



# University of Missouri Extension **Dekalb County** 2024

## Annual Report

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December 2024

Dear county commissioners, elected leaders and friends of MU Extension and Engagement,

As we reflect on the past year, I want to express my deep gratitude for your support of MU Extension and for your partnership in enhancing the lives of Missourians.

Your support for MU Extension fuels Missouri's agriculture, strengthens families, prepares our youth and promotes the health, well-being and vitality of our communities. Over the past year, our programs have focused on addressing key needs throughout the state:

- **Expanding access to 4-H:** To make 4-H more accessible, we've introduced more in-school and after-school clubs, reducing barriers and creating opportunities for young Missourians to develop essential skills and leadership abilities.
- **Supporting agriculture and land stewardship:** We're addressing critical issues such as succession planning for family farms, rural mental health, agricultural business management and land stewardship. These initiatives are helping Missouri's farmers plan for the future and preserve the health of our land for future generations.
- **Advancing health initiatives:** Our team of community health field specialists, covering every region of the state, works directly with local leaders to assess health needs and bring UM System resources and expertise to these communities, supporting healthier lives and stronger communities.
- **Promoting economic development:** MU Extension is helping to create economic opportunities by working with individuals, supporting businesses in their growth and collaborating with communities to enhance local vibrancy. Through these efforts, we help bring new jobs, skills and possibilities to Missourians across the state.
- **Providing essential training:** Our continuing education programs prepare Missouri's firefighters and health care workers to meet the demands of their roles with the latest skills and knowledge, ensuring they are well-prepared to serve our communities.

As you read through this annual report, I hope you feel as proud as I do of the accomplishments we've achieved together. The dedication and professionalism of MU Extension's faculty and staff are inspiring, and I am grateful to work alongside them—and each of you—as we make Missouri a stronger, healthier and more vibrant place. Thank you for your continued support and partnership. Together, we are serving Missouri by delivering the University *for* Missouri.

Warm regards,

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



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Dear County Commissioners and Residents,

Thank you for taking the time to review the 2024 Annual Report of the University of Missouri Extension Council in DeKalb County. This report is a brief overview of the Extension work performed in 2024. 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 worked hard to be even more committed to conducting 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 2024 as we work strategically to accomplish our mission of servicing Missouri and delivering Mizzou by addressing 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 information or have programming suggestions, please feel free to contact the DeKalb County Extension Office.

Respectfully,

A handwritten signature in cursive script that reads 'Penny Crawford'.

Penny Crawford  
DeKalb County Extension Chair

A handwritten signature in cursive script that reads 'Jennifer Osborn'.

Jennifer Osborn  
Extension Engagement Specialist

A handwritten signature in cursive script that reads 'Sheri Catlett'.

Sheri Catlett, Office Manager

# Who we are

## Faculty and staff

### Jennifer Osborn

Extension Engagement Specialist

### Sheri Catlett

County Office Support Staff

### Rachel Brown

Field Specialist in Community Health

### Katie Buchs Pemberton

Field Specialist in Human Development

### Jim Crawford

Field Specialist in Agri Systems Technology

### Denise Ferguson

Field Specialist in Agricultural Business

### Wayne Flanary

Field Specialist in Agronomy

### Gwen Funk

Field Specialist in Horticulture

### Connie Griffith

Nutrition Program Manager

### James Humphrey

Field Specialist in Livestock

### Rhonda Lippold

Nutrition Program Associate

### Kyle Reno

Youth Program Associate

### TJ Sethi

Field Specialist in Nutrition and Health

### Becky Simpson

Field Specialist in 4-H Youth Development

### Jackie Spainhower

Field Specialist in Community Development

## Council members

Penny Crawford, Chair

Karen Chaney, Vice-Chair

Alan Kapp, Secretary

John Murphy, Treasurer

Barb Denny

Brandi Ellis

Chet Owen

Stephanie Poster

Enola Scrivens

Barb Steiner



## County commissioners



Kyle Carroll, Presiding Commissioner

Kyle White, West District Commissioner

Chet Owen, East District Commissioner

# Budget and more

## Appropriations budget

### Income

County Appropriations	25,000
<b>Total Income</b>	<b>25,000</b>

### Expenses

Salaries/Benefits	26,700
Travel	1,225
Telephone	700
Rent	8,400
Copy Services	200
Office Supplies/Service	2,100
Utilities	3,180
Insurance	300
Capital Repairs	700
<b>Total Expenses</b>	<b>43,505</b>

## Dekalb County partners

Dekalb County has established partnerships with



## 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.



# Missouri 4-H Positive Youth Development

## 4-H Successes

Kyle Reno, Youth Program Associate for Dekalb County was instrumental in guiding 4-H clubs, council, and programming through 2024. Reno helped to secure grants through TSC, BOAC, and more to help the groups achieve their goals.

### 4-H is increasing its presence in Dekalb county.

- 3 clubs
- 94 members
- 36 volunteers

Kyle worked with the groups in supporting the 4-H council and provided 4-H Youth Leadership and Officer training. This work is developing future leaders for Dekalb County.



Dekalb County Club Leaders 2023-2024 (top). Best backdrop (bottom)



## Recognition Night in Dekalb County

Recognition night in Dekalb County hosted at the 4-H building was a great success in honoring the achievements of the youth. The three clubs, Foundation Creation, Rising Stars, and Wranglers came together to share a meal and celebrate each other. Awards were given for MRF Report Forms 1-3, outstanding boy/girl, and rookie of the year boy/girl. The Dekalb County Commission and Tractor Supply Company were presented with the Friend of 4-H Award to commend their outstanding support of the 4-H program in Dekalb County..



4-H Recognition Night was celebrated with clubs pictured above..



Becky Simpson, Youth Specialist and 4-H youth served a meal for the event, pictured right.



# Missouri 4-H Positive Youth Development



## 4-H Projects and Achievement Day

4-H / Clover Kids Projects and Achievement Day in Dekalb County was impressive. Volunteers judged the projects, 154 projects total, throughout the afternoon. Youth lined up for their judging to explain their work and what they learned along the way. In this process, the groups boasted 53 State Fair qualifying projects. Ten demonstrations were judged, yielding eight that qualified for state. Extension's Kyle Reno and Becky Simpson helped to organize the event to recruit community member leaders, MU Extension Council, and experts for judging. They also ensured all judging was consistent and efficient. Pictured shows ribbons for some projects, judging activities for presentations and demonstrations and includes local youth with their projects.





# Missouri 4-H Positive Youth Development

## SNAC Programming

Kyle Reno, Youth Program Associate, (pictured right) obtained a SNAC mini grant. The financial support is provided through Healthy Blue in partnership with Missouri Extension and the 4-H Foundation. Kyle taught eight SNAC classes and graduated 25 Union Star 4th and 5th graders in the program. Youth learned food safety, nutrition, healthy eating habits and more.



## 4-H Camp

Area youth were able to participate in 4-H camp at Camp Crowder. 17 kids from Dekalb County joined in activities, learning, and more. Area volunteers also contributed to the event to make it a success.







# Business & Community

## Community Development Programming

### Belonging

Place-based communities building social capital and inclusivity through neighboring, civil dialogue, placemaking, etc.

### Contribution

Residents (particularly those at the margins) participating in civic life and engaged in decision making (volunteering, attending public meetings, voting)

### Leadership

Diverse community leaders (including those who typically have less power and influence) collaborating for action and bridge-building

### Vitality

Residents, organizations, governments, co-creating conditions for equitable, thriving, resourceful places

Under the guidance of the University of Missouri - St. Louis, MU Extension’s Community Development faculty help to build Civic Muscle, which is defined as the collective strength of people in a place (neighborhood, town, region) to respond to challenges and proactively pursue thriving communities. Community Development Specialist, Jackie Spainhower coaches communities to build four key “muscle groups”: **Belonging, Contribution, Leadership, and Vitality** by providing educational programs and technical assistance. Included are some examples of community development in 2024.



Faculty and staff in the Northwest Region came together in late 2024 to create and distribute the monthly Extension Express newsletter, intended to highlight programming, events, and activities happening in the region’s 20 counties. Knowing about Extension programs and class offerings helps create a stronger sense of belonging and connection between faculty, staff, council members, elected officials, and program participants within the Region. The Extension Express newsletter is currently distributed to over 350 people each month.

Neighborhood Leadership Academy (NLA) is a 10-week community development leadership program that provides participants with the skills, confidence, and strategies to plan and implement projects in their own communities. Participants come from across the entire state and meet virtually using Zoom. The program provides participants with 30 hours of educational instruction, group and individual coaching that will assist them with completing their project. Participants that complete the program are eligible to apply for mini-grants to support their projects. In 2025,



Scan the QR Code and subscribe to receive the Extension Express!

### What participants said about NLA:

*“I enjoyed the breakout sessions. Although we are from all different backgrounds, communities, we all want the same things in our communities.”*



## Business & Community

### NOVA Program and Entrepreneurial Mindset Profile Certification

During the summer, Community Development Specialist, Jackie Spainhower assisted with the facilitation of the first statewide NOVA (Nurturing Original Ventures & Ambitions) Program, which was a virtual entrepreneurial mindset summer camp for neurodivergent high school students. In early August, 2024, four students graduated from the course that was designed to help students understand the characteristics of successful entrepreneurs, identify and leverage natural talents, create a strategy to develop entrepreneurial skills, and prepare to lead in environments that value creativity. Following the course, Ms. Spainhower completed the training to become a Certified Practitioner of the Entrepreneurial Mindset Profile (EMP), the program used to develop the NOVA Program. The EMP is a short assessment that measures seven characteristics that distinguish entrepreneurs and seven skills critical to entrepreneurial success. The assessment can be administered to individuals or groups looking to work more cohesively together in creative and innovative settings. As a coach, she can administer the assessment, as well as coach individuals and teams to better individual and group outcomes.

#### What participants said about **NOVA**:

*"This class has really opened my eyes to how much I can contribute, and it's changed the way I think about my own abilities."*

*"I feel like I can turn my passions into something real, something I can build a future with."*

CONNECTING  
ENTREPRENEURIAL  
COMMUNITIES  
Extension



## CEC MONTHLY Exchange

Bookend your month with knowledge and resources for facilitating rural economic development through entrepreneurship!

### Connecting Entrepreneurial Communities

The Connecting Entrepreneurial Communities (CEC) Conference took place in Fulton on September 17-19, and we welcomed 122 people for the event. In 2024, the conference focused on youth entrepreneurship, networking and relationship building, removing barriers, and technology and innovation. Attendees had 30 educational breakout sessions to choose from, along with keynote sessions featuring local and national speakers as well as representatives from the University. Next year's conference will take place a little closer to home in Excelsior Springs. As a supplement to the Conference, this year we created a twice monthly webinar to share information about sessions at the upcoming conference and other relevant information about rural economic development and innovation. These webinars will continue in 2025, and the focus will be on stories of collaboration in rural communities across Missouri. In 2024, eight people from the Northwest Region attended the CEC Conference in Fulton, and 16 people from the region participated in the monthly CEC webinars.





# Business & Community

## Good Neighbor Week

Dekalb County's Extension Council partnered with Maysville Area Improvement Network, Chamber of Commerce, PACA, FFA, FCCLA, MACH and other local groups for a clean up effort in Maysville. The collaboration was very successful, generating community beautification, community togetherness and community service to residents that were open to assistance.

The Good Neighbor Week project was a steppingstone for future work with M.A.I.N. as the goals of the group align with the grand challenges identified for Extension work: agricultural growth and stewardship, economic opportunity, educational access and excellence and health and wellbeing. Future work aims to foster small business growth, highlight benefits of growing in Dekalb County, and encouraging inclusiveness throughout the county.



Pictured above are area youth participating in *On My Own*.

## On My Own

The *On My Own* program is an interactive financial simulation designed for youth ages 13-18 and was developed by the Consumer Economics team of the department of Family and Consumer Sciences at the University of Tennessee. The program is delivered in Missouri by MU Extension through a partnership with University of Tennessee Extension. During the simulation, students become the major income provider for their household which may include a spouse and/or children. Using a hypothetical occupation and income, students work through a month of expenses including housing, utilities, transportation, insurance, food, childcare, clothing, entertainment, and other expenses resulting from unexpected events. Union Star Junior High had 21 youth complete the program. Throughout the Daviess, Dekalb, Gentry, Harrison and Worth County area, the program was carried out by Becky Simpson, Field Specialist in 4-H and Youth Development, along with Youth Program Associates and 70 adult volunteers.



Pictured above are groups participating in Good Neighbor Week. All groups did projects small and large, ranging from trash pick-up to tree and brush trimming. Volunteers also hauled and disposed of collected trimmings and waste. The week ended with an open house at the Dekalb County Extension Center, and many stayed for lunch at Subway.



# Agriculture

## County Ag Updates and Private Pesticide Applicator Training

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 ramification of improper pesticide application with 113 participants. Six participants initiated or renewed their license certification in DeKalb County. 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 72 producers.



## Agricultural Service and Research

Ag Specialist Wayne Flanery is assisting growers with solutions by contributing to **On-Farm Research** conducted by the University of Missouri.

- ✓ Soybean Seed Treatment Salvo compared to Ileva
- ✓ Investigating Palmer Amarantha (below)
- ✓ Two Soybean Foliar Fungicide Trials
- ✓ Two Corn Fungicide Trials
- ✓ Drone Compared to Plane Application of Corn Fungicide (bottom)



## Tar Spot Corn Disease Inquiries



Estimated losses to this corn disease between 2018 and 2023 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. Ag Specialist Wayne Flanery shares that growers should be prepared for a plan of action next year. There were 91 producer phone calls and conversations regarding this new corn disease.



# Ag Business and Policy

## Farm Tax Workshops



The Farm Tax Workshop was held to help producers be better prepared to work with their tax professional. The topics included in the workshop included retirement and social security planning, corporate transparency act, depreciation and section 179, conservation tax issues, sales and exchanges, items set to sunset with upcoming tax cuts, & jobs act and more. The workshop was provided for free and was taught by Ag Business Specialist, Denise Ferguson as well as a team of other specialists in the state.

Options to participate were made for in-person throughout the state as well as online.

## Farm Leases for Row Crops and Livestock/Pasture

Missouri farmers, ranchers and landowners were able to get their hands on the latest trends and insights on farm leases with the Agricultural Business & Policy Program. Denise Ferguson and colleagues hosted two days of interactive webinars on crop leases followed by livestock and pasture leases. Attendees learned about current rental rates and land values, tips on negotiating the terms of a lease agreement and specialized topics based on crops and livestock and pasture leasing.

Join MU Extension to gain insights into

### CURRENT TRENDS IN FARM LEASES

**NOVEMBER 6**  
Livestock and pasture farm leases  
Webinars at noon and 7 p.m.

**NOVEMBER 7**  
Crop farm leases  
Webinars at noon and 7 p.m.

Webinars tailored to trends and considerations for crop, livestock and pasture leases - **TWO** opportunities to tune in!

**MUEXT.US/CURRENTTRENDSLEASES**

MU Extension  
University of Missouri  
MU is an equal opportunity/affirmative action/pro-disabled and veteran employer and does not discriminate on the basis of sex in our education programs or activities, pursuant to Title IX and Title VIII of the Civil Rights Act of 1964.

**The U.S. Department of Agriculture reports that 9.7 million acres of Missouri agricultural land was rented to farmers in 2022.**



Denise Ferguson, pictured right, was able to present during Ag Updates in Dekalb County. During the presentations, participants were able to learn about several resources that the Ag Business and Policy Group have developed to aid farmers in decision making: Cover Crop and ARC/PLC Calculators. Data from our Land Values survey was another topic shared.



# Agriculture & Environment

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

MU Extension Field Specialist in Livestock, Jim Humphrey, continued gathering data on over 270 breeding age females and their calves, in 2024. This data is compiled by University of Missouri State Beef Geneticist for analyzation. Additionally, the group is getting several questions from producers regarding the data and trends seen over the past four years of data collection.

### MU Feedlot Schools

One hundred forty-nine people attended at the four MU Feedlot Schools held in the state in 2024. We are very encouraged by the number of younger beef producers that have attended these schools. In 2025, we are planning to hold another three MU Feedlot Schools in Missouri and start holding MU Beef Stocker/Backgrounding Schools.



Beef Cow Size Project-Andrew County



Skid loader with telehandler at MU Beef Feedlot School

### Northwest Missouri Grazing School

In late June 2024, the northwest region hosted twenty-five forage and livestock producers for a three-day Northwest Missouri Management Intensive Grazing School. The evaluation results from this year's school were excellent and we had multiple producers who attended based on recommendations from previous attendees.

### Native warm season grass plots

Native warm season grass plots at Hundley-Whaley Extension and Engagement Center. MU Extension Field Specialist sampled and obtained Paddock Trac readings on three of the plots to determine yields and submitted forage samples for quality analysis.



Jim Humphrey, MU Extension Field Specialist in Livestock, teaching Show Me Quality Assurance to 4-H food animal project members in Cameron.



Eastern Gamagrass Plots at HW May 30, 2024.





# Agriculture & Environment

## Weatherization and Renewable Energy

MU Extension Field Specialist in Ag Engineering Jim Crawford, addresses weatherization and renewable energy during workshops and responding to inquiries:

- Energy conservation /weatherization – Steps and processes people can use to reduce their energy costs at home.
- Renewable energy – home and commercial scale wind and solar energy production systems. According to Crawford, “People want to know about these systems, can they reduce their electric bills, estimated paybacks and how does a large, commercial scale solar or wind farm being constructed near me affect my property values, my family and my lifestyle.”
- Jim provides unbiased, research-based data to them on both of these, sometimes very complex, topics.



Attendees learn easy, low-cost ways to reduce their energy consumption and thus their energy bills during a workshop on weatherization.



**Email from a parent – “My son was there and said he had a great time and he learned a lot about farm and tractor safety”**

## Area Youth Education Events

Jim Crawford, Field Specialist in Ag Engineering spends time focused on area youth. “I enjoy working with and teaching our youth about a variety of agriculture related topics,” said Crawford. Events included (but not limited to):

- **Graves-Chapple Extension and Education Center Youth Ag Day** – approximately 250 high school students from area schools attended the event. Topics included weed identification, Impact of temperature on livestock and forage production, growing plants with hydroponics, how to grow heirloom corn and firearm safety.
- **Safety Acres St Joseph** – this annual 2-day event brought together approximately 350 students in 3rd - 5th grades to learn about agricultural safety. I taught tractor and PTO safety as well as ATV safety.
- **Progressive Agriculture Farm Safety Day** – approximately 340 students 3rd – 5th grades attended the event in Chillicothe. I taught tractor and PTO safety as well as Grain Bin Safety at the event.



# Horticulture & Community

Horticulture, the science and art of cultivating fruits, vegetables, flowers, and plants, plays a pivotal role in benefiting communities in multifaceted ways:

- Contributes to food security by providing communities with a diverse range of fresh and nutritious produce additionally reducing dependence on external food sources
- Promotes healthier lifestyles by providing low impact exercise, eye-focus health, fresh air and natural vitamin D.
- Garden Clubs and Extension Master Gardener activities furnish shared horticultural spaces, foster social cohesion, and bring people together to cultivate a sense of belonging and shared responsibility.

Beyond the social aspect, horticulture enhances:

- Environmental sustainability of communities by promoting green spaces
- Reducing urban heat islands and supporting biodiversity.

## Horticulture



Additionally, horticultural activities often provide therapeutic benefits, promoting mental well-being and stress reduction. Overall, horticulture not only addresses practical needs but also enriches the fabric of communities, fostering health, connectivity, and environmental stewardship.

My activities this past year were designed to make the connections necessary to provide directed programming that meets the needs of the diverse communities in northwest Missouri.



## Extension Master Gardener Training

In 2024, Horticulture Specialist, Gwen Funk (pictured left), managed and collaborated on three different EMG in NW MO. This “train the trainer” program supports horticulture in many ways and can often be focused to meet the need of the local community. It supports the benefits of horticulture and benefits the community with volunteer activity. Gwen managed two 30-hour training sessions in NW MO. As a result of these activities, NW MO can claim approximately 30 new EMG trainees that will help problem-solve and teach horticulture-related topics. These volunteers help facilitate other horticulture programs such as the youth Garden-n-Grow program (pictured left).







# Health & Human Sciences

## FOCUS ON KIDS

According to the Missouri State Statute 452.600, when parents of children eighteen years and younger split up, they are required to attend a parenting class. Focus on Kids satisfies that requirement. This class is a supportive educational program designed to help individuals navigate the challenges of co-parenting after a

separation or divorce. It provides valuable information on how to minimize the emotional impact of divorce on children, encourage healthy communication between parents, and promote effective conflict resolution. The goal is to ensure that both parents are equipped with the tools they need to create a stable, supportive environment for their children, even as they adjust to the changes in their family dynamics. It is estimated that divorce education classes like FOK have a societal return on investment over \$3 for every \$1 invested (Alcaniz et al., 2022; see also Herman et al., 2015; Taskforce on Divorce and Divorce Reform, 1973).

- 4 Dekalb County citizens participated in this training online
- Katie Pemberton, Field Specialist in Human Development teaches this course

“I learned how to respect the other parent and how to coparent better. The class was very helpful and had a lot of good information.”  
-Focus on Kids Participant

## PONY EXPRESS THERAPY DOGS

Pony Express Therapy Dogs are going on their seventh year in existence. The group has 25 members and 26 dogs and they visit many locations within multiple counties. These locations range from nursing homes, libraries, special events and even local universities. Therapy dogs provide numerous emotional and psychological benefits to individuals of all ages. Their presence can significantly reduce stress, anxiety, and depression by promoting a sense of calm and comfort. Interacting with therapy dogs has been shown to lower blood pressure, release feel-good hormones like oxytocin, and create a soothing environment for people facing challenging situations. These dogs can also help improve social interaction, particularly for individuals with autism or social anxiety, by acting as a bridge for communication.



Members of the organization along with their service dogs.

## EFNEP

**The Expanded Food and Nutrition Education Program (EFNEP) brought \$1,624,777 federal funds to Missouri.** These funds were used to enroll 559 limited-resource families in nutrition education and meal preparation classes, representing 2,068 family members. Additionally, 2,864 youth were enrolled in EFNEP classes.

### Twenty-five of these youth and adult participants reside in Dekalb County.

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

This vital programming effort also reduces healthcare costs over the participant's lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums.



# Health & Human Sciences

## SNAP-Education

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.

Schools	Agencies
Union Star Elementary	St. Patrick's Manor
Osborn Elementary	Tri-County Health Department - Maysville
Maysville Elementary	Living Hope Thrift Store & Food Pantry
Stewartsville Elementary	DeKalb County Nutrition Center
Stewartsville High School	Union Star First Baptist Church Mobile Food Pantry
	Tri-County Health Department - Stewartsville
	Clarksdale Lions Club Mobile Food Pantry



*Rhonda Lippold (pictured), Nutrition Program Associate shared a success story.... Recently I was at a local grocery store in DeKalb County and a lady came over to talk to me. She told me her great granddaughter was in one of the second-grade classes at Maysville Elementary where nutrition classes were happening. This grandma was very impressed with the information from the lessons her great granddaughter was telling her about. The granddaughter was telling her grandmother about germs and the five food groups. She was also explaining all the benefits of eating from each food group. Grandma was happy to hear her granddaughter share this information and take it seriously. Healthy eating is a great habit to start early that will last a lifetime!*



# Health & Human Sciences

## Stay Strong Stay Healthy- Level 1

This 8- week program uses researched exercises to improve strength, flexibility and balance to help individuals live independently longer. 16 sessions were held in Union Star and 11 individuals participated.

Pre and post assessment were conducted. All participants improved in their fitness assessments in strength, flexibility, able to increase their physical activity levels, and/or balance.

Post- program surveys were completed and revealed that participants perceived an increase in their physical activity levels as well.



Above, DeKalb County residents participate in Stay Strong, Stay Healthy with TJ Sethi.

Stay Strong Stay Healthy participants shared their feedback. The words from community members shows the benefits from their perspective.

Quotes:

*"This class helps me keep moving. I had an accident on the farm this year and I kept on doing the exercises you taught in the class. I truly believe that helped me revive back quickly."*

*"I am definitely stronger than I used to be since I started taking this exercise class. I can go up and down the stairs much more easily now."*

*"It is great to see someone offering classes like these (SSSH) in our small community. Otherwise, we would have to travel 30-40 minutes just to get to a gym, especially when the weather is cooler."*

*"TJ was a great instructor and a fun person to have in the class. She made the class fun."*



A class on eating healthy on a budget, above.

**Direct contacts by TJ Sethi in DeKalb county through various programs in 2024: 614**

Pictured left, Food Demonstration at Country Harvest.





# Community Health

## Community Health Needs Assessments to Drive Change

In late 2024, MU Extension's [Community Health Engagement and Outreach \(CHEO\)](#) combined forces with [MU Extension's Health and Human Sciences \(HHS\)](#) department. Together Extension can play a key role in advancing population health and equity. Rachel Brown, Field Specialist in Community Health has helped to share this vision in the communities that she serves. Deep dives into community data collection was done. Rachel created a Community Health Needs Assessment and collected data using a Community Voices survey. Based on the results, she chose 3 areas of focus specific to their communities: one chronic health condition, one cancer, and one emerging issue. Mental health and substance use disorder were emerging issues in the Northwest region. Brown has contributed immensely in her role in the Northwest Region in these areas in particular.

### Coalition Building

Rachel has worked to build coalitions across the region and has contributed to work groups to advance work addressing behavioral health awareness and reducing stigma. A significant achievement is bringing Vive18 to the area. According to Brown, “ We have worked hard to bring an exciting opportunity to the youth of Northwest Missouri. In November, students from Atchison, Daviess, DeKalb, Harrison, Gentry, Nodaway, and Worth Counties will spend the day at the VIVE18 Experience, an event that focuses on reducing substance use in youth by empowering them to make positive choices that serve the lives they want to live. This effort has been made possible through collaboration across each county involved. From crowd sourcing funds to event coordination and beyond, the coalition partners involved in making this possible should be proud! In addition, Vive18 was provided to youth in Daviess and Caldwell counties. Photos on the right show the event. The region should see benefits for years to come.



### Key Successes

- Developed a partnership with telehealth network healthcare providers to promote Show-Me-ECHO
- On 6/14 and 6/26, Brown held virtual sessions of *The **Brain and the Disease of Addiction.*** Participants learned about the science behind substance use disorder. Coalition leaders, health department staff, and prevention specialists were engaged in these sessions.
- In June, Rachel completed Leadership Northwest giving her significant insight into the issues faced by the Northwest region and helped her to make connections that will last a lifetime with leaders across the region.
- Assisted NWCC in securing \$18,000+ funding for a regional substance use prevention program coming to many counties in the region



## County highlights

### Missouri Farm Family in DeKalb County

Jonathan and Tiffany Wolf and family of Maysville were among the families honored during the 67th annual Missouri Farm Family Day, Aug. 12 at the Missouri State Fair.

The Wolf family was selected as the DeKalb County Missouri Farm Family by University of Missouri Extension in DeKalb County and the local Farm Bureau. The family includes children Wyatt, Westen, and Willow.

Each year, the fair sets aside a day to recognize farm families from across the state that are active in their communities, involved in agriculture, and/or participate in local outreach and extension programs such as 4-H or FFA.

The annual event is sponsored by five partner agencies: the Missouri Farm Bureau; the Missouri Department of Agriculture; the Missouri State Fair Commissioners; the MU College of Agriculture, Food and Natural Resources; and MU Extension.

The event showcases the impact that Missouri farm families have on the economy and heritage of the state, said Missouri State Fair Director Jason Moore. “These families are involved in agriculture activities in their communities and are active participants in local outreach and extension. As the premier showcase for Missouri agriculture, the Missouri State Fair is most certainly the appropriate place to celebrate these families.”



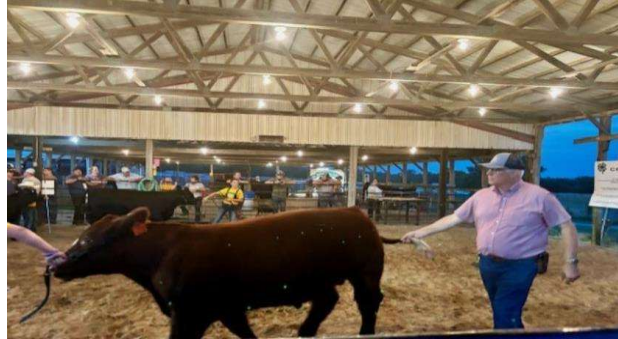
Jonathan and Tiffany Wolf and family of Maysville were honored during the 67th annual Missouri Farm Family Day, Aug. 12 at the Missouri State Fair.



# County highlights

## Dekalb County Fair

Dekalb County Fair was held June 14<sup>th</sup>-June 23<sup>rd</sup>. MU Extension Council participated in the events and chipped in at the concession stand.



## Other Events!



**Country Harvest Booth-** Country Harvest “Life is a Beach” was held August 8-10<sup>th</sup> on the square in Maysville. TJ Sethi, Kyle Reno and Rhonda Lippold are pictured at the MU Extension Tent.



Pictured above is the **Northwest Missouri Grassland Evaluation Contest** with Dekalb County participants.

# DeKalb County



# University of Missouri System

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## UM System Footprint in the county in 2024



### FY24 county students

#### 36 students

- 27 Undergraduates
- 9 Graduate and professional students
- 33 Full-time students
- 3 Part-time students
- 13 Pell grant recipients (aid year 2024)



### County employees and retirees

#### 9 people employed by UM

- 7 Campuses
- 2 MU Health Care (includes additional employees gained via the recent integration of Capital Region Medical Center)

2 UM retirees and beneficiaries

UM salary and retirement income:  
\$376,821

UM state tax revenue: \$8,181

UM federal tax revenue: \$47,702



### County alumni

#### Selected school alumni

- 2 Medicine
- 15 Nursing
- 12 Health Professions
- 8 Dentistry
- 11 Pharmacy
- 4 Veterinary Medicine
- 50 Agriculture
- 22 Engineering
- 2 Law

#### Alumni teaching K-12

- 6 teachers
- 5.3% of all district teachers
- 1 principal or administrator
- 20.0% of all district principals and administrators



### County breakdown

#### MU

- 17 students
- 117 alumni
- 5 employees

#### UMKC

- 12 students
- 58 alumni
- 2 employees

#### Missouri S&T

- 5 students
- 7 alumni
- 0 employees

#### UMSL

- 2 students
- 3 alumni
- 0 employees



### County properties and offices

MU Extension in: DeKalb County



County population: 11,176



### County services provided

#### Health care (FY24)

- 96 in-state patients seen at MU Health Care, with \$23,270 of uncompensated care
- 17 in-state patients seen at UMKC School of Dentistry with a statewide average of \$52.57 per patient in uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 39 visits to 28 patients having ZIP codes associated with the county

#### Extension (2023)

- 1,971 Total educational contacts from MU Extension to residents of the county, including:
- 23 contacts related to productive farming, better gardening, and managing natural resources
- 1,859 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- 7 contacts related to starting businesses, developing community leaders, or renewing the local economy

# DeKalb County



**University of Missouri System**  
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## UM System Statewide Footprint

### Economic and Community Development Highlights

- In FY23, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 98,527 jobs.

**\$3.1 billion**

For every dollar invested from 2019 to 2021, the MU Extension Business Development Program has returned \$133 in economic impact for its clients by increasing sales more than \$1.6 billion. For a total impact of \$3.1 billion, the program has generated more than 37,000 jobs and attracted nearly \$451 million in capital investments and \$1.5 billion in government contracts.

- Between FY18 and FY23, UM System brought Missouri more than \$1.58 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



In FY24, UM System was issued 29 patents and filed 69 new U.S. patent applications.

- In FY24, the UM System awarded 707 design and construction project contracts throughout Missouri, for a total investment of \$287.3 million in the state.



In FY24, to improve access to medical and health related services, MU Health Care's Missouri Telehealth Network's Show-Me ECHO program provided 16,687 hrs of case-based instruction to 3,113 learners located in 105 of 114 Missouri counties and the city of St. Louis.

### Education and Training Provided



40,542 police, fire fighters, and medical professionals attending continuing education (2023)



Agriculture and natural resource programs served 369,077 farmers and related businesses (2023)

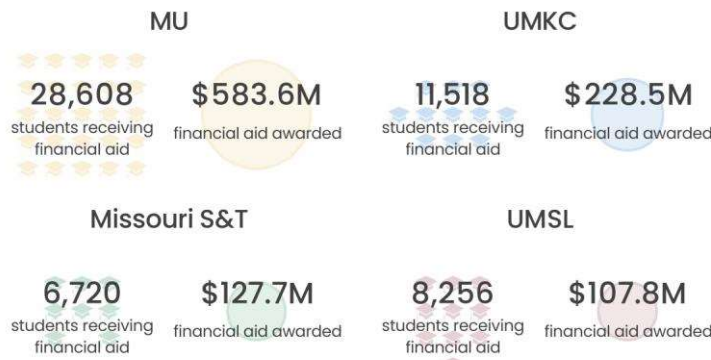


210,577 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2023)

### Education Highlights

#### FY24 Financial Aid Awards

In FY24, 69.7% of the UM System's 79,014 students received financial aid totaling \$1.048 billion



UM System's MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 58 higher education institutions (230,000 students), 484 K-12 school districts (830,000 students) and 134 public libraries (serving nearly 3 million Missourians) in 2023.

- UM System awarded 50.5% of the 31,689 Bachelor's or higher degrees awarded by Missouri four-year public institutions in 2023-24.
- UM System awarded 35.0% of the 1,776 research doctorates and 26.8% of the 3,796 professional doctorates awarded by Missouri public and not-for-profit private institutions in 2023-24.
- In FY24, UM System's \$30.7 million in National Science Foundation (NSF) grants represented 96.9% of all NSF grants made to Missouri public colleges and universities.
- In 2024, over 12,400 Missourians accessed mobroadband.org, part of the UM System Broadband Initiative which helped the statewide build-out of high-speed internet infrastructure.

**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 2024, based on the best available and most recent data. Data Sources include: Missouri Office of Administration • UM IR • MU Institute for Public Policy • 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

