



UNIVERSITY OF MISSOURI EXTENSION
Shannon County

2023 Annual Report

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 Eminence, MO 65466
 573-226-3268

MU **Extension**
 University of Missouri

an equal opportunity/ADA institution

SERVE
MISSOURI.
DELIVER
MIZZOU.



Office of Extension
and Engagement
University of Missouri

OFFICE OF THE VICE CHANCELLOR
FOR EXTENSION AND ENGAGEMENT
108 Whitten Hall
Columbia, MO 65211
PHONE 573-882-2394
EMAIL: cchiggins@missouri.edu

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



Emily Doosing,
4-H Youth
Development
Specialist



Reta Reed,
Program Director -
Family Nutrition
Education Program



Jan Beazley,
Nutrition Program
Associate



Jennifer R. Williams,
Extension
Engagement
Specialist

Council members

Alan Stringer, Chairman
Val Trittschuh, Vice-chairman
Vinita Chilton, Secretary/Treasurer
Bonnie Keaton
Tammy Hickman
David "Doc" Napier
Miranda Norris
Jaret Holden
Erin Frazier
Chelsea Mounce

County commissioners

Beth Long,
Presiding Commissioner

Herman Kelly,
Southern District Commissioner

Dale Counts,
Northern District Commissioner

Budget and more

Appropriations budget

Income

County Appropriations	10,000
Total Income	10,000

Expenses

Salaries/Benefits	0
Travel	3,132
Telephone	661
Office Supplies/Service	750
Program Expenses	2,980
Insurance	500

Total Expenses **8,023**

Shannon County partners

Winona Senior Center

Shannon County Health Department

Twin Pines Conservation Center

Winona Public Schools

Eminence Public Schools

City of Winona

Shannon County Clerk

Shannon County Commission

Return on investment

FCS Grant – 4-H SNAC 500.00
Current River Clovers

FCS Grant – 4-H SNAC 500.00
Twin Pines Clovers

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



Local Support

Did you know you can donate directly to *Shannon* 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

Shannon County



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

UM System Footprint in the county in 2023



FY23 county students

56 students

- 47 Undergraduates
- 9 Graduate and professional students
- 48 Full-time students
- 8 Part-time students
- 23 Pell grant recipients (aid year 2023)



County employees and retirees

30 people employed by UM

- 28 Campuses
- 1 MU Health Care
- 1 UM System

19 UM retirees and beneficiaries

UM salary and retirement income: \$1.6 million

UM state tax revenue: \$40,896

UM federal tax revenue: \$194,534



County alumni

Selected school alumni

- 1 Medicine
- 13 Nursing
- 16 Health Professions
- 1 Dentistry
- 3 Pharmacy
- 8 Veterinary Medicine
- 46 Agriculture
- 82 Engineering
- 10 Law

Alumni teaching K-12

- 5 teachers
- 3.4% of all district teachers



County breakdown

MU

- 26 students
- 152 alumni
- 7 employees

UMKC

- 1 student
- 13 alumni
- 0 employees

Missouri S&T

- 27 students
- 88 alumni
- 20 employees

UMSL

- 2 students
- 36 alumni
- 1 employee



County properties and offices

MU Extension in Shannon County



County population: 7,186



County services provided

Health care (FY23)

- 400 in-state patients seen at MU Health Care, with \$334,682 of uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 189 visits to 88 patients having ZIP codes associated with the county

Extension (2022)

- 3,378 Total educational contacts from MU Extension to residents of the county, including:
- 3,376 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development

UM System County Impacts

2024 UM Systemwide Impact Data Sheets

Shannon 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 27,000 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 \$1.66 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



In FY23, UM System was issued 39 patents and filed 51 new U.S. patent applications.

- In FY23, the UM System awarded 806 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 174,892 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

MU		UMKC	
27,256	\$536.0M	11,859	\$217.3M
Students receiving financial aid	Financial aid awarded	Students receiving financial aid	Financial aid awarded
Missouri S&T		UMSL	
6,748	\$117.7M	8,489	\$102.8M
Students receiving financial aid	Financial aid awarded	Students receiving financial aid	Financial aid awarded



UM System's MOENet (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 36.8% 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 mybroadband.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.

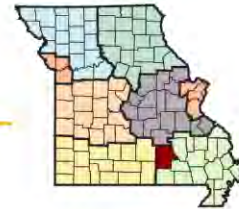
The university advances Missouri citizens and communities through its mission of teaching, research, public service, and economic development across our four campuses and University of Missouri Extension.

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

SHANNON 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

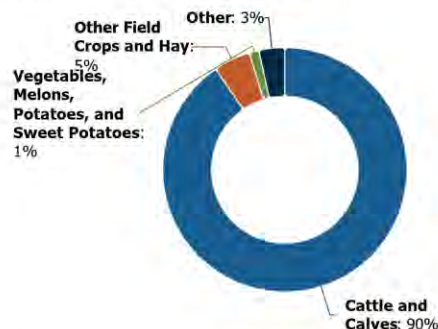
Knowing Local Challenges



CHALLENGE 1: Economic Opportunity: *Agricultural Economics*

Leading Agricultural Products

Total Commodity Sales: \$11,584,000



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 \$907,000 in 2017, an average of \$2,086 per farm. This is below the statewide average farm income of \$29,485.

Report Area	Total Farms	Average Farm Income
Shannon	435	\$2,086
Missouri	95,320	\$29,485

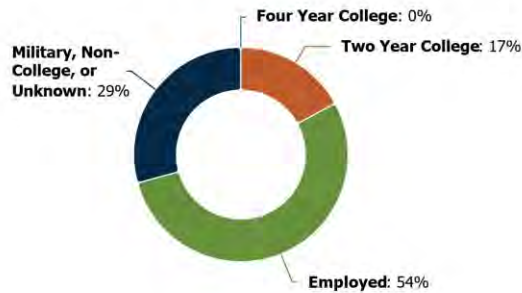
Data Source: US Department of Agriculture, National Agricultural Statistics Service, [Census of Agriculture](#), 2017.



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 41 graduates surveyed in the report area, 0 went to a four-year college, 7 to a two-year college, 22 directly entered the job market. The remaining 12 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 1 credentialed professionals providing mental health care to serve the area's 7,031 residents. The patient-provider ratio in the report area is 7,031 to 1, which means there is 1 provider for every 7,031 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)

7,031:1

Shannon

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 0 primary care physicians (MDs and DOs) to serve the area's 1,810 residents over the age of 65. The patient-provider ratio in the report area is 0, which means there is 1 provider for every ∞ 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)

0

Shannon

Missouri

242:1

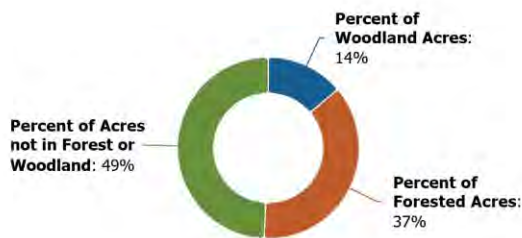
Data Source: US Department of Health & Human Services, Health Resources and Services Administration, [HRSA - Area Health Resource File](#). January 2024.



CHALLENGE 4: Agricultural Growth & Stewardship: *Land Use*

Forested, Woodland & Non-forested Acres

Sustainable management of forests and woodlands and harvesting of mature trees support the state's \$10.3 billion forest products industries. Forests have a closed canopy (>80% cover) permitting little light to penetrate to the ground below. They consist of several overlapping layers of trees, with a mid-story and understory comprising a variety of shade-tolerant shrubs and a sparse layer of soft-stemmed plants. Woodlands have a more open canopy (30-80% cover), and their sparse, woody mid-story allows more sunlight to reach the ground. This light permits the growth of a dense ground cover containing a variety of wildflowers, grasses and sedges. Fire plays a large role in maintaining woodland habitats.



Data Source: Multi-Resolution Land Characteristics Consortium, [National Land Cover Database](#).

Recreational Land Acres

The recreational land use data documents Missouri land under federal, state or local government control with open or restricted access to the public. Land with no access is not included.

Acres in Protected Area

120,015 Missouri 1,791,829

Shannon

Data Source: [United States Geological Survey \(USGS\) Protected Areas Database](#), 2023.

Grand Challenges

4-H Provides Endless Opportunities for Positive Youth Development

44

4-H Club Members in Shannon

747

Youth Served by 4-H in Shannon County

94

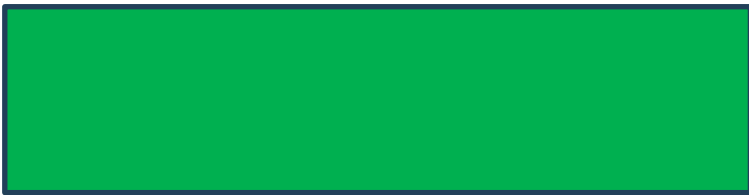
Of 4-H members said they keep trying until they reach their goals.

97

Of 4-H members said they always try to learn from their mistakes.

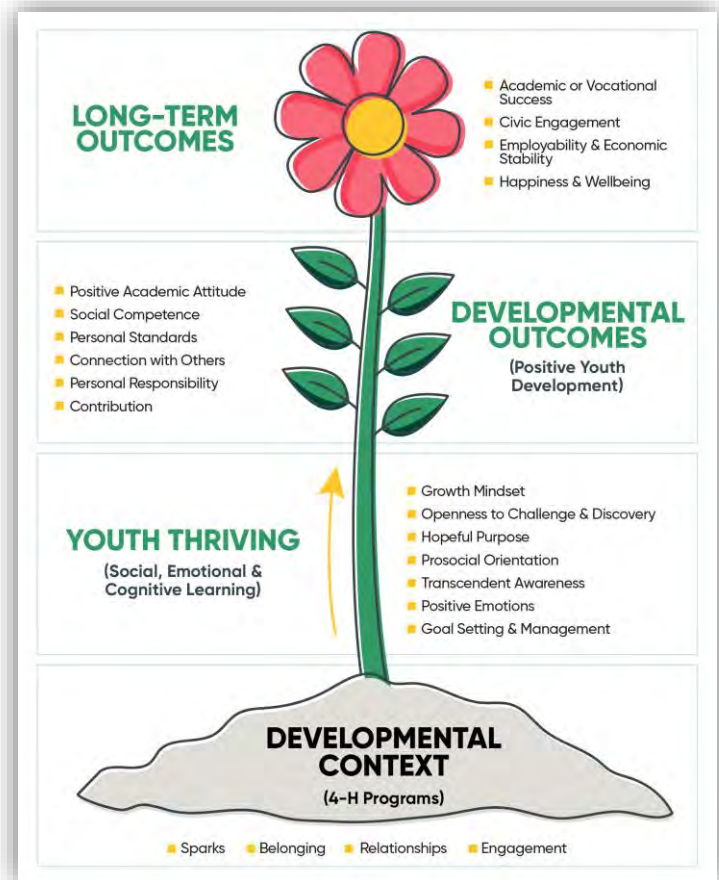


4-H Trap Coaches, Jason Tuttle and Dalton Grider, pose for a picture with the Shannon County 4-H Trap Team that took 2nd at the National AIM Grand American Trap Singles Competition in Sparta, IL.



Highlights from 2023

- 2 Shannon County 4-H members participated in the Southeast Regional Camp in Greenville, MO.
- 8 4-H members from Shannon County participated in the Missouri 4-H Trap Competition in Linn Creek, MO. 6 of these youth from Shannon County competed in the National AIM Grand American in Sparta, IL and took 2nd place in Trap Singles.
- 18 youth served by 4-H were members of the homeschool community in Shannon County.
- 6 4-H members from Shannon County served as 4-H Save Your Brain Ambassadors.
- 9 4-H members from Shannon County showed at the Heart of the Ozarks and Texas County Fairs.





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



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.



Management-intensive grazing

involves dividing large fields into smaller paddocks and systematically rotating livestock among them. Producers who attend grazing schools learn how to reduce costs through improved livestock, grazing and pasture management while getting insights into fencing, watering systems and grazing system design.

The annual impact of management-intensive grazing is estimated to be \$125 MILLION per year in Missouri.



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.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Shannon County

Agriculture and Environment

Local Profiles and Stories

Agronomy Specialist Haley Schwantz is housed in the Oregon County Extension Office, but serves Shannon County as well. During 2023, Haley conducted two different Private Pesticide Applicator Trainings and one course specific to drought management in Shannon County.

In addition to these specific courses, Haley will also travel to Shannon County to consult with local farmers regarding forage issues or other agronomy-related topics or questions.

You can reach out to Haley directly via email at heschwantz@missouri.edu or by contacting her at the Oregon County Extension Office by dialing (417) 778-7490.

Shannon/Carter County

Private Pesticide Applicator Training – August 2023



All counties are welcome to attend

- New Licensing
- Renewals

Location: Twin Pines Conservation Education Center

20086 US-60, Winona, MO 65588

Date: Thursday August 31st, 2023

Times: 5:30 – 7:30pm

Cost: Free

PLEASE register with Haley Schwantz

(heschwantz@missouri.edu) OR Online at

<https://extension.missouri.edu/events/private-pesticide-applicator-training-shannon/carter-counties>

*2023 will be the last year to get new license or renew without fee or testing.

*License is for restricted use pesticides.



Issued in furtherance of the Cooperative Extension Work Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director, Cooperative Extension, University of Missouri, Columbia, MO 65211. • MU Extension provides equal opportunity to all participants in extension programs and activities and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of race, color, national origin, ancestry, religion, sex, sexual orientation, gender identity, gender expression, age, genetic information, disability or protected veteran status. • 573-882-7216 • extension.missouri.edu

Strategies for Dealing with Low Forage Supply FREE WORKSHOP!

Ongoing dry conditions have left many livestock producers with low forage and feed supplies. This workshop will outline strategies for managing this situation. Late summer and early fall is the best time to implement these management strategies. MU Extension Ag Field Specialists will discuss strategies for livestock and forage operations to utilize as they deal with low forage supply and recover from drought and build operation sustainability that will help deal with future droughts.

Space is limited so please register by August 9th.

Register online:
<https://extension.missouri.edu/events/strategies-for-dealing-with-low-forage-supply-shannon/carter-county>

August 10th
Thursday
Registration 2:30
Class begins 3:00 PM

- Specific strategies covered:
- Repairing thin forage stands
 - Diversifying forage platform and management
 - Efficient feeding of livestock nutrition
 - Reducing hay waste
 - Market outlook

Twin Pines Conservation
Education Center
20086 US-60 Winona, MO
65588

For registration or questions
contact the Oregon County MU
Extension Center at 417-778-7490



SERVE MISSOURI.
DELIVER MIZZOU.

Livestock

Serving Dent, Phelps, Crawford, Pulaski, Shannon Reynolds, Carter, and Texas Counties

Eric Meusch
Livestock Specialist
573-729-3196
meusche@missouri.edu



2023 AT A GLANCE

- Drought was one of the main topics working with beef producers. This included programming on herd management and nutrition.
- Show Me Select Heifer development activities expanded as I took over coordination of Central Missouri, working with producers and assisting with the Spring Sale in Vienna.
- Poultry programs including backyard chickens and home butchering of chickens were in demand in many counties.
- Show Me Quality Assurance events held in Dent, Phelps and Crawford Counties trained youth on proper care of livestock. Other youth-oriented activities included Ozark Cattlemen's Beef Day in Salem and the Wurdack Education Day event.
- The Value-Added Meats (VAM) team collaborated with Feedlot School team to develop the Direct Marketing Beef School. VAM also worked through the 2501 Program to conduct a hands-on chicken processing workshop for urban farmers in the St. Louis area



A Livestock producer shares her experience in developing and managing her grazing system at a Grazing School in Texas County

KEY SUCCESSES

- ✓ 94 Show Me Select Heifers were sold at Central Region Sale in Vienna in May totaling \$199,450 in sales. Statewide a total of 1647 Show Me Select heifers were sold for \$4,180,575 in 2023.
- ✓ Over 200 youth in 3 counties received Show Me Quality Assurance training, learning industry standards for food animal care and husbandry. This training is required for youth exhibiting livestock at county fairs and Livestock Expos.
- ✓ Participants in Missouri Grazing schools learned the basics in management intensive grazing, including soil and forage management, grazing system layout, livestock management and infrastructure development..
- ✓ Socially Disadvantaged and Veteran Farmers and Ranchers participated in livestock related programs such as backyard poultry, sheep and goat production, and small-scale chicken processing. This was part of the grant funded 2501 program. This program also supported farm visits, learning circles and team to one coaching.



Producers learned how to add value to their cattle by finishing animals and marketing beef direct to consumers. They also toured a confinement beef feeding operation and learned from local processors.



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**.



"I highly recommend this incredible program to any community looking for focus and direction."

Strategic Doing participant

Strategic Doing is a one-day workshop that guides community stakeholders through an inclusive, problem-solving approach to developing high-impact projects to address local development issues.

The city of Risco, Mo., lacked retail options for food. Risco's Strategic Doing workshop and follow-up activities resulted in a GROCERY STORE OPENING in the community.



Missourians from all walks of life celebrated the **2023 Missouri Good Neighbor Week**, Sept. 28 to Oct. 4, by completing and reporting neighboring acts and nominating others as the most engaged neighbors in their counties.

In 2023, the goal was to document 15,000 acts of neighboring. That goal was surpassed with 19,752 Missourians being positively affected during MISSOURI GOOD NEIGHBOR WEEK.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Shannon County

Business and Community

Local Impact

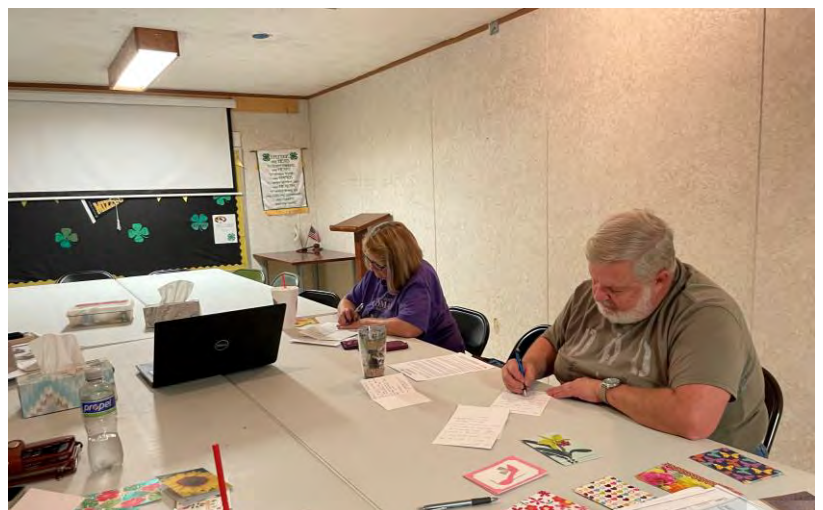
During Missouri Good Neighbor Week (September 28 – October 4, 2023), the Shannon County Extension Council chose to participate by handwriting notes of encouragement to those who receive meal deliveries through the Shannon County Nutrition Center. Council members wrote around 40 cards with personalized notes, and the cards were taken to the Shannon County Nutrition Center to be distributed with their meal deliveries.

It was our hope that residents were encouraged by the reminder that they continue to be an important part of their local community.



Council Members Vinita Chilton, Bonnie Keaton, and Val Trittschuh write cards to distribute with the Eminence Nutrition Center's Meal Delivery service.

Council Members Val Trittschuh and Alan Stringer participate in Missouri Good Neighbor Week by handwriting cards for local citizens who receive meals through the Eminence Nutrition Center.





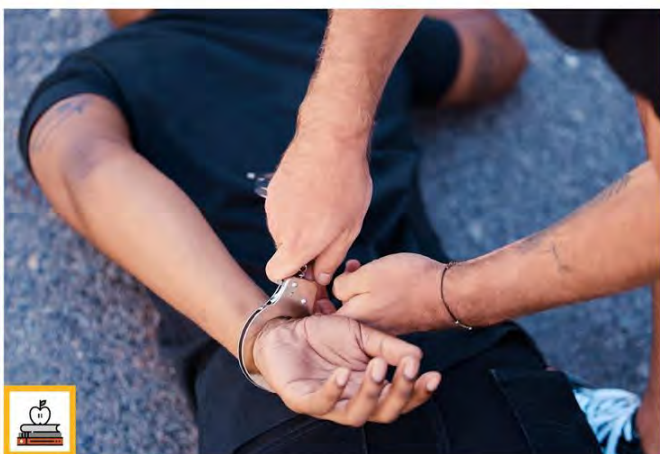
MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**
 through credible statewide programs
First Responder Education



The **Missouri Extension Disaster Education Network** provides education and technical assistance to individuals and families, local governments, schools and organizations so they can prepare for and respond to natural and man-made disasters. Because of the unique relationship it maintains with each community, MU Extension is a key resource for the public, emergency services and public officials.



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 **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.

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**

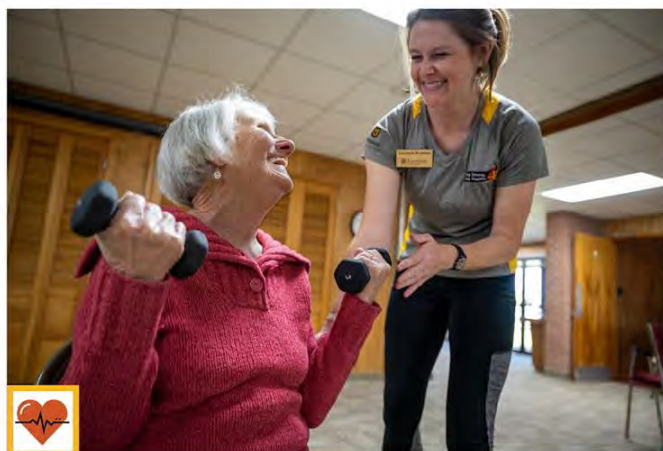


Mental Health First Aid equips people to recognize and respond to signs of mental illness and substance use disorders.

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



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.**



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.”**

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

Stephanie Johnson, Nutrition and Health Specialist, is housed in Howell County, but serves Shannon County. During 2023, Stephanie offered several classes in Shannon County, including Fit.Fuel.Fun. at the Winona Public School, and she partnered with the Winona Senior Center for a Health Fair. Stephanie also offered a Diabetes Self-Management Program in partnership with the Shannon County Health Department.

Diabetes Self-Management Program (DSMP) is an evidence-based 6-week class for individuals living with type 2 diabetes and their caregivers designed to help you better manage your diabetes by learning important self-management skills and techniques. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management plan. Topics covered include:

- Making healthy food choices and planning menus
- How to increase physical activity and exercise safely
- Preventing or delaying diabetes complications
- Communicating effectively with your health team
- Developing action plans and setting goals to improve your health and well-being.

Diabetes Self Management
Learn how to make changes toward
a happier, healthier, lifestyle.

Legend



Agricultural Growth
& Stewardship



Economic
Opportunity



Educational
Access &
Excellence



Health
& Well-Being

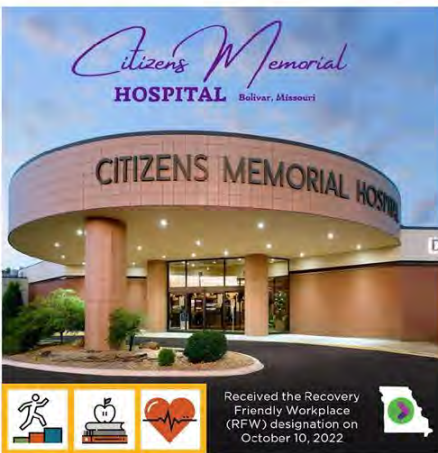


MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**
 through credible statewide programs
Community and Professional Health Education



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