



UNIVERSITY OF MISSOURI EXTENSION

DeKalb County

2023 ANNUAL REPORT

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an equal opportunity/ADA institution



Office of Extension
and Engagement
University of Missouri

**OFFICE OF THE VICE CHANCELLOR
FOR EXTENSION AND ENGAGEMENT**

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December 2023

Dear county commissioners and friends of MU Extension and Engagement,

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

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

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

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

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

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

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

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

Sincerely,

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

Budget and more

Appropriations budget

Income

County Appropriations	14,000
Total Income	14,000

Expenses

Salaries/Benefits	24,000
Travel	1,010
Telephone/Postage	575
Rent	8,400
Copy Services	700
Office Supplies/Service	2,400
Utilities	2,000
Insurance	250
Election/Subscriptions/Misc	7,200
Total Expenses	46,535

Return on investment

University System	100,000
Donations	14,000
Program Revenue	4,087

DeKalb County State Fair Farm Family



Shawn and Jen Meek and family of Maysville, MO were among the families honored during the 66th annual Missouri Farm Family Day at the Missouri State Fair. The Meek family was selected as the DeKalb County Missouri Farm Family by the University of Missouri Extension in DeKalb County and the local farm Bureau. The family includes Shawn, Jen, Kolby, Kaleb, Kasey, and Kyler.

MU Extension is a unique funding partnership.

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

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



Local Support

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

Who we are

Faculty and staff



Stacey Steffens, Regional Director, Northwest Region

Tarunjot (TJ) Sethi, Field Specialist, Food & Nutrition

Kyle Reno, 4-H Youth Program Associate

Rhonda Lippold, Nutrition Program Associate

Sheri Catlett, Office Manager

Becky Simpson, Field Specialist, 4-H Youth Development

Connie Griffith, Program Manager, Food & Nutrition Education Program

Denice Ferguson, Field Specialist, Ag Business

Wayne Flanary, Field Specialist, Agronomy

Jim Humphrey, Field Specialist, Livestock

Jim Crawford, Field Specialist, Agriculture Engineering

Gwenlyn Funk, Field Specialist, Horticulture

Katie Pemberton, Field Specialist, Human Development

Rachel Brown, Field Specialist in Community Health

Jackie Spainhower, Field specialist in Community Development

Rebecca Lobina, Business Development, SBDC

Council members

Penny Crawford, Chairman

Vice-chairman, Karen Chaney

Secretary, Alan Kapp

Treasurer, John Murphy

Ryan Carrel, Member

Barbara Denny, Member

Brandi, Ellis, Member

Travis Ellis, Member

Chet Owen, Member

Barbara Steiner, Member

Steven Steiner, Member



County commissioners

Kyle White, West District Commissioner

Kyle Carroll, Presiding Commissioner

Chet Owen, East District Commissioner



Health & Human Sciences

Stay Strong, Stay Healthy

This multi-session exercise program that incorporates the latest research to help develop fitness, flexibility, and balance that enables older population to live independently longer. Tarunjot Sethi taught four in-person classes and had 38 participants from Caldwell, Clinton and DeKalb counties



What participants are saying...

“This program has improved my life by improving my strength and I love the socializing part of the class.” Stay Strong, Stay Healthy participant

Self-Management classes



The Chronic Disease Self-Management Program (CDSMP) is a workshop for adults with at least one chronic health condition, which may include arthritis. Diabetes- Self management is a workshop for people with diabetes or care-givers. These classes focus on disease management skills including decision making, problem-solving, and action planning. Tarunjot Sethi with a co-instructor taught three classes and had 16 participants from Clinton, DeKalb and Buchanan counties.

What participants are saying...

“I am a newly diagnosed diabetic. Dealing with diabetes is very stressful. Talking with others like me is helping me better manage my stress.”
-Diabetes class participant

Boost Your Brain and Memory



Boost Your Brain and Memory focuses on six areas and teaches participants how to incorporate healthy habits to improve your memory

and brain health. The six areas are intellectual activity, nutrition, physical activity, social engagement, spiritual activity, and stress management. In person classes were offered at the Northwest Technical School in Maryville in the Spring and Fall, the Clinton County Youth Building, the DeKalb County Extension Office, and the Rock Port Senior Center. Due to unforeseen circumstances the DeKalb County class had to be cancelled part way through but there are plans to reschedule for 2024. A total of 38 participants attended the classes and completed a final survey. A quote from a participant said that by taking this class the individual was given so much hope to know that they have some control over their risks.

A Matter of Balance

As the No. 1 cause of injuries and death from injury, falls threaten the independence of older adults and often prove costly, as well. A Matter of Balance helps adults 60 years old and up realize that falls — and the fear of falling — are controllable. Tarunjot Sethi and Katie Pemberton and another instructor taught this multi-session program two times in Clinton and DeKalb counties and had a total of 19 participants.





Health & Human Sciences

SNAP-Education

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

A total of 209 participants were from DeKalb 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.

Participating schools and agencies include:

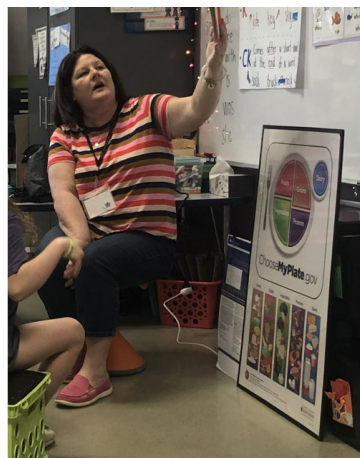
- ✓ Stewartville Elementary
- ✓ Maysville Elementary
- ✓ Union Star Elementary
- ✓ Stewartville High
- ✓ Living Hope Thrift Store & Food Pantry
- ✓ DeKalb County Nutrition Center

EFNEP

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

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

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Rhonda Lippold teaching Adventures in Nutrition with Show-Me Chef in Maysville Elementary Kindergarten Class.

Success Story (shared by Rhonda Lippold)

Recently Show Me Nutrition classes were taught to Prekindergarten and Kindergarten students. At this age, the lessons focus on germs and the five food groups. There are games that either encourage being physically active or educational regarding the food group of the day and then we have the ever-popular food tasting. Recently, in DeKalb County, a mom of a Maysville Prekindergarten and Kindergarten told me how much her children loved the nutrition classes. She said she hears about the nutrition classes in much more detail than about the rest of their day. It is great to know the children are excited about what we talk about and are sharing the information with their families. Getting the children excited about nutrition at a young age will hopefully be the foundation for future nutritional successes!



Agriculture & Environment

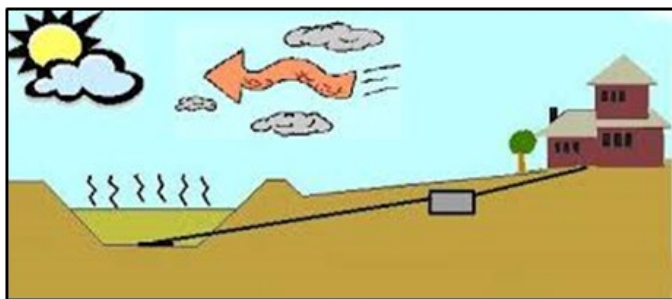
AG Updates and Private Pesticide Applicator Training

The 2017 DeKalb County Agricultural Census indicated 33,229 acres of corn and 51,430 acres of soybeans were grown with a total value of \$42,354,000 in crop sales. Row crop and forage production is extremely important to the DeKalb County economy.

This training educated crop producers for safe handling and application of restricted use pesticides. Participants learned about pest identification, economic thresholds and injury levels, emergency planning procedure and the environmental ramifications of improper pesticide application. More than 270 participants initiated or renewed a license in the Northwest region. Ag staff then followed Private Applicator Training with “hot topics” in fields of ag in Horticulture, Ag Engineering, Agronomy, Livestock and Ag Business. Further regional Private pesticide applicator training was held monthly in Buchanan County reaching an additional 33 producers.



Wayne Flanary, MU Extension Agronomy Specialist, conducting the Private Pesticide Applicators training



A diagram of how an on-site septic system works when incorporating a lagoon in place of a leach field

Tar Spot in Corn

Estimated losses to this corn disease between 2018 and 202 are approximately 242.6 US million bushels, which is approximately \$900 million. Yield losses are due to reduced grain fill, kernel abortion and reduced test weight. MU requested field specialists in agronomy monitor Tar Spot spread and severity. It is now in my assigned counties and growers should be prepared for a plan of action next year. More than 65 producer phone calls and conversations were had regarding this new corn disease.



On Site Septic Systems

- ✓ The most common question this year was septic lagoons going dry from the drought and what should they do. Each is slightly different, but the general recommendation is to add water to maintain its function and to keep the bottom seal from cracking and causing leaks in the future.
- ✓ The average cost to replace a septic system is approx. \$20,000. By taking some simple preventative steps, a current system can be maintained, safely processing wastewater from the home and saving the owner the replacement costs.



Impact of using Production Records in a Commercial Cow/Calf Operation

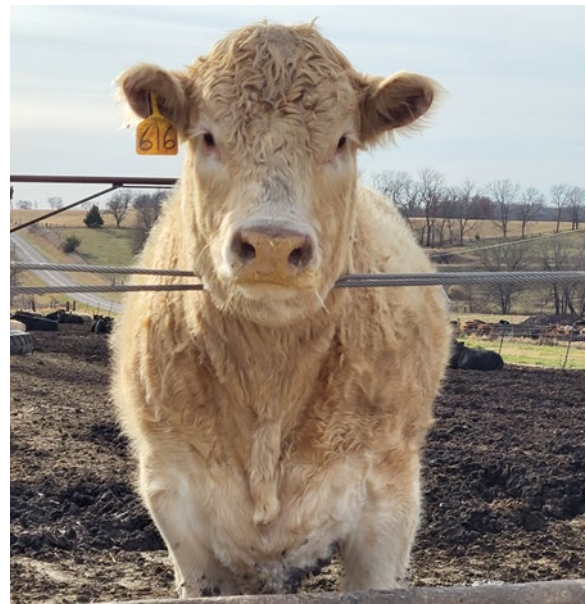
Missouri ranks number three in number of beef cows in the United States with close to 1.9 million beef cows. A pilot project is designed to demonstrate the positive impact using production records can have on commercial cow/calf operations in northwest Missouri with a special emphasis on calf weight at weaning as a percent of cow weight. Information generated during this project is being used to create deliverables for a statewide program educating cow/calf producers on the importance of individual cow and calf weights, especially when management decisions need to occur in a timely fashion. Specifically, cows that are larger with higher maintenance requirements (Lalman et al., 2018), do not necessarily wean calves that are heavier. To investigate this, we collected data over a three-year period from three spring calving beef operations located in northwest Missouri representing over 400 breeding age beef females. Cow weights, body condition scores, docility scores, and pregnancy status, were recorded each time, cows went through the chute. Calf weights were recorded in late spring and at weaning time. Additionally, calf weight as percent of cow weight was calculated for each cow/calf pair. Over the three-year period cow weights ranged from 750 lbs. to 1865 lbs., calf weights ranged from 228 lbs. to 758 lbs., and calf weight as percent of cow weight ranged from 15.9% to 71.3%. With the continued conversion of grazing and forage ground to cropland, optimizing cow efficiency is important for commercial cow/calf operations and we suggest cow/calf producers consider percentage of cow weight weaned when making management decisions. Adoption, of these practices will increase productivity contributing to the overall goal of doubling the economic impact of agriculture in Missouri by 2030.



Beef Cow Size and Record Keeping Project weigh day.



Heifers grazing stockpile in December 2023



DeKalb County 4-H and Positive Youth Development 2023



As DeKalb County 4-H Youth Development Specialist, Becky Simpson facilitates the 4-H and youth program in DeKalb County working directly with the Youth Program Associate, Kyle Reno, to deliver a comprehensive positive youth development program to 4-H members and youth in our community.

DeKalb County 4-H 2023

DeKalb County 4-H served

- ✓ 108 youths through four chartered community clubs

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. 4-H youths learn by doing under the guidance of

- ✓ 27 screened adult volunteers
- ✓ 1 youth volunteer

who teach projects ranging from computer science and arts to animal science and healthy living. Clubs also involve youth in community service, camping and educational trips.



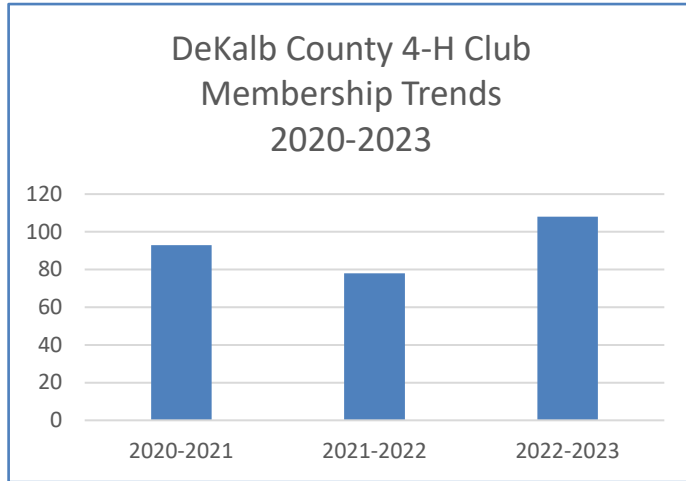
DeKalb County 4-H Volunteers



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 \$31.08 per hour (Independent Sector, 2023), the contribution of 2023 DeKalb County 4-H volunteers was worth nearly **\$84,000** in 2023. More importantly, these individuals serve as role models and mentors for youth.



DeKalb County 4-H and Positive Youth Development



DeKalb County 4-H Impact Data:

- 2023 Student Population: 1,015 Students (Public School Review- <https://www.publicschoolreview.com/Missouri/dekalb-county>)
- 108 DeKalb County 4-H Youth
- 10.6% of DeKalb County students served by 4-H programs during the 2022-2023 4-H Year!





DeKalb County 4-H and Positive Youth Development

In 2023, DeKalb County 4-H members participated in

- ✓ Club and Community Service Projects
- ✓ DeKalb County Achievement Day
- ✓ DeKalb County Fair Livestock Shows
- ✓ Shooting Sports Contests
- ✓ DeKalb County Clover Kids Day Camp
- ✓ DeKalb County Livestock Judging Team
- ✓ DeKalb County Recognition Night
- ✓ Multiple county Energizer & Discovery Day
- ✓ NW MO 4-H Camp Crowder
- ✓ MO 4-H Regional/State Livestock Judging Contests
- ✓ Missouri State Fair Project Exhibits, Demonstrations, Show-Me-4-H Wares, Livestock and Horse Shows
- ✓ State 4-H Public Speaking
- ✓ 4-H Regional Shooting Events
- ✓ Tractor Supply Company Ribbon Cutting Weekend



DeKalb County



UM System Footprint in the county in 2023



FY23 county students

29 students

- 24 Undergraduates
- 5 Graduate and professional students
- 22 Full-time students
- 7 Part-time students



County employees and retirees

7 people employed by UM

- 6 Campuses
- 1 MU Health Care

4 UM retirees and beneficiaries
 UM salary and retirement income: \$339,364
 UM state tax revenue: \$4,400
 UM federal tax revenue: \$24,801



County alumni

Selected school alumni

- 11 Nursing
- 10 Health Professions
- 5 Dentistry
- 5 Pharmacy
- 3 Veterinary Medicine
- 43 Agriculture
- 21 Engineering
- 5 Law

Alumni teaching K-12

- 4 teachers
- 3.5% of all district teachers
- 1 principal or administrator
- 25.0% of all district principals and administrators



County breakdown

MU

- 16 students
- 109 alumni
- 6 employees

UMKC

- 9 students
- 39 alumni
- 0 employees

Missouri S&T

- 4 students
- 10 alumni
- 0 employees

UMSL

- 0 students
- 2 alumni
- 0 employees



County properties and offices

MU Extension in: DeKalb County



County population: 11,639



County services provided

Health care (FY23)

- 13 in-state patients seen at MU Health Care, with \$207 of uncompensated care
- 18 in-state patients seen at UMKC School of Dentistry with a statewide average of \$43.61 per patient in uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 7 visits to 6 patients having ZIP codes associated with the county

Extension (2022)

- 717 Total educational contacts from MU Extension to residents of the county, including:
- 133 contacts related to productive farming, better gardening, and managing natural resources
- 584 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development