



UNIVERSITY OF MISSOURI EXTENSION

Pemiscot



2024 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

Vice Chancellor's Office

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December 2024

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

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

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

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

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

Warm regards,

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

Who we are

Faculty and staff

Amber Childers - Extension Engagement Specialist

Traven Crocker - Field Specialist in Horticulture

Theresa Fossett - FNEP Associate Director, SW and SE Regions

Fanda Green - Nutrition Program Associate

Sarah Higgins - Field Specialist in Natural Resources

Eric Johnson - Field Specialist in Nutrition and Health

Kay Lewis - After School Regional Educator

Michael Milam – Field Specialist in Agriculture and Environment

Jason Morris - Field Specialist in Agricultural Business

Robyn Mulloy - Field Specialist in Agronomy

Willis Mushrush- Field Specialist in Procurement

Susan Norship-Haney - Field Specialist in Community Health in the Southeast region

Jakob Pallesen - Director, Missouri SBDC at Southeast Missouri State University

Phyllis Privett – County Office Support Staff

Richard Rickman – Field Specialist in Labor and Workforce Development

Alexis Stumpe - Field Specialist in Livestock

2024 Pemiscot County Extension Council

Chairman – Russell Gilmore

Vice-Chairman – David Fullhart

TreasurerSecretary – Stephanie Waldrop

Members

Bobby Powell

Amy Boone

Charles Davis

Jonna Green

Stephanie Sheckell

Paula Guest

Ray Nabors

Mabeline Woods

County commissioners

Mark Cartee – Presiding Commissioner

Noble Nelson – Associate Commissioner -District 1

Baughn Merideth – Associate Commissioner -District 2

Budget and more

Appropriations budget

Income

County Appropriations 12,000

Total Income 12,000

Expenses

Salaries/Benefits 10,980

Travel 1,716

Telephone 580

Office Supplies/Service 100

Insurance 650

Total Expenses 14,026

Key Outcomes



4-H Youth Development

48 Participants

1 Community Club Membership

47 In-School Participation



Agriculture and Environment

56 Contacts

40 Plant Production & Technology Contacts

16 Soil Testing



Business and Community

375 Contacts

4 Business Development Contacts

357 Labor & Workforce Development Contacts

14 Engagement Activities

MU Extension is a unique 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.



Health and Human Sciences

14,573 Contacts

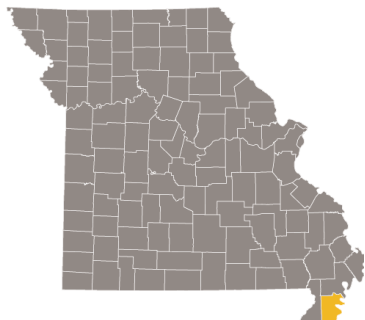
336 Nutrition & Health Contacts

14,231 SNAP-ED Contacts

6 Community Health Engagement and Outreach

Local Support

Did you know you can donate directly to *Pemiscot* 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.





Jennifer Hall

4-H Educator in Youth Development

Pemiscot County

Missouri 4-H

Local Impact and Stories



The 4-H Youth Farm Animal Art Show was held in April. Youth from Kindergarten through 12th grade were invited to participate. The entries were then separated by grade and displayed at the Caruthersville Public Library in Caruthersville for three weeks. At the end of the exhibit, participants were honored at a cookies and punch reception and winners advanced to the regional show in Poplar Bluff.



Camp BLAST! was held in June at the Kennett United Methodist Church for kids in Pemiscot and Dunklin counties. Campers were eager to complete STEM projects while learning about pre-historic science theory, chemistry, space exploration and environmental sciences. We incorporated lessons on character building, safety, and physical activity. We partnered with Fresh Start in Charleston to offer lunch to each participant in the three-day camp and with Lincoln University in Caruthersville for transportation. 100 percent of students who attended stated that they learned something they didn't know before and would love to return to camp next summer.



PEMISCOT COUNTY



ANNUAL REPORT 2024

Richard Rickman
Labor and Workforce
Development

**Meeting with the MO State Reps.
Career Day at FDREEC with FFA.
Working with BRPC on CEDS prog.
Delta Center Field Days.
Member of MO Career Accelerator Team**



- ✓ The value of meeting with and working with MO State Elected Officials.
- ✓ Annual collaboration with FDREEC on several projects.
- ✓ Statewide Career Accelerator.





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

Estate Planning: What's the Worst That Can Happen???

Jennifer R. Williams, JD
University of Missouri Extension



SERVE **MISSOURI.**
DELIVER **MIZZOU.**



This class uses the fictional family pictured above to demonstrate the consequences of not having an estate plan.

Jennifer R. Williams taught an estate planning class in Pemiscot County to **15 adults**, educating them on the importance of completing an estate plan.

"I was unaware of beneficiary deeds in Missouri and will certainly execute such when I update other documents."

"'What's the worst thing that could happen' is way worse than I ever imagined!"



Economic
Opportunity

Pemiscot County

Health and Human Sciences

Nutrition and Health Activities

Stay Strong, Stay Healthy structured exercise program for older adults that includes a variety of exercises to help build muscle and increase bone density. Classes are held twice per week for 8 weeks.

Crunch Off: The Missouri Crunch Off is a statewide event to celebrate Farm to School Month by crunching any Missouri grown food anytime between October 1 through October 31.

Women's Conference : The 19th Annual Multicounty Women's Health Estimate approximately 120 participants and approximately 28 exhibitors with at least two representatives at each table.

Food Preservation workshop: Hands on workshop teaching basics of home food preservation based on current USDA canning guidelines.

Cell Tech-101-Workshop teaching basic cell phone usages for aging adults on how to navigate apps and features.

Board Membership

Bootheel Behavioral Health
Health in the Heartland:
SEMO Health Educators Coalition

Eric Johnson

Field Specialist in
Nutrition and Health



Food Preservation classes: Water Bath Canning and Steam Canning



Annual October Crunch Off Event to promote local foods



Stay Strong Stay Healthy



Senior Planet Computer-Cell Tech



Growing your Own Food

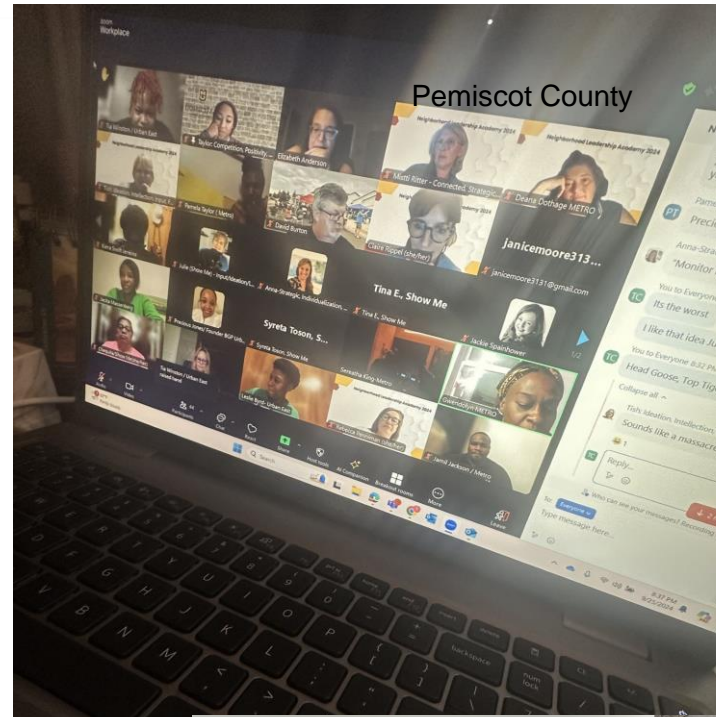


Taylor Clark

Field Specialist in Community Development

Pemiscot County

- ❖ Neighborhood Leadership Academy (Facilitator)
- ❖ Connecting Entrepreneurial Communities Conference (State Team Member)
- ❖ Propel Program w/ Sikeston Regional Chamber
- ❖ Women's Conference
- ❖ Missouri Drug Coalition
- ❖ Missouri Telehealth Network: Building Healthy Communities (Hub Team Member)
- ❖ Senior Planet: Chrome Essentials/Smart Phones (Facilitator)
- ❖ Missouri Eats Southeast Region (Team Member)
- ❖ Non-Profit Technical Assistance (Team Member)
- ❖ The Missouri Crunch Off
- ❖ MBRC Low Birth Weight Conference



Pemiscot County



Maude Harris, EdD



- **Diabetes Research (Scott, Mississippi, New Madrid, Pemiscot, Dunklin, and Stoddard Counties)** Face to face interviews with type 2 African American Diabetic participants studying self-management and stress. Poster session at Gerontology Society Scientific Meeting.
- **Stay Strong, Stay Healthy** structured exercise program for older adults that includes a variety of exercises to help build muscle and increase bone density. Classes are held twice per week for 8 weeks.
- **Matter of Balance:** Reviews information to help reduce the fear of falling and increase activity levels among older adults. 8 two-hour sessions.
- **Community Garden in Sikeston:** Produce used for food preservation workshops, fresh vegetables donated to residents, and gardening education.
- **Tai Chi for overall Health and Fall Prevention:** 16 sessions
- **Crunch Off:** The Missouri Crunch Off is a statewide event to celebrate Farm to School Month by crunching any Missouri grown food anytime between October 1 through October 31.
- **Virtual Diabetes Self-Management Program:** interactive group workshop delivered via Zoom and is taught each week for six weeks.
- **Women's Conference:** The 19th Annual Multicounty Women's Health Estimate approximately 120 participants and approximately 28 exhibitors with at least two representatives at each table.
- **Food Preservation workshop:** Hands on workshop teaching basics of home food preservation based on current USDA canning guidelines.

Ongoing Efforts in Scott County and Surrounding Area:

USDA Garden Grant Distribution, Health Fairs, County Fairs, Local Producer Product Distribution Events, Annual Women's Conference, ECHO Outreach and Education Group, Eat Smart in Parks Initiatives, High Obesity Grant Team Initiatives, MU Extension Resilience Team Initiatives

Actively participating in council meetings, planning meetings, boards, coalitions, committees and community events. Currently serving: Scott County Transit Board, Bootheel Behavioral Health, Health in the Heartland, SEMO Health Educators Coalition, and the Retired Senior Volunteer Board





Pemiscot County

Traven Crocker
Field Specialist in Horticulture

Agriculture and Environment

Local Impact and Stories

Exhibits and More: Members displayed flowers, plants, and canned goods at the Butler County event and played key roles in planning.

Mums Sale: Members successfully hosted a fundraiser selling over 50 plants.

Veterans Hospital: Members assisted with planning and implementing improvements to the grounds.

Women's Day Event: Members hosted a full-day event to help women veterans learn about gardening and supported fundraising through sales.

Facebook: Members maintained an informative presence for members and the public.

Service and Teaching Activities:

Ag Day in Carter County: Members hosted a hands-on learning experience for students, who rotated through various learning stations.

Demonstration Garden: Members provided exceptional landscaping and maintenance for the Popeye's Garden at the Westwood Blvd. and Kanell Blvd. intersection.

Two educational classes were held for the Juvenile Justice Center in Butler County. The life skills class topics included an introduction to gardening, seed starting, and propagation. There were 18 youths present.



Pemiscot County

UM System County Impacts

COMMUNITY HEALTH ENGAGEMENT AND OUTREACH

Susan Haney

Field Specialist in Community Health



Pemiscot County 2024

Engagement Work and Accomplishments:

The Southeast Regional Needs Assessment and the VOICES Survey have been completed, identifying the following key priority areas: Chronic Disease: Focus on Heart Disease; Infectious or Emerging Diseases: Focus on Sexually Transmitted Infections; Cancer: Focus on Lung Cancer.

- Key Takeaways for Pemiscot County: Of the six county regions, Pemiscot County has the lowest life expectancy in the Bootheel at 69.1 years.
- Pemiscot County has the highest smoking rate, with 30% of adults who are smoking in the 6-county region.
- Pemiscot County exceeds the state high school graduation rate for grades 9-12 at 91.2%.
- Pemiscot County has the highest rate of death from heart disease in the 6-county area, exceeding the state and US rate for heart disease mortality. Pemiscot County has the highest food insecurity at 21.50% for the Bootheel.
- Pemiscot County has the highest incidences of Chlamydia in the Bootheel from 2013-2021. Syphilis and HIV in Pemiscot County are significantly lower than the state rate.

Strategic Plan for Southeast Region Summer 2024

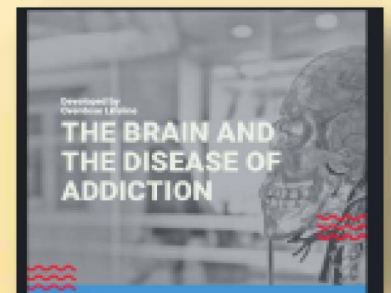


➤ The Brain and Disease of Addiction:

I hosted the Brain and Disease of Addiction in September at the local Library, and several people from the Children's Division, Parent Link, and the community attended.

➤ Missouri Mentoring/Provider Network Meeting:

Myself, Amber Childers, EES, and Richard Rickman, Labor and Workforce Development presented to the Network the role of MU in our community and our specific roles.



Key Outcomes and Actions Taken:

- Poster Presentation at the National Health Outreach Conference in South Carolina in May with my 3 CHEO partners on Exploring Innovative Extension Based Approaches for Community Health Equity.
- I've actively collaborated with community partners through the Missouri Mentoring/Provider Network Meetings, and I have begun steps to participate in the Faith Temple Child Care Working Group! Additionally, I attended key events like the Missouri PQC: Community Forum on Maternal Rural Health and participated in the Suicide Prevention Conference.
- I attended the Rural Health Research Summit in Columbia, engaging in conversations about improving services in rural areas and overcoming related barriers.
- I also attended Extension and Engagement Week and obtained much-needed Professional Development and CHEO Strategic Planning Sessions to assist me in serving Pemiscot County.
- I've begun offering the Brain and the Disease of Addiction and the Layperson Naloxone Administration Presentations. I have also conducted two virtual sessions of We Can Prosper Resilience Training. Most recently, I was trained in COMET Training (Changing Our Mental & Emotional Trajectory).



NHOC Poster Presentation



CHEO Strategic Planning



Jason Morris, PhD
Regional Agriculture
Business Field Specialist

Pemiscot County

Agriculture and Environment

Local Impact and Stories

Farm Tax Workshops

MU Extension hosted and taught Farm Tax Workshops for farm businesses and farm and ranch families. The content included Corporate Transparency Act, TCJA, estate & gift tax sunset, conservation tax issues, managing high/low-income years, Section 179 and depreciation, sales & exchanges and retirement and social security planning.

The online participants planned to take some action before the end of the year. The planned actions included: reviewing farm records (70%), meeting with tax preparer before the end of the year (67%), communicate with family members (50%) and fifty percent plan to review resources before purchasing begins in 2025.

2024 Program Highlight

Bee Producers at risk: For the second year in a row, I invited Dr. Tim Evans, Assoc. Prof. & State Ext. Specialist, Veterinary Medicine from MU, to help find solutions facing local beef producers. In addition, Dr. Evans presented at two cattlemen's association meetings. This year, we transversed five counties and met with numerous producers. We have secured future endeavors to host farm and field days. Originating from a one county visit, this small project has grown into a program encompassing many counties.

Some of the questions and comments were:

"How can I get Dr. Evans to my farm?"

"Will and can he come back next year?"

"Why have we not done this before?"



SNAP Education

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$11,145,237 in federal funds to Missouri. The funds support engagement with 74,864 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri who learned about being active and healthy eating on a budget. This year we had 1,164,143 indirect educational contacts through newsletters, health fairs, food pantries, and the Show Me Nutrition helpline.

2,111 direct and 10293 indirect contacts were made in Pemiscot 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.



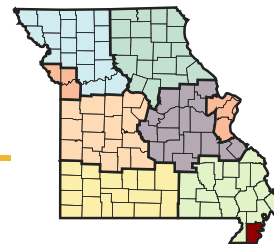
Success Story

A third-grade girl made “Fruity Water” at home after our lesson. She told the class that she added fresh strawberries and orange slices to a pitcher of water in the refrigerator overnight and she thought it tasted better than flavored water from the grocery store.

NPA Fanda Green teaching Pre-K Delightful Dairy lesson at South Pemiscot East Elementary.

Missouri Grand Challenges: Local Solutions

PEMISCOT 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: *Economic Mobility*

Average Earnings per Job

Average earnings per job can reflect the type of economy, skill of employees, and availability of jobs and workers in an area. Average earnings is calculated by dividing total full-time and part-time employment by total earnings. Earnings is the sum of three components of personal income--wages and salaries, supplements to wages and salaries, and proprietors' income. Full-time and part-time jobs are counted at equal weight. Both employment for wages and salaries and proprietors employment are included, but the employment of unpaid family workers and volunteers is not included. Average earnings per job is a measure of the wages paid at jobs in the county not the earnings of people who live in the county. The dollar figures shown are not adjusted for inflation.

2022 Average Earnings (\$)

\$50,047

Pemiscot



Missouri

\$62,528 🤖

Data Source: US Department of Commerce, [US Bureau of Economic Analysis Regional Economic Accounts](#). 2007-2022.

Cost-Burdened Households (30%)

Cost-burdened households, where housing costs exceed 30% of total annual household income, is one measure of the relationship between cost of living and income. Households with high housing costs have fewer dollars remaining for other expenditures and are more likely to live paycheck-to-paycheck. The 28.78% of households in the report area are considered cost-burdened. This exceeds the state average of 23.80%.

Cost-Burdened Households, Percent

28.78%

Pemiscot

Missouri

23.8%

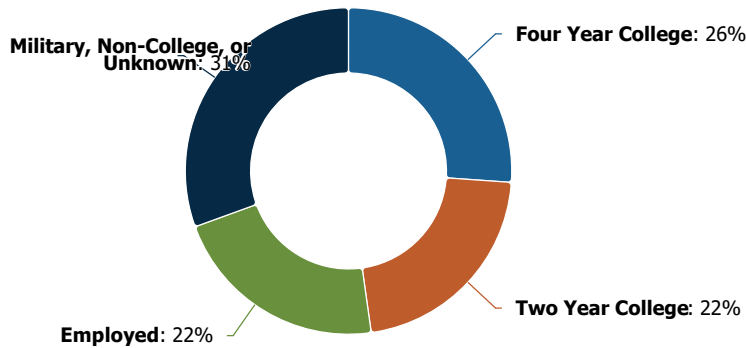
Data Source: US Census Bureau, [American Community Survey](#). 2019-23.



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 180 graduates surveyed in the report area, 47 went to a four-year college, 39 to a two-year college, 39 directly entered the job market. The remaining 55 are reported as in the military, not in college, or unknown.



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



CHALLENGE 3: Healthy Futures: *Healthy Weight*

Obesity (Adult)

This indicator reports the number and percentage of adults aged 20 and older self-report having a Body Mass Index (BMI) greater than 30.0 (obese). Respondents were considered obese if their Body Mass Index (BMI) was 30 or greater. Body mass index (weight [kg]/height [m]²) was derived from self-report of height and weight. Excess weight may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.

Note: In 2021, the CDC updated the methodology used to produce estimates for this indicator. Estimated values for prior years (2004 - 2017) have been updated in this platform to allow comparison across years. Use caution when comparing with saved assessments generated prior to November 10, 2021.

Percentage of Adults Obese, 2016

32.7%

Missouri

33% 🧐

Pemiscot



Data Source: Centers for Disease Control and Prevention, [National Center for Chronic Disease Prevention and Health Promotion](#). 2021.

Physical Inactivity

Within the report area, 2,977 or 25.8% of adults aged 20 and older self-report no active leisure time, based on the question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?" This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as obesity and poor cardiovascular health.

Note: In 2021, the CDC updated the methodology used to produce estimates for this indicator. Estimated values for prior years (2004 - 2017) have been updated in this platform to allow comparison across years. Use caution when comparing with saved assessments generated prior to November 10, 2021.

Adults Age 20+ with No Leisure Time Physical Activity, Percent

25.8%

Missouri

21.4%

Pemiscot

Data Source: Centers for Disease Control and Prevention, [National Center for Chronic Disease Prevention and Health Promotion](#). 2021.



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

20.9%

Pemiscot

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

27.8%

Pemiscot

Missouri

21.98%

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