation showed:</p> <ul style="list-style-type: none"> • 4 of 7 (57%) made changes to their environment to reduce risks of falling. • 3 of 7 (43%) decreased the extent to which their concern about falling interfered with normal social activities with family, friends, neighbors or groups. 	<p>When you support University of Missouri Extension’s A Matter of Balance program, participants will set goals for increasing activity, make changes to reduce fall risks at home and use basic exercises to increase strength and balance. The program results in fewer falls, and increases the likelihood of participants being able to remain in their own homes. This benefits the community by:</p> <ul style="list-style-type: none"> • Allowing more members of the community to live independently, to shop and contribute to community life. • Reducing the burden on local healthcare system. According to the Centers for Disease Control and Prevention, “With the population aging, both the number of falls and the costs to treat fall injuries are likely to increase.”

Nutrition and Health

CHILD CARE WELLNESS TRAININGS

Lynda Zimmerman, County Engagement Specialist in Nutrition and Health

Number of Cole County Learners	Total Hours of Workshop Participation	What Did They Learn?	What Action Did They Take?	How Does This Make Cole County and Missouri Better?
<p>13 licensed child care providers participated in trainings:</p> <ul style="list-style-type: none"> Managing Food Allergies in Child Care Settings Taking Care of You: Body*Mind *Spirit Moving and Learning 	<p>26 clock hours of training were earned by licensed child care providers</p> <p>Customer quotes:</p> <ul style="list-style-type: none"> <i>It was a great presentation.</i> <i>The strategies will benefit me and my daycare kiddos.</i> <i>I love the movement activities.</i> 	<p>Evaluations completed by 13 participants at the end of the trainings showed:</p> <ul style="list-style-type: none"> 13 of 13 (100%) would recommend the trainings to someone else. 12 of 13 (92%) indicated their knowledge, skills or understanding was “a lot” or “a great deal” after the trainings, whereas only 4 of 13 (31%) were at these high levels before the trainings. 	<p>The post-evaluation showed 11 of 13 (85%) participants planted to take action, including:</p> <ul style="list-style-type: none"> Prevent cross-contamination (Food Allergies) Make an allergy plan (Food Allergies) Focus on being mindful (Taking Care of You) Breathing (Taking Care of You) Incorporate more movement throughout the day (Moving and Learning) Be more involved with kids in their physical activities (Moving and Learning) 	<p>When you support MU Extension’s Child Care Wellness Trainings, child care providers increase their knowledge and skills for working with children of different ages and stages of development in multiple competency areas. This helps ensure that child care environments are safe, healthy and nurturing. Communities benefit when young children are well cared for, reducing the risk of child abuse and neglect.</p>

Nutrition and Health

COOKING MATTERS AT THE STORE

Lynda Zimmerman, County Engagement Specialist in Nutrition and Health


Number of Cole County Learners	Total Hours of Workshop Participation	What Did They Learn?	What Action Did They Take?	How Does This Make Cole County and Missouri Better?
14 adults	21 hours were spent in a grocery shopping tour	Surveys completed following the tour showed 10 of 14 (71%) participants gave an example of something they learned, including: <ul style="list-style-type: none"> • Calculate and compare unit prices to find bargains • Find added sugar in packaged foods • Read labels for whole grains on breads and cereals • Watch the label for added salt • Fresh is not always healthiest • Compare prices and quality of food 	After the tour, participants indicated: <ul style="list-style-type: none"> • 9 of 10 (90%) were considering comparing unit prices to find the best deals on their next shopping trip, of those not already doing so. • 8 of 12 (67%) were considering reading ingredient lists to find whole grains on their next shopping trip, of those not already doing so. • 7 of 11 (64%) were considering comparing food labels for making healthy choices on their next shopping trip, of those not already doing so. • 4 of 6 (67%) planned to purchase fruits and vegetables in all its forms, of those not already doing so. 	When you support MU Extension’s Cooking Matters at the Store Program, you help families and individuals who have limited-resources learn to stretch their food dollars, while choosing foods with the highest nutritional value. Encouraging these healthful behaviors may reduce health care costs by helping prevent chronic health conditions during a person’s life span, as well as reducing food costs for families and individuals.



Nutrition and Health

STAY STRONG, STAY HEALTHY (LEVEL 1 & LEVEL 2)

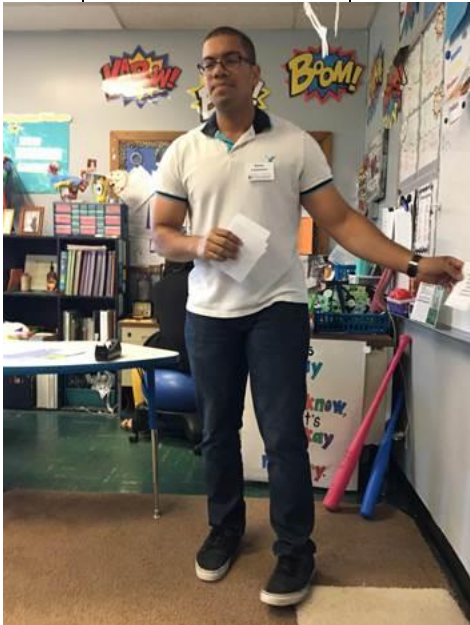
Lynda Zimmerman, County Engagement Specialist in Nutrition and Health

Number of Cole County Learners	Total Hours of Workshop Participation	What Did They Learn?	What Action Did They Take?	How Does This Make Cole County and Missouri Better?
36 adults	576 hours were spent in strength training classes	<p>Post-evaluations completed by first time participants showed:</p> <ul style="list-style-type: none"> 7 of 14 (50%) rated their knowledge and skills of strength training as “extremely adequate” after the program, whereas 0 of 14 (0%) rated themselves at this high level before the program. 7 of 14 (50%) rated their knowledge and skills of strength training as “somewhat adequate” after the program, whereas 5 of 14 (36%) rated themselves at this high level before the program. 	<p>Evaluations by first time participants indicated:</p> <ul style="list-style-type: none"> 14 of 14 (100%) felt their health was improved 14 of 14 (100%) felt physically stronger 11 of 14 (79%) slept better 12 of 14 (86%) had less painful joints <p>Participants’ fitness assessments showed:</p> <ul style="list-style-type: none"> 30 of 36 (83%) improved in the Chair Stand Test, which assesses lower-body strength and endurance. 32 of 36 (89%) improved in the Chair Sit-and-Reach Test, which assesses lower-body flexibility. 30 of 36 (83%) improved in the Back Scratch Test, which assesses upper-body and shoulder flexibility. 32 of 36 (89%) improved in the 8-Foot Up-&-Go Test, which assesses agility and balance. 29 of 36 (81%) improved in the Balance Assessment, which assesses risk of falling. 	<p>When you support MU Extension’s Stay Strong, Stay Healthy program, you help participants increase their 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 \$56,758 per year in Missouri (1). The money saved benefits the community by keeping more discretionary income in circulation locally. It also keeps people actively and independently contributing to society longer.</p> <p>(1) leadingagemissouri.org</p>
				

Family Nutrition Education Program

Kevin Lawrence, Nutrition Program Associate

Teresa DeFord Petefish, East Central FNEP Coordinator

Number of Cole County Learners	Total Hours of Workshop Participation	What Did They Learn?	What Action Did They Take?	How Does This Make Cole County and Missouri Better?
<p>1,058 youth 4,175 adults</p>	<p>400 hours</p>	<p>Participants of the Family Nutrition Education Program:</p> <ul style="list-style-type: none"> • Become more aware of nutrition • Make healthier meal and snack choices • Eat breakfast more often • Are more willing to try new foods • Increase their physical activity • Make healthier food choices, in general 	<p>Those who practice healthy eating and activity behaviors are more likely to enjoy a high quality of life as an adult and into old age.</p> <p><i>A quote: One lady I speak with just about every time I am at the Clarke Senior Center in Cole County talks about how she has tried a few of the recipes I've handed out with her grandchildren. She told me that her grandchildren loved the simplicity of the recipes and it has sparked their interest in trying new foods. She said the simple recipes gave her grandchildren more confidence to prepare their own food at home, which has led to them eating out a little less often.</i></p>	<p>A healthy labor force is critical to attracting and keeping jobs in Missouri. In addition, the FNEP programming serves to reduce healthcare costs over the participant's lifetime, saving taxpayers money in reduced public healthcare benefits and insurance premiums.</p> <p>Our Nutrition Program Associates also continue to provide information about the SNAP benefits program and offer assistance with SNAP applications.</p>
				

Youth Development





4-H YOUTH DEVELOPMENT PROGRAM

Christal Huber, County Engagement Specialist in 4-H Youth Development

Diane Temmen, 4-H Youth Program Associate

Number of Cole County Learners	Total Hours of Participation	What Did They Learn?	What Action Did They Take?	How Does This Make Cole County and Missouri Better?
<ul style="list-style-type: none"> • 280 4-H members in Cole County • 3297 youth participating in school enrichment programs • 76 trained youth and adult volunteers 	<p>During 2018, one of five Missourians between the ages of 5 and 18 participated in the 4-H Youth Development program.</p> <p>Volunteers are the core of the 4-H Program. They help to create, support and deliver educational programs and experiences. Missouri 4-H volunteers report contributing on average 100 hours per year to the program. Valuing their time at \$24.14 per hour, the contribution of Cole County 4-H volunteers was worth more than \$11,000 this year. More importantly, these individuals serve as role models and mentors for youth.</p>	<p>Clubs offer long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others.</p> <p>Members learn by doing under the guidance of adult volunteers, who teach projects ranging from aerospace and arts to shooting sports and sport fishing.</p> <p>Clubs were also engaged in leadership and service experiences in their communities.</p>	<p>A 2018 Missouri statewide evaluation reported these findings:</p> <p>Develops Leadership</p> <ul style="list-style-type: none"> • 81% of the 4-H'ers surveyed said they find it easy to speak up in a group. • 89% reported feeling comfortable being a leader. • 95% said 4-H is a place where they get to help make group decisions. • 95% said 4-H is a place where you have a chance to be a leader. • 97% said 4-H is a place where you learn to help your community. <p>Builds Initiative</p> <ul style="list-style-type: none"> • 92% of 4-H'ers surveyed said they are willing to try something they might get wrong. • 93% said they keep trying until they reach their goals. • 97% said they try to learn from their mistakes. • 98% said they are willing to work hard on difficult things. 	<p>Activities from animal and plant science to robotics teach 4-H members skills that make a positive impact upon their community.</p> <p>4-H'ers are twice as likely to go to college compared to their non- 4-H peers and they tend to pursue careers in STEM fields (Lerner & Lerner, 2011). In 2018, Missouri 4-H connected 4,818 young people to University of Missouri campuses. Being on campus is a predictor of youth going onto higher education (Dalton & St. John, 2016).</p> <p>Youth who earn a bachelor's degree increase annual earnings by \$2 million over their lifetime (U.S. News and World Report, 2011). If 50% of the Cole County youth participating in 4-H events on a college campus receive a Bachelor's degree, 4-H would help young people acquire \$24,000,000 more in lifetime earnings.</p>

Youth Development, Cont.

Number of Cole County Learners	Total Hours of Participation	What Did They Learn?	What Action Did They Take?	How Does This Make Cole County and Missouri Better?
			<p><i>Builds Connections</i></p> <ul style="list-style-type: none"> • 93% said they think about others feelings before they say something. • 93% said they think about how their choices affect others. • 97% said they treat others the way they want to be treated. • 98% said they show respect for others' ideas. 	<p>4-H also prepares youth for the workplace. Youth must be prepared to live and work in a world we cannot completely envision – competing for jobs that do not yet exist, using technologies that are not yet invented and solving problems that are not yet identified.</p> <p>4-H is the only youth development program with direct access to technological advances in agriculture, life sciences, engineering, learning technologies and social sciences from the university system. This brings relevant science content and hands-on learning that helps youth thrive (Arnold, Bourdeau, & Nott, 2013).</p>
				
				



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