



**University of  
Missouri**

**Hickory  
County  
Extension  
Council**

**Return on Investment**  
**UNIVERSITY OF MISSOURI**  
**MU Extension**

**2016  
Annual  
Report**





## Programs of Distinction

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*“Improving people’s lives through relevant lifelong learning.”*



## **Extension's Program Guidance Comes From You**

The University of Missouri Extension council and staff would like to thank the Hickory County Commissioners for their support and funding for programs during this past year. In turn, the council and staff remain committed to improving people's lives by helping them meet the opportunities and challenges of the 21st century with research-based education and information.

County residents decide the direction of extension's educational programming. Current emphasis areas in Hickory County focus on:

- Agricultural Profitability and Viability
- Productivity of Horticultural Crops
- Children, Youth, and Family Development
- Health and Wellness Education
- Business Development
- Community and Economic Development

The mission of University of Missouri Extension is to: "serve Missouri by extending the unbiased research-based knowledge and problem-solving resources of the University of Missouri to focus on high-priority needs of people throughout the state."

The contents of this report are a brief summary of some of the highlights of our educational efforts during the past year. We hope that this report provides a greater understanding about University of Missouri Extension programming efforts in Hickory County.

Submitted by,

**Ms. Ashley Pitts**

Extension Council Secretary

**Mr. Jeff Owen**

County Council Chair

**Mrs. Velynda Cameron**

County Program Director

**University of Missouri, Lincoln University, U.S. Department of Agriculture and Local University Extension  
Councils Cooperating**

University of Missouri Extension does not discriminate on the basis of race, color, national origin, sex, sexual orientation, religion, age, disability or status as a Vietnam-era veteran in employment or programs.

January 5, 2017

**VICE CHANCELLOR'S OFFICE**

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Dear County Commissioners and Friends of MU Extension:

The past year was a busy one for University of Missouri Extension. As a long-time extension professional and newcomer to Missouri, I have found the support from people like you to be remarkable. Missouri is a special place with a promising future.

Through the efforts of faculty, staff and amazing volunteers, MU Extension connects millions of Missourians with knowledge they put into action in their daily lives. Using a range of learning experiences, we reach people of all ages and backgrounds, in every corner of the state.

In response to direct input received from local councils and the unique nature of each county, extension programs vary slightly across the state. This strength of local flexibility and public engagement enables county-based Mizzou faculty to provide local learning experiences that improve lives and community vitality. For example:

- MU Extension business specialists helped local Missouri businesses achieve sales increases of \$186 million while creating or retaining 7,766 jobs.
- Helping assure access to health care in local communities, MU Nursing Outreach made it possible for 2,094 nurses keep their skills up to date.
- Our 4-H youth development specialists and other extension team members worked with volunteers and community leaders to reach 269,000 youths ages 5 to 18 across the state.
- Anticipating the needs of Missouri's aging farm population, extension faculty developed workshops that target estate planning, succession and retirement planning specific to farmers.

These are just a few examples of how Mizzou's commitment to extension and engagement benefitted Missourians this past year.

In the interest of better serving Missourians, we are conducting a statewide needs assessment. It will include extensive input from local communities and stakeholders. It will result in stronger alignment between extension programs and local needs.

I encourage you to read the attached annual report from your county office to gain an understanding of how MU Extension has worked this past year to serve your community.

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

Sincerely,



Marshall Stewart, Ed.D.

Vice Chancellor for Extension

University of Missouri, Lincoln University, U.S. Department of Agriculture and Local Extension Councils Cooperating

## Faculty and Staff Assigned to Hickory County Extension



**Terry Halleran**

Agronomy Specialist



**Jocelyn Wheeler**

Office Manager



**Allison Gunter**

Nutrition Program Associate

## Regional Staff Serving Hickory County

Velynda Cameron	4-H Youth Development Specialist	417-326-4916
Amy Jackson	Business Development Specialist	660-596-7391
Michele Kroll	Community Development Specialist	573-346-2644
Andrew McCorkill	Livestock Specialist	417-345-7551
Gene Schmitz	Livestock Specialist	660-438-5012
Robert Schultheis	Natural Resource Engineer	417-859-2044
Mary Sebade	Nutrition and Health Specialist	417-345-7551
Wesley Tucker	Agriculture Business Specialist	417-326-4916

**Mission:** *Improve Missourians' lives by addressing their highest priorities through the application of research based knowledge and resources.*

# Agriculture

Program/s and Participants	What did they learn?	How did the participants benefit?	How does this work make Hickory County and Missouri better?
<b>Local Farmers and Farm Operators Programs</b>	Strategies to optimize production and cut costs on their operations allowing farmers to improve on their profit margins throughout the year.	By understanding the research based information and through good production practices our producers are better able to understand why they as producers themselves need to be good stewards of their land and resources.	By maintaining or improving soil health and water quality through better distribution of nutrients on our forage and beef cattle operations, we ensure future generations will have safe and plentiful natural resources.
<b>Cattleman's Bus Tour</b> —30+ participants			
<b>Hickory County Annual Agricultural Conference</b> — 94 participants	Strategies to best determine the value of their forages, the variation in quality of forages and how best to manage these forages, while maintaining productivity, maximizing nutrient utilization, minimizing soil and nutrient losses, and other negative impacts on the environment.	By understanding agricultural issues producers and growers are currently facing, from weeds and forages to beef genetics, timber management, and legislation.	When you support beef and forage production for the clients in our area, participants learn high quality unbiased research based production strategies which result in increased success for producers in reaching their production and financial goals.
<b>Pesticide Applicators Certification Classes</b> —5 participants		By informing and providing research based solutions to our clients needs their operations may become more profitable as they adapt in an ever-changing society.	
<b>Beginning Bee Keepers Workshop</b> —50 Participants			
<b>Soil Testing/ Nitrate testing</b> —48 Hickory County Participants	Strategies to best optimize pasture production by properly identifying the types of plants growing in their pastures, knowing their life cycles, and understanding how to better manage their pastures for profit.	By learning how to properly handle and care for hazardous chemicals, calculate chemical needs for the different methods of application, as well as how much chemical is needed to control specific weeds and about record-keeping requirements.	Producers contact us looking for answers to questions specific to their operation. By taking a total quality management approach for each operation we can help producers get the information and resources they need to improve the bottom line for their operations.
<b>Missouri State Fair Farm Family/Recognition Programs</b> — 1 participants	Strategies to best determine the value of bees as natural pollinators and how to raise and maintain bee hives throughout the year.	By promoting soil testing and proper application of fertilizer/ lime to ensure that plants receive the nutrients needed to produce the desired yield and to reduce the potential of excess fertility the producer can increase profits while protecting the environment.	By recognizing the success of our local farm families we instill the pride in our community to those that are truly a successful farmer.
<b>Soils Class</b> — 5 participants			
<b>Grassland Evaluation Workshop</b> — 70+ participants	Strategies to best determine the safe practices of handling and spraying chemicals to control unwanted plants and insects that affect profitable production on the farm.		
<b>Pasture Renovation Classes</b> — 2 participants	Strategies to best determine the wise use and proper sale techniques of marketable timber on your farm		
<b>Forestry Workshops</b> — 9 participants			

## Livestock and Forage Production

Program/s and Participants	What did they learn?	How did the participants benefit?	How does this work make Hickory County and Missouri better?
<p><b>Beef Cattle Production Systems</b></p> <p>Programming focused on nutrition, and forage production and management through:</p> <ul style="list-style-type: none"> <li>◆ <b>Bus Tour</b></li> <li>◆ <b>Hickory County Ag Conference</b></li> <li>◆ <b>Direct producer contacts</b></li> <li>◆ <b>News releases in county and area newspapers</b></li> </ul>	<p><b>Participants learn various management techniques from producers around the nation</b> and gain insight into the livestock industry from a national and global perspective.</p> <p><b>The Hickory County Ag Conference</b> hosted 94 participants. Evaluation results indicated producers would improve on a working relationship with their local vets as well as record keeping when it comes to the new feed additive law which takes effect in 2017.</p> <p><b>Producers received direct assistance</b> to questions regarding their livestock and forage management systems.</p> <p><b>Hickory County citizens gained awareness</b> of timely agriculture and livestock management issues and suggestions on how MU Extension may play a role in addressing these issues.</p>	<p><b>2016 bus tour</b> to Kansas and Nebraska included the following:</p> <p>Participants viewed custom grazing and forage systems being used in a practical way.</p> <p>They learned about ethanol production and how it affects the price of corn/feed.</p> <p>They learned how the use of genetic coding through modern technology would help them in the selection of replacement stock in their operation</p> <p>They toured one of the largest livestock medical/vaccination plants in the world and saw how they control quality while shipping their products around the world.</p> <p>Participants viewed high quality cattle and discussed with the owners what it took to make their operation's a success.</p> <p>They visited with other producers from our state about what is working and not working on the farms here in Missouri.</p> <p>Producers learned how the new VFD will affect their operation and how to better prepare for it in the future.</p>	<p>Through a wide and diverse development of a variety of programs producers are introduced to new ideas, technology and information relevant to their own operations. This in turn increases local profits, thus the local economy, as they continue to improve the standards of living for themselves and their families.</p> <p>Areas of impact:</p> <ul style="list-style-type: none"> <li>◆ Reduced production expenses and increased profitability</li> <li>◆ Increased efficiency of resources and labor</li> <li>◆ Improved overall cattle health, well-being, and productivity</li> </ul>

## Missouri Agriculture's Economic Impact

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Missouri has a diverse agriculture industry that is especially strong in growing grains and oilseeds (soybeans), cattle and hog farming and many further food and forestry processing industries. This study of the Economic Contributions of Missouri Agriculture and Forestry quantifies the importance of these industries to the state.

### Summary:

In 2016, agriculture, forestry and related industries in Missouri contributed:

- **\$88.4 billion** economic impact
  - \$33.0 billion in value-added plus \$55.4 billion in inputs
- **378,232** jobs
- **\$17.5 billion** in labor income
- **\$2.2 billion** in state/local taxes
- **\$4.0 billion** in federal taxes

Of the \$33.0 billion in added value from the agriculture, forestry, and related economic activity:

- Crops, Livestock, Forestry, and Fisheries Production contributed: **\$9.4 billion**
- Agriculture Inputs and Services contributed: **\$5.0 billion**
- Food and Related Products Manufacturing contributed: **\$15.5 billion**
- Forestry Products Manufacturing contributed: **\$3.2 billion**

Of the industries studied, the following are the top three contributors of value-added to the State of Missouri:

- Breweries: **\$2.9 billion**
- Oilseed Farming: **\$2.3 billion**
- Dog and Cat Food Manufacturing: **\$2.3 billion**

In addition to analyzing agriculture, forestry, and related economic activity at the state level, county level and congressional district results are available in separate reports.

Source: <http://agriculture.mo.gov/economicimpact/>

# MISSOURI AGRICULTURE

*2016 Economic Contributions of Agriculture & Forestry*

Agriculture.Mo.Gov



## HICKORY COUNTY

### Economic Contributions of Agriculture, Forestry & Related Industries:

Sales: \$49.2 million

Jobs: 528

Value-Added: \$25.4 million

Labor Income: \$13.2 million

Inputs: \$23.8 million

Taxes: \$4.1 million

**Sales:** The broadest measure of economic activity - often referred to as "output"; **Employment (Jobs):** A measure of job positions without regard to whether they are full-time equivalents; **Value-Added:** Sales (output) minus the cost of inputs; **Taxes:** Includes taxes paid at the federal, state and local levels.

Economic Contributions					
	Inputs (\$M)	+	Value-Added (\$M)	=	Sales (\$M)
Ag Inputs & Services	\$0.1		\$		\$0.1
Crops, Livestock, Forestry, & Fisheries Production	\$22.4		\$24.9		\$47.4
Food & Kindred Products Manufacturing	\$1.1		\$0.3		\$1.5
Forestry Products Manufacturing	\$0.1		\$0.1		\$0.2
Total	\$23.8		\$25.4		\$49.2
					528

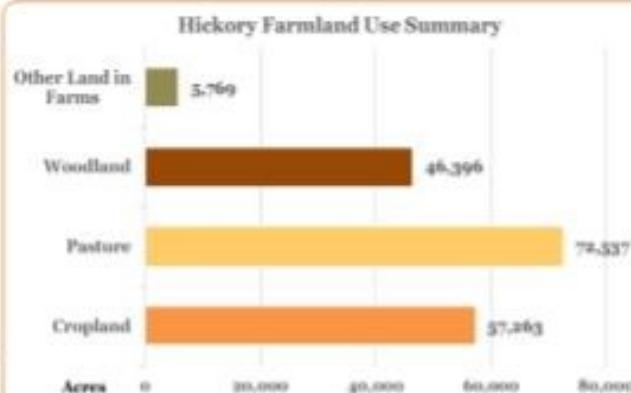
Number of Farms: 487 farms

Average Size of Farm: 374 acres

Total Land Area: 255,429 acres

Total Land In Farms: 181,965 acres

Population (2015): 9,201



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Missouri Department of Agriculture | Missouri Farm Bureau | Missouri Agricultural & Small Business Development Authority



MO Dept of Ag



MO Farm Bureau



MASBDA



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# MISSOURI AGRICULTURE

2016 Economic Contributions of Agriculture & Forestry



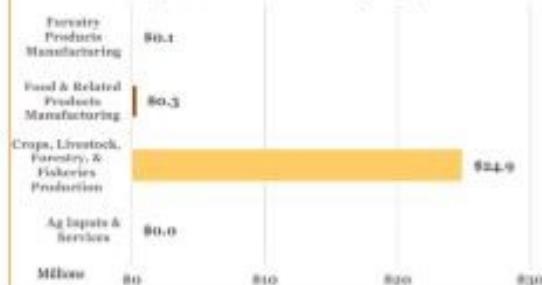
Agriculture.Mo.Gov

## HICKORY COUNTY

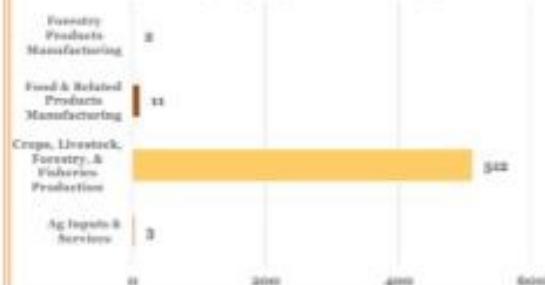
### Overall Top Three Contributors (Ranked by Value-Added)

	Inputs (\$M)	+	Value-Added (\$M)	=	Sales (\$M)	Employment
Beef cattle ranching and farming	\$13.7		\$14.1		\$27.8	278
Dairy cattle and milk production	\$3.2		\$4.1		\$7.3	23
All other crop farming	\$1.8		\$3.4		\$5.2	116

Hickory Value-Added Summary: \$25.4 Million



Hickory Employment Summary: 528



### Crops, Livestock, Forestry & Fishery Production - Top Three Contributors (Ranked by Value-Added)

	Inputs (\$M)	+	Value-Added (\$M)	=	Sales (\$M)	Employment
Beef cattle ranching and farming	\$13.7		\$14.1		\$27.8	278
Dairy cattle and milk production	\$3.2		\$4.1		\$7.3	23
All other crop farming	\$1.8		\$3.4		\$5.2	116

Note: Totals in tables may not sum due to rounding.

### Overall Contributions to Hickory County

Agricultural, forestry, and related industries support 528 jobs in Hickory County. Additionally, these industries contribute \$25.4 million in sales, which translates to \$25.4 million in added value to the area after \$23.8 million worth of inputs are purchased. Of this \$25.4 million, \$13.2 million is comprised of labor income. Tax revenues generated by the agricultural, forestry, and related industries in Hickory County are \$4.1 million.

Brought to you by:

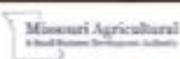
Missouri Department of Agriculture | Missouri Farm Bureau | Missouri Agricultural & Small Business Development Authority



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# Horticulture & Master Gardeners

Program/s and Participants	What did they learn?	How did the participants benefit?	How does this work make Hickory County and Missouri better?
<p><b>Master Gardeners Program</b>  <u>35 members</u></p> <p>1 produce garden at the McCarty Senior Center</p> <p>12 community floral gardening beautification projects</p> <p>Approximately 3000 LBS of food produced</p> <p>Over 2500 volunteer hours</p> <p><b>Training workshops and seminars</b></p> <p><b>Annual Master Gardeners Plant Sale</b></p> <p><b>Hickory County Master Gardeners Fund Raising Dinner</b></p> <p><b>New Master Gardener Class Taught</b></p> <p><b>Participation in Missouri Grow Well Program</b></p> <p><b>Gardening Classes taught</b></p> 	<p>Identification as well as proper location and care of nursery and landscaping plants used to beautify the communal environment.</p> <p>Identification and control of plant diseases, weeds, and insects which effect production and profitability of the McCarty Senior Center Garden.</p> <p>The development of voluntary community supported activities which enhance the quality of life for the surrounding area.</p> <p>How to develop, operate, and produce a profitable greenhouse crop through past research and development of consumers wants and needs.</p> <p>The value of community service and how it addresses the needs of our community.</p> <p>The need of a program which addresses the value of home grown produce and the health of our community.</p>	<p>Learning the proper use of pesticides and herbicides is critical for both grower and consumer safety. Growers trained in this area learn to safely use these materials leading to better health while protecting our communal environments.</p> <p>Homeowners seeking help with horticultural problems learn not only how to combat the problem, but end up increasing property values.</p> <p>The production of an annual greenhouse crop has lead to a well financed/self supported organization benefiting the Senior Citizens in the community.</p> <p>Home-grown vegetables and fruits are a necessity for many seniors and low-income families in Hickory County.</p> <p>The value of an elementary school program that allowed first graders to have real life hands on experiences in planting and growing garden plants of their own.</p>	<p>Homeowners who practice horticulture, whether it is producing food or planting ornamentals, increase the value of their homes and community. When this is practiced on a community-wide scale, the effect can be remarkable. Communities with poorly-developed landscaping are not as attractive as those where homeowners seek to beautify their properties. Collectively, these improvements lead to increased property values throughout the entire community.</p> <p>All produce gathered from the community garden is used by the McCarty Senior Citizen Center kitchen to feed the elderly.</p> <p>The Master Gardeners have developed different annual scholarship programs designed to assist youth in their educational needs.</p> <p>The Hickory County Master Gardener Chapter in particular has made substantial strides to the beautification of Hickory County and has assisted MU Extension in increasing public knowledge of vegetable and fruit gardening.</p> <p>Elementary school students were allowed to take home live garden plants which in turn hopefully were planted and grown/consumed by the families at their dinner tables.</p>

## Event Photographs



**Annual  
Hickory  
County  
Agriculture  
Conference**



**Missouri State Fair**

### **2016 Hickory County Farm Family**

Jordan & Amanda Lewton and family of Weaubleau were among the 114 families honored during the Missouri State Fair's Farm Family Day on August 15, 2016.



## Event Photographs

**Hickory County Cattleman's Bus Tour** through Missouri, Kansas, & Nebraska, took us to many different types of operations. At every stop a common theme about livestock was presented. — (below) "Quality breeding stock is the foundation to profitable beef operations." (right) Stops were made at different agricultural industries including DNA research & mapping, as well as, vaccination medication and how they are shipped around the world.



08.03.2016



### 4-H Recognition

The annual 4-H Recognition program is a celebration of the hard work and commitment each 4-H member has demonstrated in their project work over the past year.

4-H members earn medals, project pins and year pins by completing and turning in the 4-H project report form. Some of the skills reported as learned were "how to better take care of my rabbits", "how to be a better leader", and "I improved my public speaking skills."

### University of Missouri

#### Legislative Day

On March 2, 2016, Abigail Hammer, Taylor Copeland and Hoang Pham (foreign exchange student) along with 4-H members from Polk County participated in the annual **University of Missouri, 4-H Legislative Day**. The full day at the capital emphasizes government, citizenship, and leadership. The group of 4-H'ers participated in meetings with House Representatives Warren Love and Sue Entlicher; and Senator Mike Parson as well as a tour of the Capital.



## 4-H Youth Development

Program/s and Participants	What did they learn?	How did the participants benefit?	How does this work make Hickory County and Missouri better?
<u>4-H Members</u>  29 youth  1 4-H Club	4-H members participate in club and project meetings, regional camp, county and state events and other 4-H activities. <ul style="list-style-type: none"> <li>◆ <b>3 attended 4-H camp</b></li> <li>◆ <b>3 UM Legislative Day</b></li> <li>◆ <b>1 Ag Career Tour</b></li> <li>◆ <b>8 completed project report forms</b></li> <li>◆ <b>22 Exhibit day entries</b></li> <li>◆ <b>18 Ozark Empire Fair entries</b></li> <li>◆ <b>11 Missouri State Fair entries</b></li> </ul>	<b>Missouri 4-H:</b> University of Missouri Extension's youth development program, helps create opportunities for young people to be valued, contributing members of their community. Providing opportunities for youth to develop positive self-esteem, leadership skills, decision-making skills, citizenship and practical life-skills are objectives of Extension's youth program. Missouri 4-H connects kids with caring adults for learning-by-doing experiences in organized clubs, school enrichment programs, special-interest groups, camps and school-aged child care programs.	4-H Youth are equipped with the knowledge, skills, attitudes and health for the 21 <sup>st</sup> century workforce. Missouri 4-H members spend almost nine times more of their leisure time than peers engaged in projects anchored in science. As a result, 4-H members are three times more likely to go into science related careers than similar peers (Lerner and Lerner, 2008). Fostering career development is the fact that Missouri 4-H members are connected to college campuses and faculty.
<u>4-H Volunteers</u>  11 adults	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. Members learn by doing under the guidance of adult volunteers, who teach projects ranging from computers and horse to poultry and shooting sports. Clubs also involve children and teens in community service, camping and educational trips.	Parents shared "Because of 4-H my child learned the following life skills this past year." <ul style="list-style-type: none"> <li>◆ <b>"How to speak in front of others"</b></li> <li>◆ <b>"Future leadership skills—how to speak in front of others; people skills; how to properly participate in a business meeting; and how to promote her ideas"</b></li> <li>◆ <b>"The desire to work hard; importance of responsibility ; the importance of completing chores/tasks on time; and getting into a routine"</b></li> <li>◆ <b>"Friendly competition (being a good winner and a gracious loser)"</b></li> <li>◆ <b>"To complete things you start, always do your best; and you don't always have to "win" to win at life"</b></li> </ul>	Our state and nation are in need of workers who are highly proficient in <b>science, technology, engineering and math (STEM)</b> . Research has shown that 4-H members develop an increased interest in science three times higher than their non-4-H-peers. Both non-traditional activities, such as robotics, and more traditional activities, such as livestock judging and food preparation, are doorways to science-related careers. In fact 59% of 4-H members would like a job related to science.
<u>School Enrichment</u>  135 participants	The Embryology curriculum brings action and hands-on experience to the classroom using incubators to hatch chicken eggs. Pre-kindergarten through fifth grade students have the opportunity to observe the development of chicks while still in the eggs, view the eggs hatching, and observe chick behavior after hatching.		 <small>18 USC 707</small>

# Cooking Matters for Adults (CMA)

Number of Participants & Hours of Participation	What did they learn?	What action did they take?	How does this work make Hickory County and Missouri better?
<b>17 Participants</b>  <b>186 Hours of Collective Workshop Participation</b>	<p>Topics covered:</p> <ul style="list-style-type: none"> <li>• Proper hand washing</li> <li>• Basic knife safety</li> <li>• Preparing recipes from multiple food groups</li> <li>• Discuss using recipes as framework that can be adjusted to save time and money</li> <li>• Practice reading food labels</li> <li>• Discuss ways to enjoy a variety of fruits and vegetables</li> <li>• Discuss the pros and cons of fresh, frozen, and canned fruits and vegetables</li> <li>• Practice identifying whole grain foods by reading the food label ingredient list</li> <li>• Identify healthier choices when eating convenience foods or eating away from home</li> <li>• Prepare healthier versions of popular convenience foods</li> <li>• Discuss the difference between healthy and unhealthy fats</li> <li>• Discuss making healthier choices in the Protein and Dairy groups</li> <li>• Practice planning meals in advance</li> <li>• Discuss the benefits of shopping with a list</li> <li>• Prepare recipes using herbs and spices instead of salt</li> <li>• Practice comparing unit prices</li> <li>• Practice the skills they've learned in class to save money and make healthier choices when food shopping</li> <li>• Discuss ways to be more physically active</li> </ul>	<p>According to pre- and post-surveys, more participants were choosing more whole grain products, lean meats or low-fat proteins, and products with less salt. Participants were eating at home more and eating more fruits and vegetables. Participants reported that they compare products before buying, and plan meals ahead of time. They also reported that they are more confident in buying and cooking healthy food for their family on a budget.</p> <p>Actions reported via participant evaluations:</p> <ul style="list-style-type: none"> <li>• I have been enjoying the recipes and sharing with others.</li> <li>• <b>I plan to plan meals, shop, cook, and eat better.</b></li> <li>• Class made me try new things and force them on the family; they liked it.</li> <li>• Makes me want to try new recipes with some of the new ingredients introduced to us in class... quinoa, barley, bulgur wheat</li> <li>• <b>Very positive tips, and advice to make meals healthier</b></li> <li>• <b>Makes me try to cook healthier meals for my family</b></li> </ul>	<p><b>Hickory County</b>  People who take this course will have: <ul style="list-style-type: none"> <li>• Improved self-confidence in providing healthy meals for their families</li> <li>• Increased awareness of ingredients in food products</li> <li>• Ability to build a meal using ingredients on hand or from food pantry or commodity distribution</li> <li>• Ability to figure unit pricing and get the best buy for the product they want.</li> <li>• Plan meals for a week and budget to purchase the ingredients.</li> </ul> These classes result in participants learning how to save money when grocery shopping while planning nutritional meals for themselves and their families. <p><b>Statewide</b></p> <ul style="list-style-type: none"> <li>• Improving health status and <b>eating healthier results in less money spent on health care costs</b> resulting in more money to spend on other things therefore strengthening Missouri economy.</li> <li>• 71% of adult course graduates are eating <b>more</b> vegetables.</li> <li>• Participants report eating healthier, putting them at lower risk for diet-related diseases like obesity, diabetes, heart disease and cancer.</li> <li>• Participants were 17% more confident in stretching their food dollars (including federal benefits like SNAP and WIC) due to the strategies they learned in Cooking Matters.</li> </ul> </p>

## Cooking Matters for Adults (CMA)

Number of Participants & Hours of Participation	What did they learn?	What action did they take?	How does this work make Hickory County and Missouri better?
<b>96 Participants</b> <b>52 Hours of Collective Workshop Participation</b>	Presentations given were: <ul style="list-style-type: none"> <li>• Water – Staying Hydrated</li> <li>• Dissecting the Food Label</li> <li>• Fiber</li> <li>• Living with Diabetes</li> </ul>	Participants asked questions following the presentation.  The following comments were recorded:  How do I reverse pre-diabetes?  If I drink water, I need to go to the restroom more.  Thank you for bringing fiber food examples.	<p><b>Hickory County</b></p> People who listen to the presentations have: <ul style="list-style-type: none"> <li>• More current knowledge</li> <li>• Ways to improve their lifestyle</li> <li>• Understand the importance of eating a well-balanced diet</li> <li>• Identify percent of daily value highs and lows</li> <li>• Ability to comprehend carbohydrates and sugars on labels as it pertains to Diabetes</li> </ul>



Participants preparing pizza on the first night of the class.

Cooking Matters for Adults participants with their certificates at the completion of classes.
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# Food and Nutrition Education

Programs and Participants	What did they learn?	How did the participants benefit?																										
<p><b>During 2016, 1,897 youths and 5,209 adults were served</b> through schools, community groups and agencies. The following is a list of the locations where participants were served:</p>	<p>University of Missouri Extension (UME) Family Nutrition Education Programs (FNEP) reached 6,926 low-income participants with nutrition education in Hickory County during 2016. FNEP provides information on nutrition, food safety, and physical activity for lifelong health and fitness.</p>	<p><b>Student changes reported by teachers</b></p> <table border="1"> <thead> <tr> <th data-bbox="714 291 926 397">Student changes</th><th data-bbox="926 291 1225 397">% of teachers who observed each type of student change</th><th data-bbox="1225 291 1519 397">% of teachers whose students talked about this change</th></tr> </thead> <tbody> <tr> <td data-bbox="714 397 926 460">More aware of nutrition</td><td data-bbox="926 397 1225 460">90%</td><td data-bbox="1225 397 1519 460">89%</td></tr> <tr> <td data-bbox="714 460 926 566">Make healthier meal and/or snack choices</td><td data-bbox="926 460 1225 566">67%</td><td data-bbox="1225 460 1519 566">80%</td></tr> <tr> <td data-bbox="714 566 926 629">Eat breakfast more often</td><td data-bbox="926 566 1225 629">50%</td><td data-bbox="1225 566 1519 629">55%</td></tr> <tr> <td data-bbox="714 629 926 692">More willing to try new foods</td><td data-bbox="926 629 1225 692">80%</td><td data-bbox="1225 629 1519 692">80%</td></tr> <tr> <td data-bbox="714 692 926 756">Improved hand washing</td><td data-bbox="926 692 1225 756">83%</td><td data-bbox="1225 692 1519 756">79%</td></tr> <tr> <td data-bbox="714 756 926 819">Improved food safety other than hand washing</td><td data-bbox="926 756 1225 819">39%</td><td data-bbox="1225 756 1519 819">43%</td></tr> <tr> <td data-bbox="714 819 926 882">Increased physical activity</td><td data-bbox="926 819 1225 882">65%</td><td data-bbox="1225 819 1519 882">69%</td></tr> </tbody> </table>			Student changes	% of teachers who observed each type of student change	% of teachers whose students talked about this change	More aware of nutrition	90%	89%	Make healthier meal and/or snack choices	67%	80%	Eat breakfast more often	50%	55%	More willing to try new foods	80%	80%	Improved hand washing	83%	79%	Improved food safety other than hand washing	39%	43%	Increased physical activity	65%	69%
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<p><b>Schools:</b></p> <p>Hermitage Elementary, Middle School, &amp; High School; Hickory County (Skyline) Elementary &amp; Middle School; Weaubleau Elementary, Wheatland Elementary &amp; High School; and Peggy's Daycare</p>	<p>Nutrition education for youths provides information in kid-friendly terms and lessons with hands-on activities. Activities include opportunities for taste-testing healthy foods and practicing skills that lead to good health. Education for adults includes nutrition, food safety, physical activity, and food resource management.</p>	<p><b>Adults - Dietary Quality and Physical Activity</b></p> <table border="1"> <thead> <tr> <th data-bbox="714 946 1188 1009">Indicator</th><th data-bbox="1188 946 1519 1009">% of respondents reporting improvement</th></tr> </thead> <tbody> <tr> <td data-bbox="714 1009 1188 1115">Think about healthy food choices when deciding what to feed your family</td><td data-bbox="1188 1009 1519 1115">56%</td></tr> <tr> <td data-bbox="714 1115 1188 1178">Use the "Nutrition Facts" label to make food choices</td><td data-bbox="1188 1115 1519 1178">71%</td></tr> <tr> <td data-bbox="714 1178 1188 1241">Consume something within 2 hours of waking</td><td data-bbox="1188 1178 1519 1241">53%</td></tr> <tr> <td data-bbox="714 1241 1188 1305">Consume the equivalent of 3 cups of milk, yogurt, and cheese each day</td><td data-bbox="1188 1241 1519 1305">47%</td></tr> <tr> <td data-bbox="714 1305 1188 1368">Eat more than one kind of vegetable each day</td><td data-bbox="1188 1305 1519 1368">57%</td></tr> <tr> <td data-bbox="714 1368 1188 1431">Eat more than one kind of fruit each day</td><td data-bbox="1188 1368 1519 1431">58%</td></tr> <tr> <td data-bbox="714 1431 1188 1495">Exercise for a total of 30 minutes each day</td><td data-bbox="1188 1431 1519 1495">43%</td></tr> </tbody> </table>			Indicator	% of respondents reporting improvement	Think about healthy food choices when deciding what to feed your family	56%	Use the "Nutrition Facts" label to make food choices	71%	Consume something within 2 hours of waking	53%	Consume the equivalent of 3 cups of milk, yogurt, and cheese each day	47%	Eat more than one kind of vegetable each day	57%	Eat more than one kind of fruit each day	58%	Exercise for a total of 30 minutes each day	43%								
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<p><b>Agencies:</b></p> <p>Hickory County Health Dept, Hickory County West Central Missouri Community Action Agency, Hickory County CARES, Hickory County Senior Center/Care Connection</p>	<p>Evaluation data collected across the entire state reflects the positive impacts that occur in every county with FNEP. Within FNEP are two key programs, each with its own system for evaluating impact: the Family Nutrition Program (FNP) and the Expanded Food and Nutrition Education Program (EFNEP). For youths who participated in FNEP, results summarized for the state revealed the following positive impacts:</p> <ul style="list-style-type: none"> <li>• Two thousand, five hundred eight (2,508) teachers gave us feedback.</li> <li>• 52 percent have participated in FNP for three or more years.</li> <li>• 98 percent (2,461 teachers) reported one or more changes in students after FNP.</li> </ul>	<p><b>How does this work make Hickory County and Missouri better?</b></p> <p>In addition to the numbers, local success stories demonstrate program impact.</p> <p><i>"My 5th grade gardening program at one of my schools has successfully grown over the last 2 years and I have learned a lot myself while teaching the kids in the gardens. While helping a new set of 5th graders set up their gardens this year I had a child approach me in the hallway and tell me about how because he had gardened at school his parents had helped him set up a garden at home over the summer. He told me about what he grew and how he took care of it all summer. You could tell he was very proud of it and he told me he was glad he could help feed his family from what he learned about gardening at school."</i></p>																										

# 2016 Hickory County Extension Council

## **Unique partnership**

Hickory County's University of Missouri Extension County Council is a full partner with Missouri's land-grant universities. Council members strive to bring high-quality education and research-based information to Hickory County, which helps local residents solve real-world problems and take advantage of opportunities.

Council members:

- Work with Extension specialists to provide the county with quality educational programs;
- Manage finances of local Extension operations;
- Provide personnel to carry out Extension activities; and
- Elect and organize the local Extension council.

### **Chairman**

Jeff Owen, elected member, term ends 2017

### **Vice Chairman**

Warren Olinger, elected member, term ends 2018

### **Secretary**

Ashley Pitts, elected member, term ends 2018

### **Treasurer**

Sherry Gunter, elected member, term ends 2017

### **Extension Council Members:**

Dave Cahalan, elected member, term ends 2017

Debbie Gordon, elected member, term ends 2017

Jim Mackie, elected member, term ends 2017

Rick Pearson, appointed member, term ends 2017

Linda Peppers, elected member, term ends 2017

Austin Rains, elected member, term ends 2018

Leonard Roberts, appointed member, term ends 2017

David Stryker, elected member, term ends 2017

David Tippets, elected member, term ends 2018

David Wright, elected member, term ends 2018



*Hickory County Courthouse*

### **HICKORY COUNTY COMMISSIONERS**

**(2016)**

**Robert Sawyer**

Presiding Commissioner

**Rick Pearson**

Western District Commissioner

**Robert Breshears**

Eastern District Commissioner

## 2016 Hickory County Financials

### State, Federal and County

### Funding for Extension

University of Missouri Extension programs in Hickory County are funded by county, state and federal appropriations. Local funding for support of the Hickory County Extension Center is provided by the Hickory County Commission. They provide office space, funds for office expenses, clerical salaries and travel expenses of Extension specialists who conduct educational programs in Hickory County.

***Special acknowledgement and appreciation is given to the Hickory County Commission for financial assistance.***

<u>Revenue</u>	
County Appropriations	\$ 34,838.00
Carryover	0.00
Balance Transfer	
(from unrestricted funds)	0.00
<b>Total Revenue</b>	<b>\$ 34,838.00</b>
<u>Expenses</u>	
Secretary Salary	\$ 22,842.27
Council Paid Benefits	0.00
Travel	2,377.99
Telephone	1,073.47
Supplies and Service	1,312.93
Office Network	300.00
Insurance & Legal	309.00
Equipment & Replacement	379.00
<b>Total Liabilities</b>	<b>\$ 28,594.66</b>
<u>Restricted</u>	
<u>Unrestricted</u>	



### **University of Missouri's Contribution to Hickory County Extension Program**

University of Missouri provides the salary, benefits, training and equipment expenses for one agronomy specialist (Terry Halleran) in Hickory County. In addition, the Food and Nutrition Education program provides the salary, benefits and travel for one nutrition educator (Jan Gerstlauer) in Hickory County.