

UNIVERSITY OF MISSOURI EXTENSION
Monroe County

2023 Annual Report

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**SERVE
 MISSOURI.
 DELIVER
 MIZZOU.**



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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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



Kathy Hasekamp
Office Admin and Youth Program Associate
Amanda Lehenbauer
Nutrition Program Associate
Mike Krauch
Northeast Regional Director
Jim Meyers
Extension Engagement Specialist
Carrie Elsen
Nutrition and Health Specialist
Justin Key
Horticulture Specialist
Nick Wesslak
Agronomy Specialist
Deann Turner
Nutrition Program Manager
Jennifer Eldridge
Community Health Specialist
Daniel Mallory
Livestock Specialist
Mary Sobba
Ag Business Field Specialist

Council members

Shelby DeOrnellis, Chairman
Bill Coleman, Vice-chairman
Tracy Huffman, Secretary
Margaret Wilkerson, Treasurer
Bob Mitchell
Wendy Beard
Ethan McNeill
Kim Mitchell
Alec Fodge
Shirley Ensor



County commissioners

Curt Wheeler, Presiding Commissioner
Marilyn O'Bannon, Western District Commissioner
Mike Whelan, Eastern District Commissioner
Beth Whelan, County Clerk

Budget and more

Appropriations budget

Income

County Appropriations	44,000
Total Income	44,000

Expenses

Salaries/Benefits	30,000
Travel	2,100
Telephone	1,100
Office Supplies/Misc	1,000
Utilities	3,000
Insurance	800
Rent/Lease	6,000
Total Expenses	44,000



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

Local Support

Did you know you can donate directly to Monroe 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.



Monroe 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)

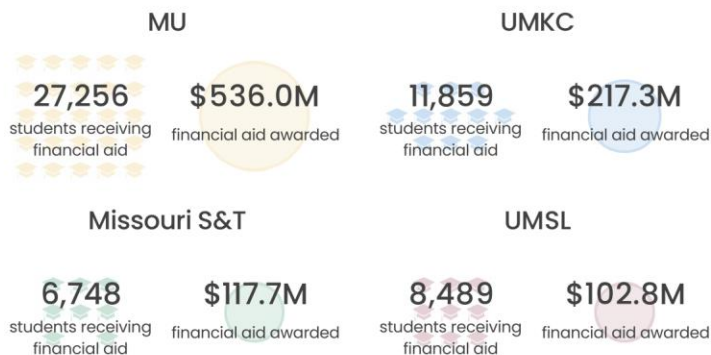


311,749 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2022)

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



Monroe County



UM System Footprint in the county in 2023



FY23 county students

42 students

- 29 Undergraduates
- 13 Graduate and professional students
- 36 Full-time students
- 6 Part-time students
- 11 Pell grant recipients (aid year 2023)



County employees and retirees

49 people employed by UM

- 17 Campuses
- 32 MU Health Care

24 UM retirees and beneficiaries

UM salary and retirement income: \$2.7 million

UM state tax revenue: \$75,695

UM federal tax revenue: \$355,623



County alumni

Selected school alumni

- 12 Nursing
- 22 Health Professions
- 2 Dentistry
- 1 Pharmacy
- 2 Veterinary Medicine
- 95 Agriculture
- 21 Engineering
- 6 Law

Alumni teaching K-12

- 30 teachers
- 20.1% of all district teachers



County breakdown

MU

- 37 students
- 247 alumni
- 17 employees

UMKC

- 4 students
- 6 alumni
- 0 employees

Missouri S&T

- 1 student
- 12 alumni
- 0 employees

UMSL

- 0 students
- 13 alumni
- 0 employees



County properties and offices

MU Extension in: Monroe County



County population: 8,668



County services provided

Health care (FY23)

- 1,822 in-state patients seen at MU Health Care, with \$940,659 of uncompensated care
- 1 in-state patient 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 2,601 visits to 1,640 patients having ZIP codes associated with the county

Extension (2022)

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



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**

through credible statewide programs

Missouri 4-H for ages 8 – 18

LIVESTOCK JUDGING

Monroe County sent a Jr and Sr team to the fall State Livestock Judging contest. 8 members attended. 5 members on Sr team and 3 on Jr team.



ENROLLMENT

Monroe County has 143 members enrolled in 4-H through 6 community clubs and 1 SPIN club. This includes members 5-18, both Clover kids and regular members. This is up 17 members over the previous year.

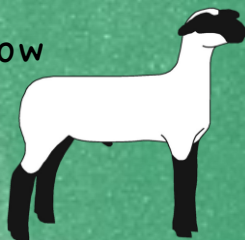
CLUBS



- Cannon Kids
- Eager Beavers
- Holliday Horizons
- Madison 4-H
- Mark Twain
- Paris Patriots
- Clay Busters SPIN Club

SMQA

SMQA (Show Me Quality Assurance) is a valuable program for kids who exhibit meat animals. We had 15 members get qualified to show their livestock projects.



EMBRYOLOGY

Embryology Program was presented in 12 classrooms in Monroe County spring of 2023 to 196 students from Kindergarten to 4th grade. School districts participating were Holliday, Middle Grove, Madison, Paris, Monroe City and Holy Rosary.



Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Monroe County

Missouri 4-H

Local Impact



County Highlights—Curing, Fairs, Recognition Night and National Day of Service





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through credible statewide programs

Missouri 4-H for ages 8 – 18

ACHIEVEMENT DAY

37 4-H members participated in our Spring Achievement Day event. 5 of the 6 community clubs were represented. We had 3 members go on to compete at State Public Speaking and 7 present their demonstrations at the State Fair.

MONROE COUNTY FAIR

July 15-22, 2023 was the Monroe County Fair. 86% of members competed in:

Hams and Bacons

Building Exhibits, Royalty and Dog Show

Poultry, Rabbit and Cattle Show

Goat and Sheep Show

Swine Show and Sale

Horse Show

CAMP

90 members of Monroe County 4-H went to camp at Camp Si Coburn at the Mark Twain Lake in June of 2023. The theme was The Sandman Chronicles for our beloved Charlie Rosenkrans who celebrated his 60th year at 4-H Camp.

RECOGNITION NIGHT

48 4-H members were recognized for their outstanding work in 4-H. We had fair royalty, state fair sale of champions, state fair showmanship, shooting sports, camp counselors, Achievement Day top Demonstrations, public speaking, meats judging and livestock judging along with top end of the year applications.

Several adult volunteers were recognized as well for their help at camp and other 4-H activities.

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Monroe County

Missouri 4-H

Local Profiles and Stories



County Highlights—Embryology, Fair, Camp and Project Meetings





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



The Missouri Show-Me-Select Replacement Heifer Program strives to enhance beef herd reproductive efficiency, boost farm income and establish dependable sources of quality replacement cows in Missouri.



Since its inception more than **900 FARMS** have enrolled, with an estimated statewide impact of **\$200 MILLION.**



Show-Me-Select heifer lots awaiting sale.

SHOW-ME-SELECT HEIFER PROGRAM

MU Extension's Show-Me-Select Replacement Heifer Program teaches beef cattle producers to successfully adopt research-proven reproductive and genetic technologies developed at the University of Missouri which add value to heifers in beef herds across the state. This leads to improved profitability and sustainability of family-owned operations, positively benefitting Missouri's economy by over \$150 million since its inception in 1997.

On December 9, 2023 the Northeast Region held its 27th Annual sale. Selling 342 heifers for \$2,705.

PERFORMANCE TESTED BULL SALE

The Missouri Beef Cattle Testing program is designed to help improve Missouri beef cattle in both quality and growth through breeding and selection. The northeast region is one of three remaining programs in the state to hold performance tested sales. The first sale was held in 1973, while the most current sale was held in March of 2023 and sold 47 bulls for an average price of \$3,467



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Economic Opportunity



Educational Access & Excellence



Health & Well-Being



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



Nick Wesslak, Agronomist

Agronomy Report 2023

PPAT:

Nick Wesslak taught 30 participants for private pesticide applicator training (PPAT) in Marion County, 19 participants in Ralls County, 18 participants in Knox County, 19 participants in Shelby County, 33 participants in Lewis County, 28 participants in Clark County, 17 participants in Scotland County, and 33 participants in Monroe County. 197 total applicants were trained for PPAT licensing by Nick Wesslak in the Northeast Region.

Nick presented at the 2023 Pesticide Safety Education ISE on the MU Extension Pesticide Safety Education Program's (PSEP) Vision of Excellence, in which he covered a short history of MU Extension's PSEP program including a current state of the program update, MU Extension's PSEP program goals, and metrics of how success could be measured for PSEP programming efforts. There was a total of 50 participants at this event, which was held in Columbia.

Nick taught youth pesticide safety programming to high school age children so they could learn safe usage of pesticides and other chemicals. The program aimed to help youth better understand why pesticides and other chemicals are important to human safety and food production, while also helping them to a better understanding of the risks involved with the use of these products. The ultimate goal was equipping the next generation with the knowledge necessary to reduce easily avoidable pesticide and other chemical exposures caused by misuse, improper storage, lack of personal protective equipment (PPE), and improper disposal. 240 students participated in this programming. Individual county attendance is as follows: Ralls: 37, Marion: 180, Monroe: 12, Lewis: 11.

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MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**

through credible statewide programs

Business and Community

Extension Tax Schools

University of Missouri Extension ag economics department and ag business specialists worked together to coordinate one summer and three fall tax schools. The summer school was in person and live online. Fall schools were in Columbia and Springfield and in addition a was online. The schools were designed for those who prepare taxes including enrolled agents, tax preparers, CPAs, individuals, and attorneys.

The training included updates on legislation, rulings and cases, individual taxpayer issues, agricultural and natural resources topics, ethics, trusts and estates, agriculture and natural resource tax issues, business tax issues, business entity tax issues, IRS issues, penalties and defenses, form 4797 sales of property, retirement tax issues, like-kind exchange issues. The schools were approved for 8 and 16 hours of continuing education credit by the IRS, Missouri Bar and for CFP continuing education. Total continuing education hours reported to IRS for the schools was 3,336 hours.

The teaching teams included a CPA and former IRS stakeholder liaison, an IRS certified retired ag economics professor, an attorney, Missouri Department of Revenue and extension ag business specialists.

The trainings received positive evaluations and planning is underway to offer trainings in 2024. Local county residents benefit when local tax preparers have the opportunity to gain knowledge, which benefits their clients and communities. The tax schools are a program of the ag business and policy program of MU Extension, coordinated by Mary Sobba with help from a team of ag business specialists throughout the state.

The resources for the schools included the IRS, the National Income Tax Workbook from the Land Grant University Tax Education Foundation, and materials written by the instructors.

The 2023 school attendance totaled three hundred twenty-seven people. The participants were from throughout Missouri.

Mary Sobba
Ag Business Field Specialist



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Local Impact

Farm Succession Planning Workshops

This past summer MU Extension partnered with Missouri Department of Agriculture (MDA) to offer succession planning for Missouri farm families. MDA received federal funding to perform mediation services for agricultural producers. Farm succession disputes were listed as an eligible category for mediation services. To increase awareness of mediation services and provide families with tools needed to navigate family conflict, MDA partnered with the University of Missouri Extension to host basic farm succession planning workshops for Missouri farm families. The workshops were designed to share tools and resources and to educate participants on the importance of the following four core concepts:

- Navigating family roles and business roles to prevent conflict
- Improving communication within the family farm business
- Sharing farm management decision-making with family during short-term crises
- Organizing a plan to transition farm ownership and management responsibilities to the next generation

A series of five workshops across Missouri reached a total of 177 attendees. There were four in-person workshops (Hannibal, Marshfield, Nevada and St. Joseph) and the fifth class was held online via Zoom. The total number of participants was 177.

Participant Feedback

A total of 92 evaluations were returned. Participants were satisfied with the program. All respondents said they would recommend the training workshop to others. On a scale of one to four, with four being very satisfied, the workshops were ranked 3.6 or higher across five satisfaction categories. No participant said they were “not satisfied” with any part of the training.

Participants reported gaining new knowledge

The workshops were successful at helping participants gain new knowledge in the four key subjects. Survey respondents were asked at the end of each session to rate their knowledge on four concepts before the training (pre-test) and after the training (post-test). Participants were offered a 1 to 5 scale and asked to rate their knowledge from 1 (very low) to 5 (very high). After the training, participants offered an assessment of a 3.9 or higher indicating they felt their knowledge on the concept was “high”. This assessment was higher than their perceived level of knowledge before the training began in all four categories.

One of the most discrete learning topics in the workshop was centered on using the Short-Term Operating Plan to begin a conversation around farm succession planning. Knowledge of this tool increased the most.

More than half of all respondents indicated the intention to act

The workshops focused on providing tools to assist farm families in preparing to start farm succession planning. Practical handouts were created for each of the four core concepts and were provided in print to attendees, or electronically to Zoom registrants. In addition, the presentation named a series of suggested next steps to again encourage farm families to act. Through the evaluation summaries, more than half of all respondents indicated they intend to start addressing farm succession planning by taking one of four next steps (1) start a plan to adjust roles on the farm in the next five years, (2) schedule a family council meeting, (3) use a short-term operating plan, (4) tell someone about MDA’s ag mediation services.

Farm succession planning benefits individuals and families by increasing the understanding and knowledge, leading to improved communication, and eventually leading to transitioning farm businesses. Succession planning builds stronger families. Farm businesses that successfully transition to the next generation contribute to the local tax base and contribute to vibrant and strong rural economies.

Monroe County

Business and Community

Local Profiles and Stories



Agriculture Lender Seminars *Darla Campbell and Mary Sobba*

Eighty-three lenders from 25 Missouri counties and Illinois attended this year's seminars in Mexico and Brookfield. Lenders learned about crop and livestock outlook, agriculture policy, rental rates & land values, MU budgets, input costs, USDA Farm Service Agency, and Missouri Agricultural and Small Business Development Authority (MASBDA) programs. Lenders in attendance manage 6,007 farm loans totaling \$115,500,000.

By attending University of Missouri's Agricultural Lenders' seminars, lenders gain knowledge to help their clients make better decisions based on objective education and resources. More information and better decisions benefit their portfolio of producers, landowners, and ag-businesses through enhanced understanding of enterprise budgets, market expectations, and other decision influencing factors affecting families' and businesses' financial health.





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

Jennifer L. Eldridge, PhD, CHES
 Community Health Field Specialist



Hello Monroe County,

I am your newly hired Community Health Specialist. I have been with Extension in the role of Nutrition and Health Education Specialist for four other counties in Northeast Missouri for the past four years. In my previous role I was able to substitute for and partner with Carre Elsen to teach classes in Paris and Vandalia.

In this new role, I have been spending my time collecting information about the counties that I serve and in partnering with groups that have the goal of working towards improved health outcomes for Missourians at every stage in life.

From what I have gathered so far Monroe county is doing better than most counties for the most important health indicators including life expectancy. The one health outcome that is of concern is lung cancer. This is something I plan to talk to the Commissioners, the health department and the Extension Council about in 2024. We are currently completing a survey of community leaders and I will be reaching out soon.



Resilience is the capacity to adapt when faced with adversity. **WeCanPROSPER Resilience Training** is a 2.5 hour training for participants to evaluate their personal resilience, tap into resources and create an action plan to enhance their resilience.

100% of participants indicate that the skills and techniques they learned will help them become **MORE RESILIENT.**

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

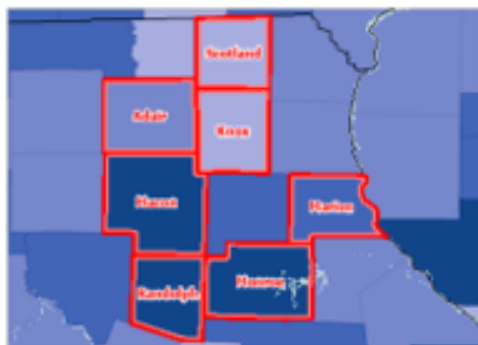
Monroe County

Community and Professional Health Education

Local Impact

Report Area	Total Population (2010-2015)	Life Expectancy at Birth (2010-2015)
Report Location	112,583	76.86
Adair County, MO	25,560	76.91
Knox County, MO	4,035	77.34
Macon County, MO	15,460	77.43
Marion County, MO	28,840	77.07
Monroe County, MO	8,680	80.94
Randolph County, MO	25,135	75.26
Scotland County, MO	4,873	74.07
Missouri	6,045,448	77.43
United States	320,098,094	78.69

Data Source: Centers for Disease Control and Prevention and the National Center for Health Statistics, [U.S. Small-Area Life Expectancy Estimates Project](#). 2010-15. [Show more details](#)



Lung Cancer, Incidence Rate (Per 100,000 Pop.) by County, State Cancer Profiles 2016-20



- Highest rate of lung cancer, tied with Macon and Randolph



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

SNAP Ed

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 413 participants were from Monroe 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.



Expanded Food and Nutrition Education Program

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.

39 of these youth and adult participants reside in Monroe 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.

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



A Matter of Balance helps older adults overcome their fear of falling, increase their activity levels and reduce their risk of falls. In eight classes, participants learn fall-prevention strategies, develop personal prevention plans, acquire balance-improving exercises and make lifestyle changes to minimize their fear of falling.

“I have cleaned my house of clutter for safety, put non-slip stickers on my tub floor, I’m getting much more regular exercise and I’m feeling stronger.”

Matter of Balance October to December 2023

Event name: Matter of Balance (Paris, MO)

Session dates: 10/18/2023 - 12/13/2023

Carrie Elsen and Jeremiah Terrell and I were the instructors for the Matter of Balance (MOB) program. This program was offered at the Paris Public Library in Paris, MO. MOB program is for older adults who experience concerns about falling and restricting their activities. A Matter of Balance is an award-winning, evidence-based program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls. Participants learned to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. This program had 10 people registered that includes 80 contacts.



Stay Strong, Stay Healthy teaches older adults easy yet powerful exercises to boost strength, balance and daily life capabilities. Participants also gain insights into nutrition for healthy aging and active living.

After eight weeks, Stay Strong, Stay Healthy participants significantly IMPROVED their STRENGTH, BALANCE and SLEEP QUALITY.

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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



Customer quotes

Female Participant, stated, "It was useful before and after knee surgery. I enjoyed it very much." Her movements are easier
 A female Participant writes, " Walking with more confidence."
 Another participant writes, "Easier to get up and down; improved endurance."
 A female Participant writes "I am having an easier time getting up off the floor. I can walk up steps normally instead of step by step. This has been so beneficial giving me more balance and range of motion. Carrie is a wonderful instructor. She encourages us to stretch our abilities while making it fun and challenging.
 Another participant writes, "I have more confident with activities. My energy level increased, lost weight 25 pounds. Great instructor and program."

SSSH

Stay Strong, Stay Healthy (SSSH) Level 1 and Level 2 aims to provide inactive middle-aged and older adults with access to a safe, structured, and effective exercise program capable of building muscle and increasing bone density, thus decreasing frailty, osteoporosis and the risk of falls. SSSH helps participants meet the Centers for Disease Control and Prevention’s physical activity recommendations. SSSH challenges participants through incremental increases in exercise volume and intensity. Led by a certified instructor, participants complete a warmup, a prescribed set of upper- and lower-body strengthening exercises and a cool-down at each class. Participants are made to feel comfortable regardless of their current fitness level so they can safely participate and gradually build the strength beneficial to health. A SSSH Level 2 class is offered in partnership with the Monroe County Health department. A total of 4 SSSH courses were provided to the Monroe County residents both virtually and face to face. It was offered:

Offered Stay Strong, Stay Healthy - Level 1 Virtual Event

Session dates: 1/24/2023 - 3/16/2023

Team efforts

Carrie Elsen and Jennifer Eldridge Houser were the instructors for the 8-week Stay Strong, Stay Healthy program. I marketed the program to individuals and used flyers and email.

Learning

SSSH was conducted virtually.

total # started 12

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being