



UNIVERSITY OF MISSOURI EXTENSION

DeKalb County

2021 ANNUAL REPORT



Office of Extension
and Engagement
University of Missouri

Vice Chancellor's Office

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December 1, 2021

Dear county commissioners and friends of MU Extension and Engagement,

As we look forward to 2022, I want to take a moment to celebrate all that we have accomplished together this year. You, our closest partners, are key to improving Missourians' lives and opportunities.

You have been vital to the work that has already extended broadband access and workforce development strategies statewide. You have helped us connect with the right partners, working together toward meaningful outcomes that will help our communities thrive in our areas of greatest need around the economy, education and health.

During MU Extension and Engagement Week in October, we learned about some of the ways that MU's NextGen Precision Health Initiative will help Missouri improve statewide health care indicators from our current ranking of 38th in the nation to 25th.

COVID-19 has shown us that we must expand investment in our health care resources, knowledge and infrastructure. It has exposed the urgent need to make research and expertise available in communities and to empower individuals and providers to address every aspect of individuals' and communities' health needs — including the inequities of social determinants and their effects on people's health.

Our extension faculty is poised to help identify those needs and be the bridge to the health care providers and caregivers, the clinical trials and public health initiatives that can deliver improved healthcare access and outcomes in every county across our state.

I hope you see the impact of your hard work this past year throughout this county annual report. I thank you for your continuing support as we recommit ourselves to do what we do best: help communities thrive through civic engagement, community building and neighborliness. We look forward to continuing the programs, partnerships, and sharing of knowledge that foster kindness, caring, respect and deep connections in the year and decade to come.

Sincerely,

Marshall Stewart, EdD
Vice Chancellor, MU Extension and Engagement
Chief Engagement Officer, UM System

Dear DeKalb County Commissioners and residents:

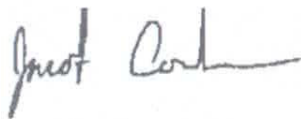
Thank you for taking the time to review the 2021 Annual Report of the University of Missouri Extension Council in DeKalb County. This report is a brief overview of the Extension work performed in 2021. Hopefully, it will provide you with more insight about the programming efforts put forth to serve the residents of DeKalb County.

During the past year, we have opened our new office in Maysville and are working hard to be even more committed to carrying out the University of Missouri's land-grant mission to improve lives, communities, and economies by producing relevant, reliable and responsive educational strategies that enhance success to the resources and research of the University of Missouri.

The success of University of Missouri-Extension programming in DeKalb County would not be possible without the help and support of the county commissioners, the taxpayers, individual volunteers, groups, organizations, businesses, county government officials, and the research-based information provided by the land-grant university system.

We look forward to 2022, as we work to strategically address a wide range of needs that fall into the three grand challenges for the State of Missouri and DeKalb County – Educational Excellence, Healthy Features and Economic Opportunity. If you are in need of any information, or have programming suggestions, please feel free to contact the DeKalb County Extension Office.

Respectfully,



Jake Carlson
DeKalb County Extension
Council Chair



Tarunjot (TJ) Sethi
County Engagement Specialist
in Nutrition and Health Education



Sheri Catlett
Office Manager

4-H Educational Excellence



DeKalb County 4-H

DeKalb County 4-H serves 90 youths through four clubs: Creation Foundation, High Hopes, Rising Stars, and Wranglers. The county 4-H clubs offer long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others. Clubs involve youth in community service throughout DeKalb County.

4-H youths learned by doing under the guidance of 30 screened adult volunteers who teach projects ranging from computer science and arts to animal science and healthy living. Volunteers are the core of the 4-H Program helping 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 \$28.54 per hour (Independent Sector, 2021), the contribution of DeKalb 4-H volunteers was worth more than \$85,620 in 2021. More importantly, these individuals serve as role models and mentors for youth.

DeKalb County 2021 Missouri 4-H Hall of Fame Inductees

Bob and Idella Barton have served DeKalb County 4-H for over 40 years as club leaders and project leaders. They have led projects in livestock, sewing, cooking and visual arts projects from the time their children joined 4-H and continuing until their great grandchildren became members. Bob and Idella have genuinely enjoyed supporting and mentoring DeKalb County 4-H members. We thank them for their service to 4-H.



DeKalb 4-H Youths participated in their club activities,



...community service, ...



Healthy Futures

Tarunjot (TJ) Sethi is the Nutrition and Health Specialist for DeKalb county and is trained in the following classes:

Stay Strong, Stay Healthy - 8 week long strength training program to improve balance and flexibility.

A Matter of Balance— Exercises and strategies to reduce the risk of falls

Taking Care of You—Learning how to live with stress

Health Information for Men—Series of short lessons on various health problems.

Cooking Matters - Nutrition and hands on cooking class for adults

Cooking Matters at the store—Guided grocery store tour to learn about healthy shopping

Chronic Disease Self Management—Learn strategies to manage any chronic condition including Diabetes

Walk with Ease— 6 week walking program for people with arthritis

TJ Sethi taught a Stay Strong Stay Healthy



solutions to lead a healthy life.

TJ Sethi also collaborated with the Cameron Farmer's market to hand out information on food preservation. Other classes taught included four Stay Strong, Stay Healthy classes, two Matter of Balance classes and many one-time nutrition classes.

TJ Sethi also does a monthly MU Extension Connection radio spot on KAAN, KCHI and KTTN . 2021 topics included eating healthy on a budget, hypertension, energy drinks vs. sports drinks, dry canning of vegetables, Covid-19 myths, benefits of walking, Mediterranean diet, sugar substitutes, stress less, healthy satisfying snacks & bone health.

Freezer meal curriculum development is also going on and a pilot class will be held in 2022.



class at the DeKalb County youth building in Maysville MO . The group met twice a week for eight weeks. All the participants improved in strength and balance at the end of the course.

Chronic Disease Self Management class was taught online to the citizens of Caldwell, Clinton and DeKalb counties. The participants met for two and a half hours each week for 8 weeks. This class helps participants living with chronic conditions to problem-solve the difficulties they face and come up with

What participants are saying...

"I have continued to exercise after our class ended and I have lost 10 pounds so far. I am feeling so much better."

"I don't feel the need to go to my chiropractor as often as I used to."

"I really enjoyed this class and learned a lot about falls."

Family Nutrition Program (FNP)

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$9,646,109 in federal funds to Missouri. The funds support engagement with 485,010 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri. There were 321,372 direct educational contacts. This year we had 1,383,799 indirect educational contacts through newsletters, health fairs, food pantries, and the Show Me Nutrition helpline. **1037 direct and indirect contacts were made in De-Kalb 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.

During 2021, 1037 youth and adults were served through schools, community groups and agencies. The following is a list of the locations where participants were served in DeKalb County:

SCHOOLS

Maysville Elementary
Osborn Elementary
Stewartsville Elementary
Union Star Elementary
Stewartsville High School

AGENCIES

Living Hope Thrift Store and Food Pantry



In addition to the numbers, Nutrition Program Associate, Susan McFee, shared this success story demonstrating local impact:

"I don't know how you did it, but my child is trying new foods!" "You must have tried cucumbers, because whenever we go to the store, my son asks for a cucumber." These are a few of the comments from parents in DeKalb County after their children participated in nutrition classes. It is very rewarding to hear comments like these. This is a true testament to the strength of our Family Nutrition Program. If our classes can convince even one or two students to try something new, then that is a true success!

MU Feedlot School & Beef Scale Research Project

A Beef Scale, Cow Size and Cow/Calf Record Research Project started in Northwest Missouri in Spring 2020. This research project is currently working with four beef producers comparing individual and whole-herd production data. Field Specialists in Livestock from Albany and Savannah have been collecting individual weights, body condition scores, disposition scores, days pregnant, age, and breed on over 500 cows in eleven different herds and birthdates, sex, dam, sire, and weights on their respective calves. The project is designed to support producers in determining the optimum cow size for their respective operations. One of the performance records we are trying to develop for producers is the pounds of calf weaned, per breeding-age female exposed (lbs. calf weaned/breeding age female exposed) at breeding time. This gives a very good indication of breeding performance, fertility, and nutrition on their respective operations.

Based on individual weights from the cows and calves, we can determine calf weight as percent of cow weight. Early data collection on these 500 plus cows has shown cow weights ranging from 662 to 1,730 pounds and body condition scores of 2 (very thin) to 9 (very fat). Typically we hear producers say they have 1,200 pound cows, when they are in a body condition score of 5. This project will help inform beef producers of their actual cow sizes, thus helping them better decide which breeding age females need to be in each pasture or herd, as well as which breeding age females should be culled. Submitted by Jim Humphrey-Field Specialist in Livestock

December 9, 2021.



MU Feedlot School-feedlot tour August 2021.



MU Feedlot School Classroom session August 2021.



Missouri Cattleman's Association Forage and Soil Health Field Day-September 2021.

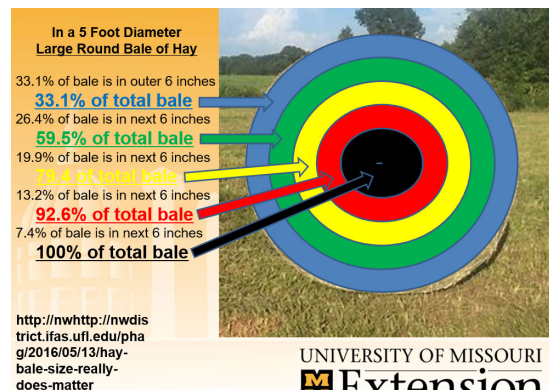


Grazing School and Forage Programming

Regional MiG (Management Intensive Grazing) Schools:

Since 1990, Missouri has been educating farmers about the principles and practices of MiG through grazing schools. The first schools were held at the University of Missouri (MU) Forage Systems Research Center in north Missouri. In an effort to make the schools more accessible to Missouri grazers, regional grazing schools taught by MU Extension Field Specialists and Missouri's Natural Resources Conservation Service personnel began in 1993. Over 650 regional schools have been held in all parts of the state and nearly 19,000 people have been educated through this long running program. **The Northwest Missouri school is three days long and includes classroom sessions, field exercises and visiting two farms using MiG. Impact on Missouri's Economy:** Planned grazing systems are a well-utilized practice in the Missouri Department of Natural Resources (DNR) cost share program. These systems can include water development, installation of interior fences to divide large pastures, interseeding legumes and applying limestone to raise the soil pH to an optimum level. Attending a MiG School is required for participation in state cost share grazing programs. Since the inception of the program in 1990, over 11,000 practices have been implemented with more than \$40 million of financial assistance from the Missouri DNR program. Surveys of past participants indicate that implementing MiG increased beef cattle production by 22 percent on the same acres which had been continuously grazed. They reported benefits of increased carrying capacity, more grazing days, less feed and hay used, improved forage quality, less time and labor, increased soil fertility, improved health and conception rates of cattle and ease of handling cattle. All of this translates into a \$125 million annual impact on Missouri's economy.

2021 NW Missouri Grazing School attendees, conducting a pasture evaluation, on a management intensive grazing system in Andrew County, Missouri.

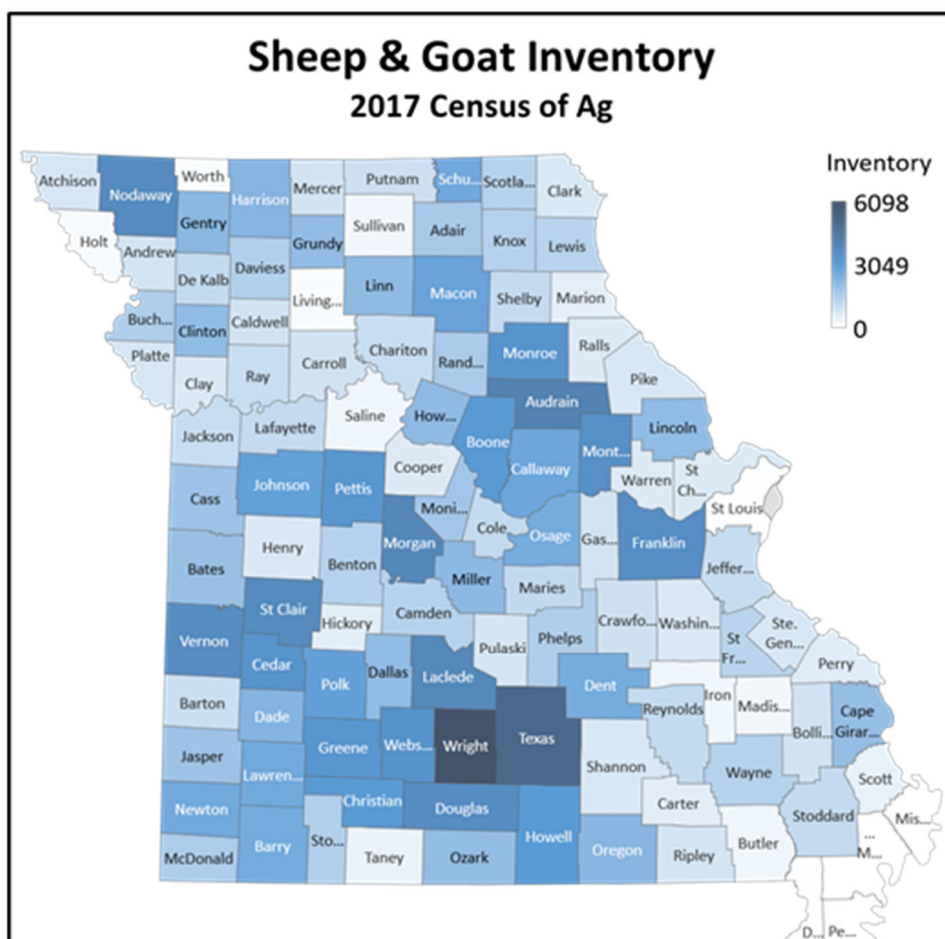


SHEEP AND GOAT PRODUCTION

Through a partnership between MU Extension and Lincoln Extension spring and fall sheep and goat production courses were held online in 2021 with 489 attendees from 60 counties including DeKalb county. Attendees learned about a wide selection of topics that include: animal selection, financial implications of multiple births, nutrition and reproductive management, pasture management, record keeping and use during culling, and winter nutrition.

Fall Online Sheep and Goat Production Workshop Series

October 11, 18, and 26



DeKalb County Highlights

Missouri Farm Family for DeKalb County



Victor and Natalie Orta and family of Stewartsville were among the families honored during the 62nd annual Missouri Farm Family Day at the Missouri State Fair. The Orta family was selected as the DeKalb County Farm Family by University of Missouri Extension and the local Farm Bureau.

DeKalb County Extension opens new office on the square in Maysville



Ribbon Cutting Ceremony for the new office took place in November 2021.



Missouri Century Farm Recipients for 2021 in DeKalb County are —

- ◆ Mathew and Bobbie Jo DeShon Family
- ◆ Joseph and Julie Mallen Family

Both the families will be honored on **March 21st** at the Extension office followed by a celebration.



DeKalb County Highlights

DeKalb County



University of Missouri System

COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

UM System Footprint in the county in 2021



FY21 county students

35 students

- 27 Undergraduates
- 8 Graduate and professional students
- 26 Full-time students
- 9 Part-time students



County employees and retirees

8 people employed by UM

- 8 Campuses
- 6 UM retirees and beneficiaries
UM salary and retirement income: \$366,969
UM state tax revenue: \$8,220
UM federal tax revenue: \$42,554



County alumni

Selected school alumni

- 10 Nursing
- 5 Health Professions
- 4 Dentistry
- 5 Pharmacy
- 4 Veterinary Medicine
- 39 Agriculture
- 19 Engineering
- 4 Law

Alumni teaching K-12

- 4 teachers
- 3.5% of all district teachers



County breakdown

MU

- 14 students
- 114 alumni
- 8 employees

UMKC

- 16 students
- 33 alumni
- 0 employees

Missouri S&T

- 4 students
- 11 alumni
- 0 employees

UMSL

- 1 student
- 2 alumni
- 0 employees



County properties and offices

MU Extension in: Clinton County, DeKalb County



County population: 12,526



County services provided

Health care (FY21)

- 12 in-state patients seen at MU Health Care, with \$5,946 of uncompensated care
- 5 in-state patients seen at UMKC School of Dentistry with a statewide average of \$66.18 per patient in uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 11 visits to patients having a ZIP code associated with the county

Extension (2020)

- 1,685 Total educational contacts from MU Extension to residents of the county, including:
- 75 contacts related to productive farming, better gardening, and managing natural resources
- 1,571 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- 39 contacts related to starting businesses, developing community leaders, or renewing the local economy

DeKalb County Highlights

DeKalb County



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

UM System Statewide Footprint

Economic and Community Development Highlights

- In 2019, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 54,494 jobs.



For every dollar invested from 2015 to 2017, the MU Extension Business Development Program has returned \$120 in economic impact for its clients by increasing sales more than \$1.19 billion. For a total impact of \$2.7 billion, the program has generated more than 29,000 jobs and attracted nearly \$347 million in capital investments and \$1.17 billion in government contracts.

- Between FY15 and FY20, UM System brought Missouri more than \$1.27 billion in federal and private research funds, funded primarily from outside the state but spent within the state.



In FY21, UM System was issued 30 patents and filed 60 new U.S. patent applications.

- In FY21, the UM System awarded 722 design and construction project contracts throughout Missouri, for a total investment of \$132.0 million in the state.



In FY21, MU Health Care's Missouri Telehealth Network Show-Me ECHO Program participated in 24,400 hours of case-based discussions with 3,017 community providers located in underserved areas in the City of St. Louis and 111 of the 114 Missouri counties.

Education and Training Provided



50,604 police, fire fighters, and medical professionals attending continuing education (2020)



Agriculture and natural resource programs served 147,623 farmers and related businesses (2020)

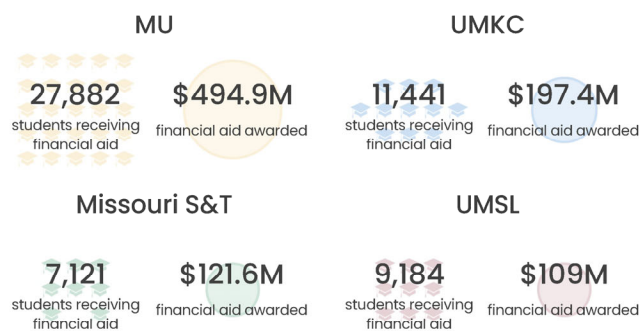


295,444 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2020)

Education Highlights

FY21 Financial Aid Awards

In FY21, 71.1% of the UM System's 78,208 students received financial aid totaling \$923 million



UM System's MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 57 higher education institutions (250,187 students), 491 K-12 school districts (850,000 students) and 136 public libraries (serving nearly 3 million Missourians) in 2020.

- UM System awarded 50.4% of the 30,932 Bachelor's or higher degrees awarded by Missouri four-year public institutions in 2020-21.
- UM System awarded 39.2% of the 1,897 research doctorates and 26.4% of the 3,606 professional doctorates awarded by Missouri public and not-for-profit private institutions in 2020-21.
- In 2021, UM System's \$22.5 million in National Science Foundation (NSF) grants represented 84.1% of all NSF grants made to Missouri public colleges and universities.

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 2021, based on the best available and most recent data. Data Sources include: Missouri Office of Administration • MU IR • Office of Social and Economic Data Analysis (OSEDA) • Center for Applied Research and Engagement 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



Financial Report

DeKalb County
Extension Council (2021)

| Income | 2020 Budget |
|-----------------------|-----------------|
| County Appropriations | \$12,000 |
| Total Income | \$12,000 |

| EXPENSES | 2020 Budget |
|--|------------------|
| Personal Salaries & Wages & payroll expenses | \$ 3639.92 |
| Telephone Service | \$ 182.40 |
| Supplies/Services/subscription | \$ 1,818.02 |
| Rent/Lease Space | \$4,911.55 |
| Utilities and Insurance | \$851.53 |
| Extension Council Election Expense | \$104.00 |
| Programming | 300 |
| Total Expenses | \$ 12,000 |

Officers

Jake Carlson, Chair
Barbara Steiner, Vice Chair
Alan Kapp, Secretary
John Murphy, Treasurer

Elected Members

Ryan Carrel
Carol McCrea
Karen Chaney
Barbara Denny

Appointed members

Chet Owen - County commission
Brandi Ellis - FFA
Audrey Goodwin - Farm Bureau

Net Income **\$ 0**

Faculty and Staff

Office Faculty and Staff

Tarunjot (TJ) Sethi, CES in Nutrition and Health
Debbie Davis, 4-H Youth Specialist
Susan McFee, Nutrition Program Associate
Sheri Catlett, Office Manager/ Bookkeeper

Specialists and staff assigned to DeKalb County

Shatomi Luster-Edward, Interim Regional Director
Connie Griffith, Program Manager—FNEP
Manoj Chhetri, Horticulture
James Humphrey, Livestock
Katie Pemberton, Human Development
Katie Neuner, Agriculture & Environment
Jim Crawford, Agricultural Engineering