



UNIVERSITY OF MISSOURI EXTENSION

Hickory County

2023 Annual Report



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 **Extension**
University of Missouri

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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Columbia, MO 65211

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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

Who we are

Faculty and staff

Housed in Hickory County:

Terry Halleran

Field Specialist in Agronomy

Sarah Boyer

Nutrition Program Associate/Youth Program Associate

Jocelyn Wheeler

Office Manager

Serving Hickory County:

Allison Gunter

Extension & Engagement Specialist

Ashley Allen-Brown

Field Specialist in Regional Economic Development

Ramon Arancibia

Field Specialist in Horticulture

Kyleigh Brown

Field Specialist in Human Development

Velynda Cameron

Field Specialist in 4-H Youth Development

Joni Harper

Field Specialist in Natural Resources

Mitchell Moon

Field Specialist in Labor & Workforce Development

Gene Schmitz

Field Specialist in Livestock

Wesley Tucker

Field Specialist in Agricultural Business

Hannah Whittaker

Field Specialist in Nutrition & Health

Kelly Asbury

Emily Westermier

(Missouri Small Business Development Center at State Fair Community College)
Business Development

Council members

Victoria Hurt-Grosen, Chairman

Kimberly Lake, Vice-Chairman & Regional Rep.

Neili Hammer, Secretary

Don Koenig, Treasurer

Kurtis Brown, Regional Rep.

Lori Gist, Member

Linda Peppers, Member

Michelle Turner, Member

James Hahs, City Rep.

Rick Pearson, Commission Rep.

Chris Kerr, Farm Bureau Rep.

Colton Whitney, ECYL

County commissioners

Robert Sawyer, Presiding Commissioner

Rick Pearson, West-Side Commissioner

Robert Breshears, East-Side Commissioner

Budget and more

Appropriations budget

Income

| | |
|-------------------------|--------------------|
| County Appropriations | \$41468.80 |
| Transfer from Carryover | <u>\$116.29</u> |
| Total Income | \$41,585.09 |

Expenses

| | |
|-------------------------|--------------------|
| Salaries/Benefits | \$35,458.80 |
| Travel | \$2,221.67 |
| Telephone | \$305.13 |
| Office Supplies/Service | \$920.08 |
| Insurance | \$2427.41 |
| Postage | <u>\$252.00</u> |
| Total Expenses | \$41,585.09 |

(name of county) County partners

Hickory County Commission
Hickory County Health Department
Hickory County Farmers Market
Hickory County Soil & Water Conservation District
Farm Service Agency
McCarty Senior Center
Hickory County Library
City of Hermitage
City of Weaubleau
Hickory Estates
Hermitage School District
Skyline School District
Weaubleau School District
Wheatland School District

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



Local Support

Did you know you can donate directly to Hickory 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.

UM System County Impacts

2024 UM Systemwide Impact Data Sheets

Hickory County



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

UM System Footprint in the county in 2023



FY23 county students

11 students

- 4 Undergraduates
- 7 Graduate and professional students
- 5 Full-time students
- 6 Part-time students



County employees and retirees

2 people employed by UM

- 2 Campuses



County alumni

Selected school alumni

- 6 Nursing
- 2 Health Professions
- 1 Pharmacy
- 1 Veterinary Medicine
- 7 Agriculture
- 9 Engineering
- 4 Law

Alumni teaching K-12

- 3 teachers
- 3.5% of all district teachers
- 1 principal or administrator
- 14.3% of all district principals and administrators



County breakdown

MU

- 9 students
- 39 alumni
- 2 employees

UMKC

- 0 students
- 23 alumni
- 0 employees

Missouri S&T

- 2 students
- 10 alumni
- 0 employees

UMSL

- 0 students
- 3 alumni
- 0 employees



County properties and offices

MU Extension in: Hickory County



County population: 8,429



County services provided

Health care (FY23)

- 113 in-state patients seen at MU Health Care, with \$64,211 of uncompensated care
- 4 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 181 visits to 103 patients having ZIP codes associated with the county

Extension (2022)

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

UM System County Impacts

2024 UM Systemwide Impact Data Sheets

Hickory County



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

UM System Statewide Footprint

Economic and Community Development Highlights

- In 2022, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 81,645 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 FY17 and FY22, UM System brought Missouri more than \$1.46 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



In FY23, UM System was issued 33 patents and filed 61 new U.S. patent applications.

- In FY23, the UM System awarded 805 design and construction project contracts throughout Missouri, for a total investment of \$279.2 million in the state.



In FY23, to improve access to medical and health related services, MU Health Care's Missouri Telehealth Network's Show-Me ECHO program provided 18,381 hrs of case-based instruction to 2,938 learners located in 112 of 114 Missouri counties and the city of St. Louis.

Education and Training Provided



41,992 police, fire fighters, and medical professionals attending continuing education (2022)



Agriculture and natural resource programs served 174,692 farmers and related businesses (2022)

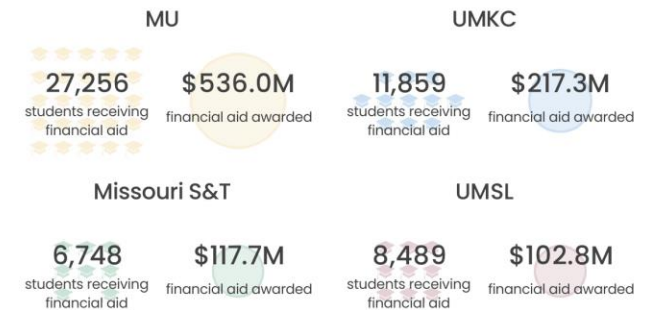


311,749 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2022)

Education Highlights

FY23 Financial Aid Awards

In FY23, 67.3% of the UM System's 80,702 students received financial aid totaling \$973.7 million



UM System's MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 58 higher education institutions (230,000 students), 485 K-12 school districts (832,000 students) and 132 public libraries (serving nearly 3 million Missourians) in 2022.

- UM System awarded 50.5% of the 32,098 Bachelor's or higher degrees awarded by Missouri four-year public institutions in 2022-23.
- UM System awarded 36.6% of the 1,935 research doctorates and 26.9% of the 3,593 professional doctorates awarded by Missouri public and not-for-profit private institutions in 2022-23.
- In FY23, UM System's \$37.9 million in National Science Foundation (NSF) grants represented 88.3% of all NSF grants made to Missouri public colleges and universities.
- In 2023, over 10,900 Missourians accessed mobroadband.org, part of the UM System Broadband Initiative which helped the statewide build-out of high-speed internet infrastructure. MU Extension also supported residents in making individual challenges to the FCC that resulted in \$810,000 in additional funding for the state of Missouri.

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 2023, 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



Missouri Grand Challenges: Local Solutions

HICKORY COUNTY



Knowing Missouri's Needs

MU Extension asked Missourians to share the greatest challenges they and their communities face.

We heard that feedback and made big changes in the way we work with council and local partners to improve lives. Locally, a network of county engagement and subject matter specialists now share MU's knowledge, research and engagement, targeting programs, information and assistance in:

- agriculture and environment
- youth and family
- business and community
- health and safety

For each grand challenge, MU Extension and Engagement targets a specific gain by 2023:



Economic opportunity

Increase MU Extension and Engagement's economic impact to the State of Missouri from \$1 billion to \$1.5 billion overall, and from \$88 billion to \$100 billion in agriculture, the top economic sector



Educational access and excellence

Increase participation in postsecondary education from 66% to 70%



Health and well-being

Improve Missouri's health ranking from 40th to 35th in the nation

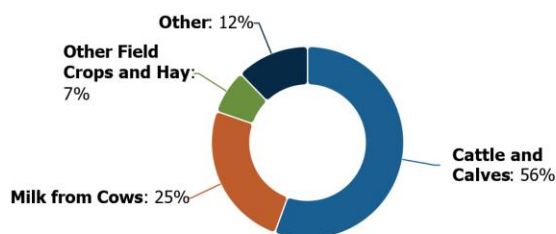
Knowing Local Challenges



CHALLENGE 1: Economic Opportunity: Agricultural Economics

Leading Agricultural Products

Total Commodity Sales: \$29,946,000



Data Source: US Department of Agriculture, National Agricultural Statistics Service, [Census of Agriculture](#). 2017.

Net Farm Income

Net farm income (total sales, government payments, and other farm-related income minus total farm expenses) reflects the strength of the local agricultural community and can be an important measure for lenders and policy makers. The report area had a combined net farm income of \$6,397,000 in 2017, an average of \$12,093 per farm. This is below the statewide average farm income of \$29,485.

| Report Area | Total Farms | Average Farm Income |
|-------------|-------------|---------------------|
| Hickory | 529 | \$12,093 |
| Missouri | 95,320 | \$29,485 |

Data Source: US Department of Agriculture, National Agricultural Statistics Service, [Census of Agriculture](#). 2017.

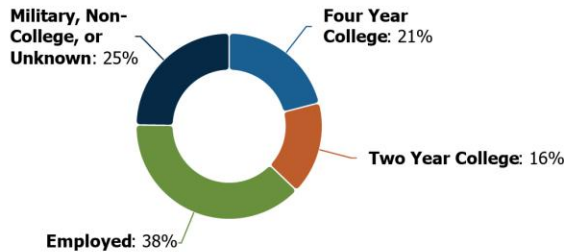
Grand Challenges



CHALLENGE 2: Educational Access and Excellence: *College and Career Readiness*

Post High School Report

The 12-month post-graduation activity of recent high school graduates can inform communities about postsecondary education, career readiness, and characteristics of the future workforce. In 2022, of 105 graduates surveyed in the report area, 22 went to a four-year college, 17 to a two-year college, 40 directly entered the job market. The remaining 26 are reported as in the military, not in college, or unknown.



Data Source: [Missouri Department of Elementary & Secondary Education](#). 2022.



CHALLENGE 3: Healthy Futures: *Access to Care*

Mental Health Care Providers

Mental health is a critical public health issue worldwide. Access to mental health services is a challenge across Missouri, which ranks 46 out of 51 states in provider access. In the report area there are approximately 3 credentialed professionals providing mental health care to serve the area's 8,279 residents. The patient-provider ratio in the report area is 2,760 to 1, which means there is 1 provider for every 2,760 persons. The ratio of persons to providers in the report area is higher than the state average of 846:1, which means there are fewer providers per person in this area.

Ratio (Population to Providers)

2,760:1

Hickory

Missouri

846:1

Data Source: Centers for Medicare and Medicaid Services, [CMS - National Plan and Provider Enumeration System \(NPPES\)](#). January 2024.

Primary Care Providers

Older adults make up a historically large percentage of the U.S. population and meeting the healthcare needs of an aging population can be challenging. In the report area, there are approximately 2 primary care physicians (MDs and DOs) to serve the area's 3,117 residents over the age of 65. The patient-provider ratio in the report area is 1,559:1, which means there is 1 provider for every 1,558 older adults. The ratio of adults to providers in the report area is higher than the state average of 242:1, which means there are fewer providers per person in this area.

Ratio (Population to Providers)

1,559:1

Hickory

Missouri

242:1

Data Source: US Department of Health & Human Services, Health Resources and Services Administration, [HRSA - Area Health Resource File](#). January 2024.

Grand Challenges



CHALLENGE 4: Agricultural Growth & Stewardship: *Agricultural Economy*

Jobs Derived

Missouri has a diverse agriculture industry, strong in crops and livestock, as well as food and forestry processing industries. These industries remain a significant part of Missouri's economy, supporting more than 1 in every 10 jobs, on average. In 2021, agriculture, forestry, and related industries in Missouri were estimated to contribute: 456,618 jobs, \$93.7 billion in output and \$31.8 billion in household income. [Learn more about Missouri Agriculture's Economic Impact.](#)

Percent of Jobs Derived from Agriculture

25.6%

Hickory

Missouri

23.55%

Data Source: Missouri Department of Agriculture, [Missouri Agricultural and Small Business Development Authority](#). 2021.

Value Added

Value-added agriculture refers to production, manufacturing, marketing or other services that increase the value of primary agricultural commodities. In 2021, the total value-added derived from agriculture, forestry and related economic activity was an estimated \$34.9 billion. Meat processing, food processing, animal and pet food manufacturing, and crop production and related industries are Missouri's top value-added products: \$9.5 billion and 155,425 jobs from livestock production and related industries alone. [Learn more about Missouri Agriculture's Economic Impact.](#)

Percent of Total Value Added from Agriculture

17.7%

Hickory

Missouri

21.98%

Data Source: Missouri Department of Agriculture, [Missouri Agricultural and Small Business Development Authority](#). 2021.



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs

Missouri 4-H for ages 8 – 18



Community clubs are organized by volunteer club leaders and teams of recognized volunteers. Members attend club meetings, elect officers, enroll in projects and plan learning and community service activities. Some clubs opt to be single-project clubs, where all members focus on the same project.



4-H In-school clubs meet during the school day. Members participate in projects that supplement their existing lessons. Clubs may meet for short periods or span the full 4-H program year. Members can elect officers and plan learning activities with options of public speaking, community service and links to career readiness.



A **SPIN club** focuses on a specific topic led by an expert in the field. While community clubs may meet over the full 4-H program year, SPIN clubs meet for set periods, typically from several weeks to a couple months. SPIN clubs can elect officers and plan learning activities with options of public speaking, community service and links to career readiness.

Legend



Agricultural Growth
& Stewardship



Economic
Opportunity



Educational
Access &
Excellence



Health
& Well-Being



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**
 through credible statewide programs
Agriculture and Environment



The Missouri Master Gardener program

enables people of all ages to get in-depth horticultural training and then apply what they've learned to improve their communities and educate others about gardening.



In 2022, almost 4,000 Missouri Master Gardeners completed over 133,000 VOLUNTEER HOURS throughout the state.



MU Extension specialists

play an important role in addressing emergencies and disasters. MU Extension specialists swiftly distribute information so farmers and ranchers can make timely decisions that safeguard their enterprises.



The Missouri Integrated Pest Management Program,

funded by USDA grants, has been an important extension program for 30-plus years. Mizzou IPM distributes articles, pest monitoring data and publications on how to improve the application of integrated pest management strategies and systems.

The MU Soil Testing Program delivers research-based nutrient and lime recommendations to more than 32,500 customers annually.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Business and Community**



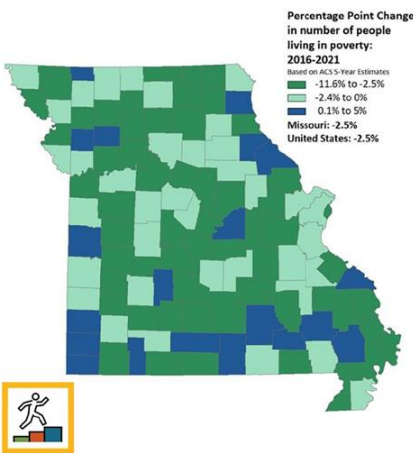
The annual **Connecting Entrepreneurial Communities** conference is designed for stakeholders, economic developers, businesses, local government, educators and nonprofits interested in increasing their communities' potential for entrepreneurship. In 2023, the conference offered breakout sessions in Benton County's shops and businesses, providing firsthand insight into the world of entrepreneurial communities.

The 2023 conference drew **104 ATTENDEES**, generating an estimated initial economic impact of around **\$33,000 FOR BENTON COUNTY**.



The **Missouri Small Business Development Centers** (SBDC) provide professional training and customized one-on-one counseling to small businesses across the state. Working with the Missouri SBDC helps business owners make confident decisions.

FY2020-2022, Missouri SBDC ASSISTED 878 STARTUPS and helped Missouri small businesses earn more than **\$440 MILLION**.



The **Missouri Economy Indicators (MEI)** series explores business, industry and workforce topics that affect Missouri's economy. The data is shared through newsletters and on social media. MU Extension faculty and staff receive talking points and collateral to share with local stakeholders.

In 2022, MEI published 15 issues, and MEI online resources were accessed MORE THAN 5,000 TIMES. Two out of five MEI newsletter recipients reported using the information to help guide policy or decision-making in their work.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

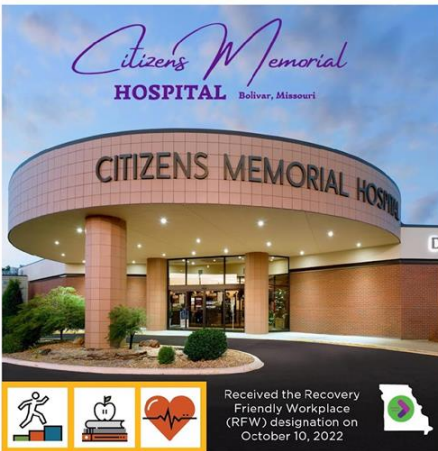


MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**
 through credible statewide programs
Community and Professional Health Education



The **Diabetes Prevention Program** is a CDC-recognized program provided by licensed lifestyle coaches to prevent type 2 diabetes. Through lifestyle coaching participants can achieve sustainable weight loss, increase in physical activity and learn coping skills to manage stress.

More than 1 IN 3 PARTICIPANTS
have reached the
5 - 7% WEIGHT LOSS GOAL.



Recovery Friendly Workplaces (RFWs) foster a workplace culture that promotes employee safety, health and well-being through strategies that support managers and employees, including reducing stigma and providing recovery resources related to the challenges surrounding substance use disorders. The framework was developed in partnership with MU Extension's Labor and Workforce Development Program.

As of 2023, 25 Missouri businesses have been designated recovery friendly workplaces, and 2,248 EMPLOYEES have been trained on addiction, stigma and naloxone distribution.



Strengthening Families Program: for Parents and Youth 10-14, is a seven-session series for parents or caregivers and their young teens to attend together to improve family communication, resolve conflict and improve parental skills.

A research study conducted by the Partnerships in Prevention Science Institute found a RETURN OF \$9.60 for every dollar spent implementing the Strengthening Families Program.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **First Responder Education**



The **Law Enforcement Training Institute** (LETI) offers advanced training on a wide variety of topics, including defensive tactics, firearms, use of force and de-escalation. LETI offers customized programs for all required continuing education areas of concentration.



The programming from the **MU Fire and Rescue Training Institute** (FRTI) is available to all qualified fire and emergency first responders. Seventy percent of courses are held at the local departments or agencies. With most of the state's fire service personnel considered volunteer or part-time, this local access and flexibility assures training opportunities for all firefighters and emergency responders.



The LETI **School Protection Officer Program** provides basic training for school faculty and administrators to become school protection officers. The three-week academy typically runs during June and exceeds the hourly requirements for state recognition and certification.

Legend



Agricultural Growth
& Stewardship



Economic
Opportunity



Educational
Access &
Excellence



Health
& Well-Being



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Health and Human Sciences**



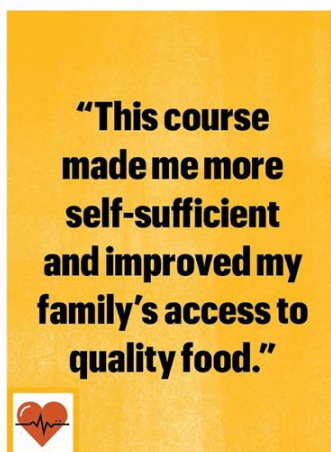
Chronic Disease Self-Management programs offer evidence-based information for individuals and their caregivers to boost self-confidence in managing symptoms, enhancing quality of life and even reducing health care expenses.

These programs have undergone rigorous evaluation and are proven to be effective tools for individuals dealing with chronic conditions like arthritis, fibromyalgia, depression and diabetes.



Divorcing or separating parents encounter distinct challenges when living apart. **Focus on Kids** guides parents in fostering effective co-parenting strategies to support their children through this process.

“Understanding that divorce doesn’t ruin children, but parents can significantly influence positive outcomes through good communication, was invaluable.”



“This course made me more self-sufficient and improved my family’s access to quality food.”



MU Extension offers research-based **home food preservation** courses and publications to help people cut food waste and save money.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Health and Human Sciences**



Mental Health First Aid equips people to recognize and respond to signs of mental illness and substance use disorders.

The youth version of the program is designed to support adolescents ages 12-17 facing mental health or addiction challenges, while the adult version focuses on adults age 18 and older. Participants learn how to offer initial assistance and guide individuals toward the care they need.

**In Missouri, approximately
1 MILLION ADULTS and 72,000 ADOLESCENTS
suffer from MENTAL HEALTH ISSUES.***

*Missouri Department of Mental Health 2020 Status Report



Policy, systems, and environmental (PSE) changes encourage residents to improve community health by making healthy choices easier and more accessible. Residents design strategies around local needs, assets, and interests.

HELPING HANDS FOOD PANTRY leaders decided pantry clients needed access to healthier foods. Review of food procurement and display practices led to a new policy allocating **\$1,000** of pantry discretionary spending for **LOW-FAT DAIRY OR FRESH PRODUCE.**



Studies show that people with strong family bonds tend to have lower stress levels.

Building Strong Families helps families amplify their strengths, tackle challenges and make confident, informed decisions to build resilient family units.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

2023 Annual Report Information

Wm Terry Halleran, MU Extension Agronomy Specialist

Another year has come and gone. In the area of agronomy, for MU Extension, the topic has been all about the drought. Pastures running short if not out, hay production 1/2 to 2/3 at best, stocking rates, culling cows, cutting dry land corn for silage as it did not make, nitrates/nitrate poisoning, buying overpriced hay, where can I get hay, shipping cost, alternative feed sources, planting something that will grow in a drought because we need something, etc. The list goes on and on. The Drought was and still is a major concern as we go into the next year.

To address these and other issues the following offerings were made in the counties I serve. Dallas, Hickory, Camden, Polk and Laclede. Even if all were not taught specifically in your county, they were made available in surrounding counties and available to all. Courses were even taught by zoom for those who wished to attend that way.

Courses/ teaching opportunities offered throughout the year: (in Person or by Zoom):

| | |
|-----------|--|
| 1/9 | Understanding Your Hay Crop and How to Use it for Maximum Potential (Zoom) |
| 1/31 | PPAT Hickory County |
| 2/9 | PPAT Hickory County (Zoom) |
| 2/23 | Buffalo Middle School Career Day Activity Dallas County |
| 3/7 | Christian County Livestock and Forage Conference (Speaking on Assessing & Rebuilding Pastures Following Drought) |
| 3/18 | Hives for Heroes Program Mt Vernon (cut out and built swarm boxes with veterans) |
| 4/20 | Rebuilding your Pastures and Hay Fields after the Drought 2022 (Zoom) |
| 5/8-10 | Hickory County Grazing School (Cancelled due to low enrollment) |
| 5/30 | Cool Season and Warm Season Forage Options (Zoom) |
| 6/13-15 | Camdenton Grazing School (Speaker) Camden County |
| 6/20 – 22 | Clever Grazing School (Speaker) |
| 7/24 | PPAT Training for Statewide HS Agricultural Educators at the yearly MVATA Conference in Springfield, MO |
| 8/29 | All Hay is not Created Equal (Zoom) |
| 9/12-14 | Greenfield Grazing School |
| 9/21 | Annual SW Center FFA Career Exploration Day Mt. Vernon |
| 10/6 | MU Extension Booth at Farmfest Springfield, MO |
| 10/16 | Fall and Winter Drought Plans for Feeding |
| 10/13 | Mid Mo Bank and Mid MO Stockyards Youth Ag Day (Group Leader) |
| 11/17 | FFA Pork Producers Public Speaking Contest (District Judge) Aurora, Mo |

Several articles were written and/or released in my counties, as needed, to address the current issues at hand. Many were released through the local extension offices internet and public communication systems.

Articles published and or sent out throughout the year:

| | |
|------------|--|
| 1/6 | Just What Kind of Hay Did You Buy This Year? |
| 4/10 | Is Bee Keeping For you? |
| 6/12 | Forage Livestock Town Hall Videos DROUGHT ISSUES |
| 7/7 | Be Careful What You Feed Your Cattle. |
| 7/19 | Timely Pasture Renovation Tips |
| 7/20 | Water as a Resource. |
| 8/2 | Seeding for Annual Pasture Within a Perennial Pasture |
| 11/15 | Broomsedge is not a quality grass for cattle. |
| 4/5 – 9/27 | Troublesome Pasture Plants of the Week Articles (26 articles in all) |

Along with the classes listed above Farm Visits were made in every county I serve. They included Hay and Forage testing, Pasture Evaluations, Soil Testing, etc. Most all soil test handled in my counties come across my desk for evaluation and recommendation. Hopefully I have helped those in need of soil health concerns.

In addition, the Annual Hickory County Bus Tour, August 7-10, was taken with several from my counties in attendance.

SNAP-Ed Public Value Statement 2023

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 48 participants were from Hickory 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.

EFNEP Public Value Statement 2023

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.

5 of these youth and adult participants reside in Hickory 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.

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HICKORY COUNTY

HICKORY COUNTY 4-H

During 2023, Hickory County 4-H members worked to make sure the community knew they were here. They participated in several activities/events including community service, state fair demonstrations, zoo apprentice events, Mo 4-H 9/11 Day of Service, Feeding Mo Food Drive, and assisting the health department with a community event.

Enrollment for the 2023 year was 36 youth with 11 adult volunteers and 2 youth volunteers that took part in leadership activities. Those youth spent the summer with me during Skyline's summer school. They talked to the students about 4-H while assisting me with the planned activities.

Hickory County 4-H also awarded one 4-H member with the Key Award. This is the highest award a 4-H member can receive. They must work with a mentor to complete the application that highlights their time in 4-H and how they've incorporated each of the four H's in their daily lives.



Soldier Drive Collections



Community Service



Key Award Winner

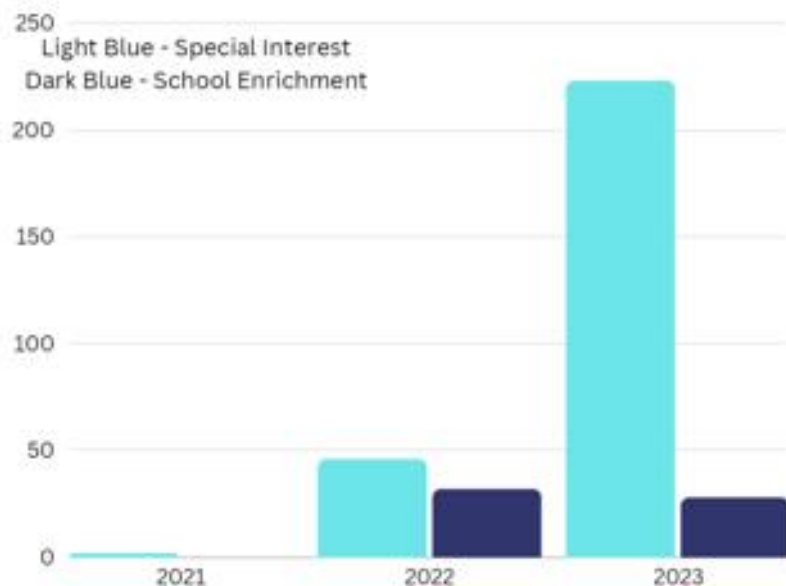
SPECIAL INTEREST CLUBS

Outside of 4-H, I hold SPIN programming which are Special Interest clubs. These take place outside the typical 4-H setting and allow me to reach more youth from the county. These clubs take place around the county. The Hickory County Library allows us to use their meeting space frequently which is a huge part of the success with the clubs. During these classes, I teach youth STEM (science, technology, engineering, and math) through hands on activities. The clubs are typically a huge success.

SCHOOL ENRICHMENT

I work with the schools to deliver school enrichment classes to the youth enrolled in after-school programs and/or summer school. In 2023, I worked with students enrolled in the after-school programs for the duration of the school year as well as Skyline's summer school program during the month of June.

The impact my position has made within the county:



These programs I offer come with a cost. These are funds I do not have access to which leads me to rely on the community for assistance. The community has helped me raise a total of \$3,325 since the start of my employment. Most of those funds have been donated by Hogles Creek Masonic Lodge.



Watching his art bot
School Enrichment



Investigating a snake
Special Interest



Cake decorating
Special Interest

Hickory County

Health and Human Sciences

Local Impact

Program: Cooking Matters for Adults
Number of Participants: 17

Cooking Matters is a six-week, two-hour class that empowers families with the skills, knowledge and confidence to prepare healthy and affordable meals. Each session provides more than cooking instruction. The course covers meal preparation, healthy grocery shopping, food budgeting and nutrition.

Sara Bridgewater was the instructor for the program, Cooking Matters for Adults and taught this course at Hickory County Health Department in Hermitage. This course was conducted in Hickory County. The program was marketed to Hickory County Health Department on the FNEP approved site list.

Customer quotes

"I have learned a lot doing this program and plan to continue to make some of these healthy recipes."

"I won't ever make pancakes like I used to; we loved the orange oatmeal pancakes."

Learning

Participants were asked to report changed behavior:

Participants reported a 21 % increase in how often they choose low fat milk (skim or 1%).

Participants reported a 14% increase in how often they choose low or fat free dairy products.

Participants reported a 45 % increase in how often they choose whole grain products.

Participants reported a 30% increase in how often they choose lean meat or low-fat proteins.

Participants reported a 15% increase in how often they choose healthy foods when at fast food or sit-down restaurants.

Participants reported a 49% increase in how often they plan meals before grocery shopping.

Participants reported a 92% increase in how often they use a list when grocery shopping.

Participants reported a 26% increase in how often they use the nutrition labeling to choose healthy foods.

Participants reported a 66 % increase in how often they eat foods from each food group each day.

Participants reported a 69 % increase in how often they adjust meals to be healthier.

Participants reported a 71 % increase in how confident they are to cook healthy foods for their family on a budget.

Participants reported an 85 % increase in how confident they are to feed their family healthier.



2023 Activity Report Summary

Gene Schmitz, MU Extension Field Specialist in Livestock

Assigned Counties: Benton, Cooper, Hickory, Miller, Moniteau, Morgan, and Pettis

A major drought continued during 2023, resulting in limited forage availability for many livestock producers. Concerns about nitrate levels in forages, prussic acid levels in forages, alternative forages, and winter-feeding options were topics that were addressed to help producers cope with drought conditions and limited hay supplies. Over 400 individual contacts were made in the areas of beef production, forage production, and drought related issues during 2023. Six producer meetings were held in July and August with the cooperation of Dr. Todd Lorenz, Travis Harper, David Hoffman, Dr. Eric Bailey, and Dr. Tim Evans. Meetings were held in Warsaw, Sedalia, Versailles, Boonville, Windsor, and Tuscumbia with total attendance numbering 115 producers. Follow-up winter feeding meetings were held during November and December in Warsaw, Sedalia, Boonville, Versailles, California, and Tuscumbia. A total of 37 producers attended these events. Additionally, ten USDA Farm Service Agency county offices requested an independent assessment of pasture losses during the grazing season. Reports were prepared for these counties based on rainfall records, USDA drought monitor information, individual contacts, and visual observations.

A second field of native warm season grass was established at the University of Central Missouri in 2023. This is in addition to the replicated plots established in 2022. These replicated plots are available for future use by UCM teaching and research faculty as well as use by MU Extension specialists for programming efforts in this area.

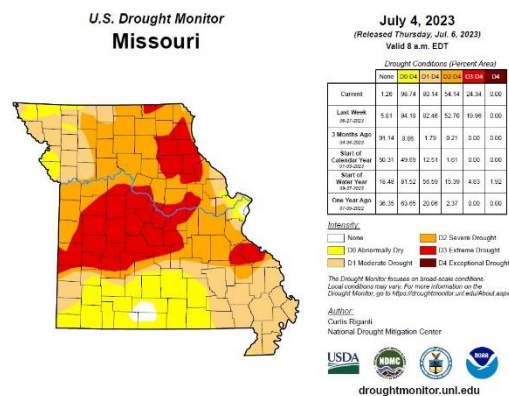


Native warm season grass plots at State Fair Community College are now well enough established that an ultrasound measurement / phone app interface is being tested to record forage height and estimate forage yield. Yield estimate equations have been developed for cool-season forages, but not native warm season grass species. This was the third year of measuring and harvesting these plots to develop accurate equations to estimate forage yield. We will continue efforts to improve the capability of this technology to estimate forage yield in native warm season grass pastures and hay fields. This is funded through a grant from the Missouri Department of Conservation. The Alliance for Grassland Renewal is an organization comprised of

universities, governmental agencies, private companies, and forage producers. The mission of the Alliance for Grassland Renewal is to reduce or eliminate the negative effects of toxic tall fescue on the livestock industry through education and outreach, industry led quality control standards, and incentives, while pursuing new technologies and techniques. I was involved in teaching during the following educational efforts: 1. Face-to-face renovation workshops in Mt. Vernon, MO and Huntsville, AL.; 2. Virtual training for Extension agents and other forage educators with 107 individuals from across the Fescue Belt participating. Following the training, participants received access to a short presentation they can use at local meetings when requested to provide a program; 3. The renovation school was adapted to a special projects class for undergraduate and graduate students in Ukraine. Fifty-two students from 3 universities (Podillia State University, Podillia Institute of Fodder and Agriculture, and Uman National University of Horticulture) enrolled in this special projects class.

I continued participating in a project to study internal parasite loads and efficacy of dewormers in cattle. Fecal samples from 12 herds on 7 separate farms in Pettis and Benton counties were collected before and after deworming. Results are still being evaluated.

4-H youth showing market animals at local fairs and the state fair are required to attend Show-Me-Quality Assurance training. I provided training for 99 youth from 6 counties during 2023.



Community Health

Hari Koirala

Community Health Field Specialist

County Serve: *Vernon, Bates, Cedar, St. Clair, Hickory*

Community Health Engagement & Outreach (CHEO)

MU Extension's Community Health Engagement and Outreach (CHEO) program's goal is to achieve optimal health and well-being for every Missourian at every stage of life, with special recognition for the needs of vulnerable populations. The MU Extension's innovative project, funded by HRSA (Health Resources and Services Administration) and led by Dr. Kathleen Quinn, focuses on bridging scientific research and community-based Extension practice in



Missouri. Under the MO-RE (Missouri Research Extension) protocol, led by Dr. Julie Kapp, the goal is to create a dissemination and implementation protocol to accelerate knowledge translation to vulnerable communities. Nine Community Health Field Specialist (CHFS) positions were funded in 2022-2023, aiming to educate, create, and connect with communities, promoting health equity and positive health outcomes. I work in one of these 9 positions in the west central region. In 2023-2024, additional HRSA funding supports the transformation of the MO-RE report into a 1-year training program for CHFS positions. This program aims to enhance skills, promote cross-disciplinary collaboration, and unify efforts across regions to address health disparities and improve population health in Missouri. The objective is to synergize academic researchers with MU Extension to make a substantial impact on Missouri's health outcomes.

Through the CHEO we work to promote healthy, safe, and thriving communities where health is a shared value. Through established relationships and presence in communities, we partner, engage, and empower communities to address social challenges where people live, work, learn and play. Visit <https://extension.missouri.edu/programs/community-health> to learn more.

Missouri Research Extension (MO-RE) Course

Enrolling in the MO-RE course signifies a commitment to ongoing learning and professional growth, resulting in an expanded skill set and a more profound comprehension of pertinent community health topics. This proactive engagement reflects a dedication to staying abreast of current practices and innovations in the field. Participants demonstrate a keen interest in advancing their expertise, contributing to the improvement of community health outcomes. The investment in continuous learning through the MO-RE course positions individuals as valuable assets in the pursuit of addressing health disparities and fostering positive population health impacts. This dedication to professional growth makes a significant contribution to the overall objectives of the community health in the construction phase.

During this period, we are actively engaging in discussions about various aspects of the MO-RE course. Currently, our focus is on extracting population health figures from secondary data and anticipating potential outcomes from the data review. Simultaneously, we are exploring opportunities to identify stakeholders and partners at the local, state, and national levels, strategically incorporating them into our CHEO program. In addition, we are delving into the identification of priority areas, aiming to capture the voices of the community in terms of their health needs and care preferences. My goal is to obtain a comprehensive understanding of these five counties, ensuring that the insights gained will have a lasting impact in the years to come.

Community & Wellness ECHOs (Extension for Community Healthcare Outcomes)

Show-Me ECHO (Extension for Community Healthcare Outcomes) utilizes videoconferencing to connect experts with primary care providers, focusing on chronic diseases like Asthma, Cancer, Heart disease, Diabetes and many more topics. This interdisciplinary collaboration in case-based learning enhances skills and best practices, improving patient care, access, quality, and efficiency. The learning sessions offer free continuing education and are cost free for participations. MU extension officials actively collaborate with Show-Me ECHO to raise awareness and boost participation, aiming to reduce health disparities and enhance health outcomes in rural communities.



Community health field specialists promote these programs, sharing outreach efforts and troubleshooting challenges, connect to experts through case-based and contributing to the advancement of health care in Missouri. If you want to learn more, please visit <https://showmeecho.org/community-wellness-echos/> .

WeCanProsper Resilience Training (WRT)

WRT had registered participants and 5 attendees, fostering lively discussions and a shared insight. The positive response highlights its effectiveness. Promote this successful training in the region, emphasizing its interactive nature and potential future impacts on participants' well-being. It is a valuable resource for personal and collective growth. Visit <https://extension.missouri.edu/programs/community-health/prosper> to learn more. When the training module is completed, the community health field specialist can begin to work with this module in this area.

Recovery Friendly Workplace

Recovery friendly workplace fosters a workplace culture that promotes employee safety, health, and well-being through strategies that provide support for managers and employees, including reducing stigma and providing recovery resources relating to the challenges surrounding substances use disorders. Visit <https://recoveryfriendlymo.com/> to learn more. When the training module is completed, the community health field specialist can begin working in these areas. Currently, we are finding & contacting high employee workplace in serving area.