



UNIVERSITY OF MISSOURI
M Extension



ST. LOUIS COUNTY
2016
ANNUAL REPORT



LIVE.
AND LEARN.





A MESSAGE *from*

MARSHALL STEWART

VICE CHANCELLOR FOR EXTENSION AND ENGAGEMENT

January 5, 2017

Dear County Commissioners and Friends of MU Extension:

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

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

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

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

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

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

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

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

Sincerely,

Marshall Stewart, Ed.D.
Vice Chancellor for Extension

A Letter to the Community from the CPD and Chair

We are pleased to present to you the 2016 Annual Report for the St. Louis County Office of the University of Missouri Extension. The year included transition and growth, in addition to a renewal of our mission to provide quality services throughout the region.

The new County Program Director, Dwayne T. James, started with us in February of 2016. He came to MU Extension with a background in community service and having provided impactful programs to youth and residents of all ages. In 2016, we moved to our new location in Kirkwood after three years in Creve Coeur. Our Kirkwood location brings expanded programming space. We were happy to be welcomed into the community with an Open House and Ribbon Cutting, which brought more than 100 stakeholders. In addition, we look to transform the outside of our facility into a Learning Landscape with vegetable gardens, educational site components, and environmental friendly features.

We have also strengthened our relationship with St. Louis County by working closely with the Office of Community Empowerment. We have discussed ways that MU Extension's impact can be increased and become a partner of the great work provided by the County. In addition, our Council has worked with strategic partnerships to develop workshops that respond to the needs of our diverse community.

We were able to make over 300,000 contacts with our constituents in St. Louis County during this past year through programming, technical assistance, or interactions at events. We continue to be grateful for the generous support of the St. Louis County Government, which helps us to offer a significant amount of programming opportunities throughout the county! We also want to thank our Extension Council members who advise us on our programming needs, as well as our many partners who assist us in making a positive impact for all residents.

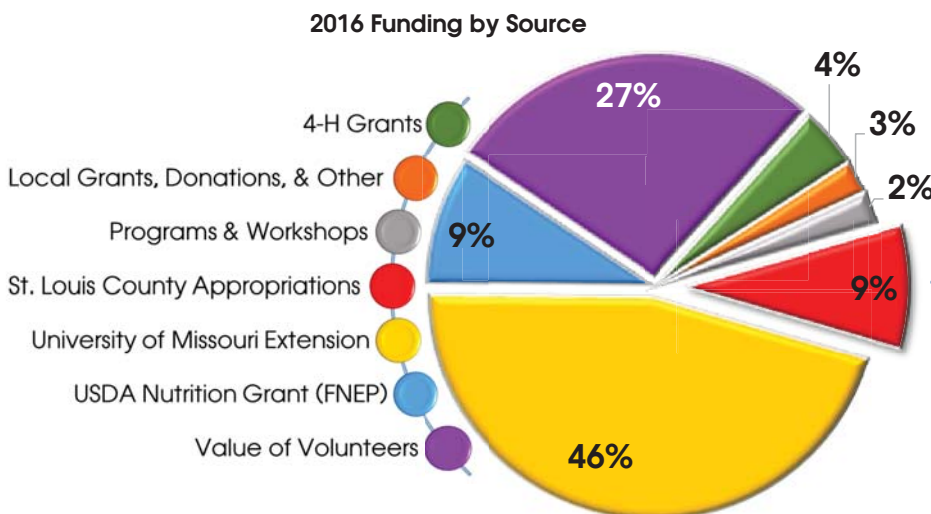
We hope that this report gives you a better idea of the work MU Extension and our faculty / staff are performing. We look forward to 2017 and hope to increase the impact our office is making on the residents and businesses of St. Louis County.



Larry McGowen, *St. Louis County Extension Council Chair*



Dwayne T. James, *St. Louis County Program Director*



2016 St. Louis County Appropriations Budget

Salaries & Wages	\$108,077
Payroll Expenses	\$8,300
Travel	\$16,000
Postage	\$1,200
Telephone & Utilities	\$15,826
Security	\$650
Rent/Lease Equipment	\$3,574
Central Service Charge (REJIS)	\$325
Publishing/Printing	\$500
Supplies/Service	\$3,875
Other Personal Services	\$6,760
Professional Services	\$5,000
Insurance	\$1,675
Miscellaneous	\$200
Repairs/Maintenance	\$4,000
Furniture/Computer Supplies	\$2,459
Rent	\$33,252
TOTAL	\$211,673

Extension Council

Leaders that advise and oversee

UNIVERSITY OF MISSOURI
Extension
St. Louis County



2016 Council Members

Executive Committee:

- Chair
Larry McGowen, *Wildwood*
- Vice Chair
Lisa Taylor, *Florissant*
- Secretary
J. Toni Burrow, *Ferguson*
- Treasurer
Karen Watkins, *Chesterfield*

Additional Members:

- **Sylvester Bolden**, *St. John*
- **Courtney Hinton**, *Normandy*
- **Dave Kreuter**, *Creve Coeur*
- **Margo McNeil**, *Hazelwood*
- **Mary Oswald**, *Bellefontaine Neighbors*
- **Bill Ruppert**, *Kirkwood*
- **Anita Santiago**, *Florissant*
- **Tim Schmalz**, *University City*
- **Jinsong You**, *Manchester*



We hosted booths at the Kirkwood Greentree Festival, the St. Louis County Annual Park Walk Run, the Life Outside Festival, and others to network with thousands of people.

MU Extension - St. Louis County has an Extension Council made of community members that advise us on the programming needs throughout the 90 municipalities of St. Louis County.



The University of Missouri Extension (MU Extension) is a unique partnership of local, state and federal government with the University of Missouri and the people of Missouri. Each county-based office is governed by its own Extension Council, a volunteer governing board that guides Extension programming, administers Extension county funds, and makes personnel recommendations.

The Extension Council, comprised of elected and appointed citizens, is a full partner with Missouri's land-grant universities to deliver high-quality education and research-based information that helps people solve real-world problems and take advantage of opportunities. Each council member must reside within St. Louis County. Mayors of cities in St. Louis County with a population of more than 10,000 residents can appoint one person to reside on the council. Council member elections are held in January. Meetings are held on the third Thursday of the month at 6:00 p.m. at our office.

2016 Highlights

- 2016 Annual Dinner - On March 24, we hosted our annual dinner at Spazio in Westport to swear in new council members and recognize our outgoing members for their service. We were pleased to have the St. Louis County Office of Community Empowerment and Dr. Sarah Patrick, Deputy Director of St. Louis County Department of Health, as the speaker.
- Motorcycle Safety Course - We partnered with the Kirkwood Fire and Police Departments to provide a course related to how motorcyclists can prepare and execute rides safely, as well as what to do in the event of an accident.

MU Extension - St. Louis County Support Staff

Three support staff members support council and office operations, while supporting the programs implemented throughout the region. Their knowledge, assistance, and hard work help us deliver all that is detailed in this 2016 Annual Report.

- **Amy Armstrong**, *Administrative Associate / Communications*
- **Melinda Farrar**, *Bookkeeper / Accountant*
- **Janie Lewis**, *Administrative Associate / Technology*

Programming Guide

Single- and multi-session educational programs cover topics in agriculture, natural resources, lawn and garden, home and consumer life, nutrition and health, families, community and leadership development, business and careers and emergency management.

	Program Available Onsite	Youth	Families	Seniors	Businesses	Service Providers	Table of Contents
4-H Youth Development							
4-H Community Clubs	✓	✓					p. 6
4-H School Programs	✓	✓					
4-H Youth Futures		✓					
Business Development & PTAC							
Training and Assistance					✓		p. 8
Selling to the Government Workshops					✓		
Community Development							
Neighborhood Leadership Academy			✓	✓			p. 9
Community Arts	✓	✓	✓				
Financial Education							
Woman's Financial Series			✓	✓			p. 8
Financial Literacy Workshops	✓	✓	✓				
Housing							
Aging in Place	✓		✓	✓		✓	p. 10
Energy Efficiency/ Management	✓		✓	✓			
Healthy Homes	✓		✓	✓			
HomeWorks	✓		✓	✓		✓	
Rent Smart	✓	✓	✓				
Labor Education							
Labor Law Breakfast Series					✓		p. 10
Labor Education Classes	✓				✓		
Natural Resources							
Horticulture Workshops	✓	✓	✓				p. 11
Master Gardener			✓	✓			
Master Naturalists			✓	✓			
Soil Testing			✓	✓			
Nutrition and Wellness							
Matter of Balance	✓		✓	✓			p. 12
Stay Strong, Stay Healthy	✓		✓	✓			
Cooking Matters	✓		✓	✓			
Food Preservation	✓		✓	✓			
Nutrition Classes for Youth	✓	✓	✓		✓		
Mental Health Workshops	✓		✓	✓			
Chronic Disease Workshops	✓		✓	✓			
Classes for Service Providers	✓		✓	✓			



Faculty and Staff serving
St. Louis County & City

- **Amanda Meek**, 4-H Youth Development Specialist
- **Gus Robinson**, 4-H Youth Development Specialist
- **Bailey Lutz**, 4-H STEM Educator
- **Vincent McKinney**, 4-H STEM Educator
- **Terry Olishile**, 4-H Program Coordinator
- **Cornita Robinson**, 4-H Youth Program Educator

4-H is dedicated to providing positive youth development and helping youth step up to the challenges in a complex and changing world.

In 2016, 4-H served more than 850 youth in the St. Louis Area.

4-H Community Clubs

Clubs offer long-term educational experiences in which youth learn life skills such as leadership, decision making, public speaking and working with others.

- 4-H Electric Dolphins - Members build, program and compete, using VEX and VEX IQ robots. They also present robotics workshops for community service.
- Gateway 4-H - Members build and program VEX and LEGO EV3 robots to complete various tasks. In February 2016, the high school VEX team qualified for the state competition with their scores in the skills challenge.
- Lucky Horseshoes - Members practice for the 4-H Horse Bowl competition. The St. Louis County 4-H Horse Bowl team received second place in the 2016 4-H Junior Horse Bowl and first place at the 2016 4-H Junior Hippology competition.
- MindYourOwnStorm - Members build and program LEGO EV3 robots.
- NXT GEN - Members build and program LEGO Mindstorm NXT robots, along with other hands-on science activities, such as programming with Scratch.
- Powerful Girls Rock - Led by 4-H Youth Futures mentors, members develop leadership skills while building self-esteem and discussing issues.

4-H Youth Futures

The program began with 41 students in 2002. As of 2015, 580 Missouri youth have participated in 4-H Youth Futures with more than 133 students currently enrolled from the St. Louis area.

The 4-H Youth Futures College Within Reach program prepares students for college by providing information about the college application process, ACT preparation, time management, FAFSA and scholarships. 4-H staff members maintain contact with students and track them all the way through college. Along the way, students also meet new people and have fun.



4-H Robotics Programs

Our current programs include STEM activities, such as Robotics that supplement classroom learning and after school programs. Working in pairs, youth learn problem solving, teamwork and communication skills. 4-H Robotics programs were held at Ferguson Middle School, Kennard, Pattonville, St. Louis the King School, Storman, Cross Keys Middle School, Johnson-Wabash Elementary, and St. Louis Public School District. Programs were also held in partnership with St. Louis City Library, National Society of Black Engineers, and Higher Ground.

A total of
516
youth
completed the
4-H Robotics
program in
2016



"I really liked this class because you get to program robots to go backwards to forwards. I also like this because it helps me with science and building."

"I liked this class because we talked about careers in programming like making video games."

"This class will help me because I like engineering."



4-H Tours & Outreach

Aligning with the 4-H mission, we actively engage youth members as valued, contributing members of their communities through tours and outreach activities:

- American Cancer Society - Members of the Cardinal Ritter 4-H Lions volunteered and hosted an Ice Cream Social/Game day for the residents of the American Cancer Society's Hope Lodge. The 4-H members played games while carrying on conversations with the residents.
- Miller Farm in Jefferson County - St. Louis 4-H members, representing three 4-H clubs in the St. Louis area, visited the Miller Farm where they learned about the everyday operations of a farm. Lessons included milking a cow, working with horses, bee farming and more.
- St. Louis Cardinals Game in partnership with Visionworks - 23 St. Louis 4-H members watched the game from the Visionworks suite. Three youth were introduced on the field and one threw out the first pitch. Visionworks also provided vouchers for free eye exams and glasses.
- University of Missouri St. Louis (UMSL) Day - 15 St. Louis 4-H members attended UMSL Day. Students received an opportunity to connect with UMSL department faculty and tour the campus. The students learned about student admissions, financial aid and possible majors.



Business Development Opportunities for business owners



Faculty and Staff serving St. Louis County & City

- **Millie Miller-Hoover**,
Business Development Specialist
- **Lynette S. Watson**,
Business Development Specialist
- **Kevin Wilson**, *Director, Small Business & Technology Center*

Our office offers a variety of services to help with the contracting process.

Business Development and Procurement Technical Assistance Center contributed to the economic development through growth in jobs, sales, innovation, technology development and commercialization.

Training and Assistance

Our office provides a wide range of services including classes and seminars, individual counseling, easy access to bid opportunities, contract specifications, procurement histories and all the other information necessary to successfully compete for government contracts policies. For example, Etegra, Inc. is a St. Louis-based, minority-owned small business operating as a full service architect-engineer firm. **Through our bid matching service, Etegra prospered in receiving contract awards and received an 8(a) certification from the Small Business Administration (SBA) in May 2012.**

Selling to the Government

In 2016, we presented 14 seminars on learning to identify opportunities and understanding the contracting process. The seminar also covered services available to assist them in all aspects of government contracting.

2016 Accomplishments in St. Louis:

- Number of Active Clients _____ **496**
- Number of Contracts Awarded _____ **1180**
- Dollar Amount Awarded _____ **\$108,579,820**
- Training Events _____ **50** with **2285** attendees
- Outreach Events _____ **13** with **947** attendees

Financial Education Opportunities for adults



Faculty and Staff serving St. Louis County & City

- **Suzanne Gellman**,
Financial Education Specialist

“WFES has provided me an amazing baseline for many areas in financial management. This knowledge has helped me focus on making financial management a priority.”

Our financial education programs increases the financial stability of its members and fosters less dependence on public programs.

Women's Financial Education Series (WFES)

WFES is designed to promote self-reliance by arming people with knowledge and skills about money management, credit, insurance, estate planning and retirement planning. In St. Louis County during 2016, 30 adults learned about techniques to more effectively make financial decisions, implement financial strategies and increase success in reaching financial goals. The series is facilitated and sponsored by MU Extension with support from the United Way of Greater St. Louis, St. Louis County Library District, Grace Hill Women’s Business Center, YWCA Metro St. Louis, Connections to Success, American Association of University Women, and other community coalitions.

Money Smart Week

MU Extension is a partner in Money Smart Week®, a public awareness campaign helping people better manage their personal finances. Businesses, financial institutions, schools, libraries, not-for-profits, government agencies, and the media come together each year to elevate the importance of financial literacy, inform consumers of where they can find help, and provide free educational seminars and activities throughout our region. In 2016, over 150 financial related programs were offered in addition to a Kid’s Essay Contest for 6 - 8th graders.



Community Development offers seminars for community leaders to strengthen healthy communities. Our Community Arts Program fosters development through the arts.

Neighborhood Leadership Academy (NLA)

NLA provides hands-on leadership training emphasizing community building principles, organizational leadership and management practices, and personal leadership skills. It connects resources at MU Extension and UMSL to residents and neighborhoods wanting to create more livable communities. There are 255 NLA alumni throughout St. Louis. This program took a hiatus in 2016. However, it will start again in 2017.

Creating Whole Communities (CWC) - "What's Brewing?" Series & More

CWC, formed in 2014, brings together MU Extension, UMSL and the St. Louis region's neighborhoods to focus on strengthening our communities. CWC provides research informed community forums, publications, organizational and leadership development on topics such as: how place matters, building inclusive cities, neighborhood change and youth engagement. The "What's Brewing?" Series drew people at 7:30 a.m. in the morning to learn about and discuss a neighborhood's revitalization story. CWC also

In 2016, more than 550 community members, non-profit staff, stakeholders and elected officials attended seven seminars and trainings.

hosted, in partnership with Riverview Gardens School District, a public forum on education, race and place in the spring of this year.

St. Louis Storytelling Festival

The Festival renews and celebrates the timeless art of storytelling. The Festival has received accolades and loyal audiences for its innovative and masterful celebration of storytelling, as well as its outreach to the St. Louis metropolitan community. The 37th annual Festival was held over four days in May 2016. It included a workshop on Storytelling and Cultural Heritage Tourism, a deaf storytelling program, storytelling for blind audiences, family storytelling and open-mic community storytelling. There were also sessions at libraries, detention centers, museums, parks, historical sites and more than 30 K-12 schools. Feedback was overwhelmingly positive with one K-12 educator calling it an "awesome teaching opportunity" that allowed her to expand on African culture. Another educator indicated it was a "privilege to be a site to host storytellers; our students loved them!"

In 2016 we hosted 46 storytellers at a total of 56 venues in Missouri, reaching a total audience of 15,000 (up from 13,400 in 2015).

G.H.O.S.T. (Ghost, Horror, Or Scary Tales) Project

The MU Extension Community Arts Program partnered with 4-H to host our 1st annual G.H.O.S.T. Project. G.H.O.S.T. is a storytelling workshop and performance program for upper-middle and high-school youth. Participants work with a master storyteller to research, create and tell their own ghost stories. Three talented youth performed their G.H.O.S.T project at the 2016 St. Louis Storytelling Festival with the lucky winner traveling to Kansas City to perform at the National Storytelling Network Conference.

Faculty and Staff serving St. Louis County & City

- **Lisa Overholser**, Community Arts Specialist
- **Claire Wolff**, Community Development Specialist



Housing Education Opportunities for all ages



UNIVERSITY OF MISSOURI
Extension
St. Louis County

Faculty and Staff serving
St. Louis County & City

- **Kandace Fisher-McLean**,
*Housing & Environmental
Design Specialist*

Green and Healthy PMP

29 community partners
from agencies throughout
the St. Louis region
participated.

*"As a result of the program
I can better inform my
clients that they have rights
to a Healthy Home."*

Labor Education Opportunities for business leaders and workers

UNIVERSITY OF MISSOURI
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St. Louis County

Faculty and Staff serving
St. Louis County & City

- **Robert A. Russell**, *Labor
Education Specialist*

In 2016, 227 participants from
numerous organizations
throughout the St. Louis region
attended the
Labor Law Breakfast Series.

Housing & Environmental Design provides families with education on making homes healthy and more efficient, maintaining and repairing their homes, and adapting their home environment as they age.

Multi-Agency Resource Centers (MARC)

In January 2016, MARCs were put together to assist flood victims who lost their homes and needed housing, legal counseling, food, and household items. We assisted more than 50 people with disaster recovery needs such as cleaning up and rebuilding, coping with stress, and other various disaster recovery resources.

United Way's Individual Development Account (IDA) Program

In summer 2016, 34 youth aging out of the foster system were educated through this IDA program. Our Housing, Nutrition and Financial Education specialists provided education on saving and investing, their rights and responsibilities as renters, properly caring for their homes, preparing nutritious meals on a budget and food safety. Since October 2006, youth have saved \$118,477.

Green and Healthy Property Management Program

During recent years, a team of healthy homes experts in the St. Louis area have come together to form the "Healthy and Sustainable Homes Committee." In 2016, the committee developed a series of healthy homes programming which brought community agency partners together to begin working on important healthy homes issues. Developed by Kandace Fisher-McLean, the Green and Healthy Property Management program was taught at the North Central Community Health Center of St. Louis County Health Department in Pine Lawn, MO.

The Labor Education Program works with members and leaders of workplace-based organizations to help them develop skills to contribute to their organizations, act effectively in their workplace, and be informed and active participants in their communities.

Labor Law Breakfast Series

Focused on people with an interest in labor and employment relations, this monthly series brings presenters from multiple organizations, including the Federal Mediation and Conciliation Service, the National Labor Relations Board, the National Academy of Arbitrators, university faculty, and attorneys. Presenters discussed a variety of topics, including "Navigating the Minefield of Love & Romance in the Workplace," "The State of the St. Louis Economy" and the "Effectiveness of Zero-Tolerance Policies," alongside programs on retirement and updates from multiple governmental agencies.

Other Labor Education Programs

There were approximately 85 participants in other Labor Education programs throughout the St. Louis region in a variety of programs. Additionally, educators in the Labor Education program also taught students at the University of Missouri – Saint Louis.

Natural Resources offers arborist training, soil testing, insect/weed identification, volunteer programs and plant health diagnostics.



Master Gardeners

Held annually, this program trains individuals who are dedicated to improving their communities through gardening. Sessions are held at the Missouri Botanical Garden Kemper Center for Home Gardening, our program partner. The donated hours of our Master Gardeners are an equivalent of 21 full-time employees working in parks, community gardens and schools. At least 50 public organizations received the help of Master Gardeners in St. Louis this year.

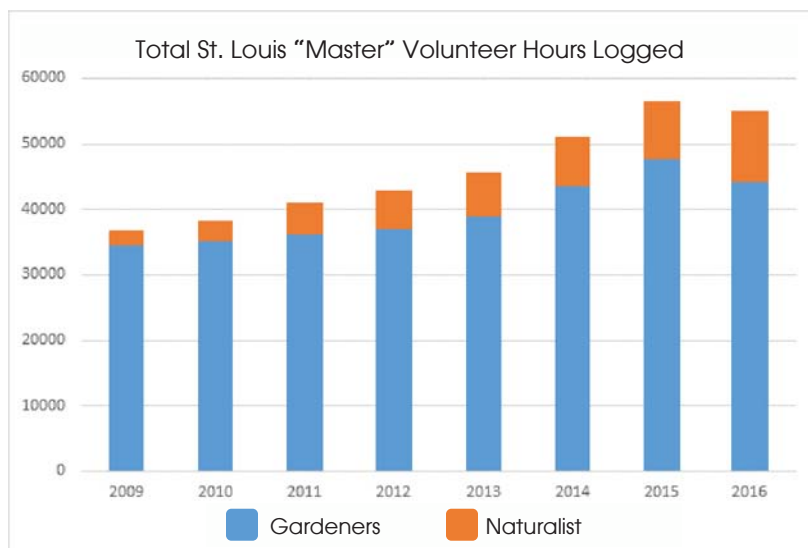
In 2016, we trained **66 Master Gardeners** bringing our active members to **453** who performed **44,221** volunteer hours. We trained **31 new Master Naturalists** who tallied over **10,854** volunteer hours collectively.

Faculty and Staff serving St. Louis County & City

- **Nathan Brandt**, Horticulture Specialist
- **Holly Records**, Master Gardener Coordinator

Master Naturalists

This 15-session course trains individuals who are dedicated to improving their communities through natural resource education and service. These sessions are provided by instructors in collaboration with the Missouri Department of Conservation. This year, Master Naturalists supported a wide variety of efforts in St. Louis including work with Community Collaborative Rain, Hail & Snow Network, St. Louis Audubon Society, Little Creek Nature Area, Forest Park Forever, and Forest ReLeaf.



Soil Testing

The number of soil tests submitted to MU Extension increased to 806 in 2016, a 44% increase from the 559 samples submitted in 2015. These samples came from homeowners, landscapers, field crop, and commercial clients. Locations in St. Louis County and City are available for sample drop off.

Additional Highlights

- **USDA Grant** – Six gardens were formed or upgraded as part of a USDA grant serving over 15,000 youth. These gardens assist in providing sustainable food, while increasing the gardening knowledge at local schools and communities.
- **Introduction to Beekeeping Courses** – 45 individuals took the introductory course of MU Extension’s newly developed Certified Master Beekeeper Program held in our office. The course focused on the principles and history of beekeeping, honeybee biology and more.
- **Additional Workshops** - We educated more than 75 individuals on other topics including Landscape Problems, Pollinating the World, Backyard Composting, Treekeeping for Youth and Gardening with Kids.



Nutrition & Wellness Opportunities for all ages



UNIVERSITY OF MISSOURI
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St. Louis County



Faculty and Staff serving
St. Louis County

- **Leslie Bertsch,**
*Nutrition & Health
Education Specialist*
- **Damaris Karanja,**
*Nutrition & Health
Education Specialist*
- **Emily Barbee,**
*Nutrition & Health
Education Specialist*
- **Terressa Caine-Clary,**
*Nutrition Program
Associate*
- **Angela Kaiser,** *Nutrition
Program Associate*



"After we made strawberry jam successfully in class, I picked and purchased 25 pounds of strawberries to make jam at home."

Nutrition and Health provides courses to residents of all ages and organizations based on the latest scientific evidence to improve one's health and well-being.

Cooking Matters

Cooking Matters is a program aimed at curbing hunger and food insecurity among low-income families and individuals. Through the application of hands-on cooking and nutrition lessons, the program aims to teach families how to shop for and prepare healthy, delicious, and affordable meals. **In 2016, three Cooking Matters courses and six Cooking Matters at the Store grocery store tours were implemented, reaching 151 contacts.** Courses and tours were offered in partnership with BJC Behavioral Health, Cardinal Ritter Senior Services, The Shepherd Center, Affton Christian Food Pantry, and Friendly Village Apartments. People reported making healthier food choices at the end of the course. Participant surveys revealed that they were including more fruits, vegetables, whole grains, lean protein, and low-fat dairy in their diets.

Matter of Balance

Matter of Balance is an award-winning fall prevention program. Through the application of eight distinct lessons, Matter of Balance aims to reduce older adults' fear of falling and increase their activity levels. By discussing fears and concerns about falling, creating action plans for dealing with those fears, and improving physical strength and balance, Matter of Balance has proven to decrease one's risk for falling and fall-related injuries; and therefore, decrease the cost associated with falls.

"As a result of this class, I have a better attitude and awareness about falling. I am more assertive and more open to asking for help from others. Finally, I am more conscious of using assistive aids in public such as, railings and ramps."

Home Food Preservation

This year, MU Extension - St. Louis County provided three Home Food Preservation Workshops reaching 49 contacts. Participants learned how to safely water-bath can several items such as salsa, jam, and pickled vegetables. In addition, the correct procedure for pressure canning vegetables was reviewed. Workshops were offered in partnership with Thomas Dunn Learning Center, Lucky's Market, Wildwood YMCA, and the St. Louis County Library.

Eat Smart/Move Smart Child Care Coaching

The Missouri Foundation for Health (MFH) established a five-year initiative called Healthy Schools, Healthy Communities to address childhood obesity in our region. MU Extension contracted with the Department of Health and Senior Services (DHSS) to deliver Eat Smart and Move Smart coaching intervention as part of the initiative. In 2016, our nutrition and wellness education specialists provided coaching, professional development training and technical assistance to nine childcare centers in St. Louis County and City. The goal of this initiative is to reduce childhood obesity by 5% in the communities served by this grant and for each center to gain Eat Smart and Move Smart recognition by the DHSS.

Stay Strong, Stay Healthy

One of MU Extension's premier programs, Stay Strong, Stay Healthy, is an exercise class designed for older adults. The goal of Stay Strong, Stay Healthy is to improve the strength, flexibility and balance of older adults or anyone who is getting back into their exercise routine. **In 2016, MU Extension conducted eight Stay Strong, Stay Healthy classes reaching 717 contacts.** Classes took place across the St. Louis region.

Eat Smart Guidelines for Childcare

In 2016, the Missouri Department of Health and Senior Services, in partnership with our nutrition staff, provided over 300 licensed child care staff with research-based workshops on nutrition, wellness and physical activity. After completing these workshops, 98% of participants reported increased knowledge, skills, or understanding regarding nutrition, wellness and physical activity.

Workplace Wellness

Approximately 65 St. Louis County Government employees participated in the Workplace Wellness program. This effective and non-intimidating exercise program occurred during the work day. Part of the program focused on weight and stress management. 50% of the class fee was waived because of a supplement provided by the Employee Wellness Council.

Taking Care of You

In 2016, MU Extension nutrition staff provided over 30 people from Fontbonne University and St. Louis County Government with practical strategies that can be used in their everyday lives to better cope with stress and challenges they endure. 100% of the people reported using all the skills and strategies they learned from the program at least a few times per week.

One-time Presentations

In 2016, MU Extension nutrition staff collaborated with organizations such as the St. Louis County Library, the American Lung Association, the Wildwood YMCA, and other small support/lifestyle groups, to complete a variety of one-time presentations across the region. Topics included *Cooking for One*, *Sodium Reduction*, *Food for Thoughts- Eating to improve brain health*, *Strength Training at Home*, and *Nutrition for those with COPD and Asthma*. These one to two hour classes reached 136 contacts. While each of these classes presented a limited amount of information and time with people, evaluation results show that a significant number of people improved their knowledge, attitude, and possibly behaviors as a result of the presentations.

Family Nutrition Education Program (FNEP)

In 2016, the FNEP brought \$8,582,289 in federal funds to the State of Missouri. These funds were used to provide nutrition education to 951,652 food stamp recipients and food stamp eligible citizens of Missouri. **39,173 of these participants reside in St. Louis County and 52,277 in St. Louis City.** One participant said, *"As a result of participating in your class, I spend time reading food labels to compare foods. My blood pressure is improving because I can identify sodium information on the nutrition facts panel."* Participants in FNEP become more aware of nutrition, make healthier meal and snack choices, eat breakfast more often, are more willing to try new foods, increase their physical activity, and make healthier food choices.

"I have rheumatoid arthritis with a lot of stiffness. I am now much more flexible."

"Very much improved my mood, and I look forward to coming to this class every week."



"I was so inspired by your strength training class that I finally took advantage of Silver Sneakers. As a result, my balance is improving and I am gaining more muscle."





MU Extension Continuing Education Programs collectively served more than 960 St. Louis County and St. Louis City residents by providing non-credit courses designed to enhance their professional and organizational success.

FIRE AND RESCUE TRAINING INSTITUTE (FRTI)

FRTI is charged with providing comprehensive continuing professional education and training to Missouri's fire service and emergency response personnel. The institute has a direct impact on the well-being and protection of firefighters and the people they serve. Courses prepare firefighters for emergencies, hazardous materials response and disaster preparedness and mitigation, as well as fires. **In FY 2016, FRTI saw a total enrollment of 11,296 fire and emergency responders.**

LAW ENFORCEMENT TRAINING INSTITUTE (LETI)

LETI brings certified, professional training to law enforcement officers and continuing professional education to a wide spectrum of other criminal justice and public safety professionals. For more than 60 years, the institute has been the state's leader in providing vital training and education services for Missouri's 20,000 in-service personnel, and 3,000 police recruits annually. **In 2016, LETI provided training for more than 950 personnel with seven being from St. Louis County and City.**

CONTINUING MEDICAL EDUCATION (CME)

CME provides educational programs that ultimately promote improved health for all patients. Efforts reach primary care providers and other health-care practitioners across the state. **In 2016, CME served 60 medical professionals from St. Louis County and City and more than 30,260 participants.**

MU NURSING OUTREACH

Keeping Missouri nurses up-to-date with the knowledge and skills they need to effectively provide care and fully participate in the state's health care efforts, is a primary goal for Nursing Outreach. **In FY2016, Nursing Outreach helped 1,950 health care professionals. In 2016, MU Nursing Outreach educated 56 residents of St. Louis County and City.**

MISSOURI TRAINING INSTITUTE (MTI)

MTI provides continuing education programs in business, custom-designed training programs, and consulting services for business and industry, public and nonprofit organizations, and educational institutions. Training programs cover human resource management, supervision, management, leadership, team building, effective decision-making, dealing with generational differences, and business writing. **In FY 2016, 11,962 people enrolled in the institute's programs in which 140 were residents of St. Louis County and City.**

MU CONFERENCE OFFICE (MUCO)

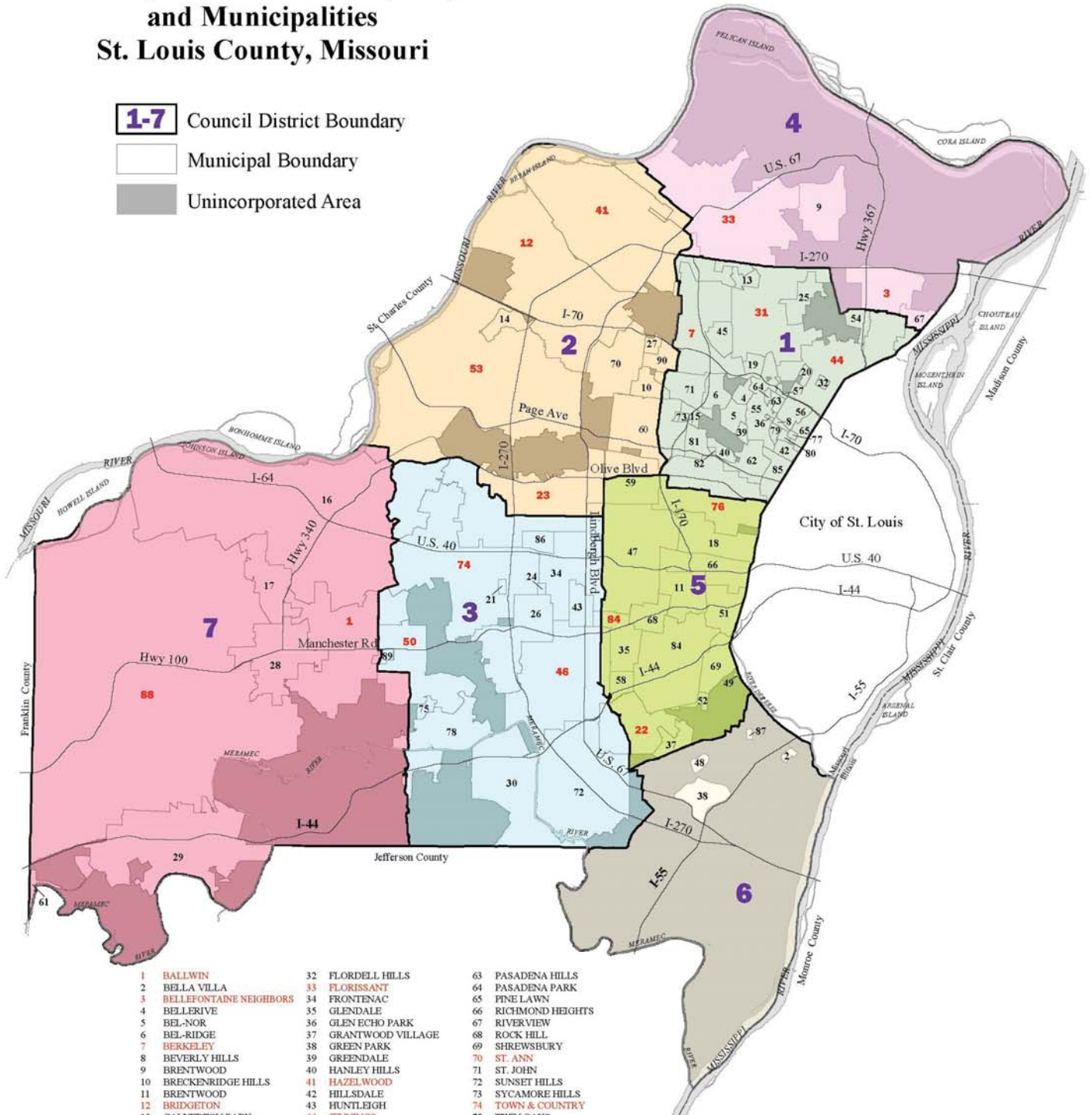
MUCO provides high-quality, professional, full-service meeting management for a variety of noncredit educational programs, such as conferences, workshops, seminars and symposia. The office's professional staff provides assistance to create the best learning environment for participants no matter the meeting's location. **In FY 2016, MUCO registered 12,215 people for conferences in which 706 were residents of St. Louis County and City.**

VETERINARY MEDICAL EXTENSION AND CONTINUING EDUCATION (VMECE)

VMECE focuses on issues that have widespread impact on Missouri veterinarians and livestock owners. Factors such as disease risks, rising input costs and regulations, all affect the livelihood of farming operations. VMECE provides up-to-date information and consultations to veterinarians and livestock owners to prepare them to address these challenges.

County Council Districts (2012) and Municipalities St. Louis County, Missouri

- 1-7** Council District Boundary
- Municipal Boundary
- Unincorporated Area



1 BALLWIN	32 FLORELL HILLS	63 PASADENA HILLS
2 BELLA VILLA	33 FLORISSANT	64 PASADENA PARK
3 BELLEFONTAINE NEIGHBORS	34 FRONTENAC	65 FINE LAWN
4 BELLEVUE	35 GLENDALE	66 RICHMOND HEIGHTS
5 BEL-NOR	36 GLEN ECHO PARK	67 RIVERVIEW
6 BEL-RIDGE	37 GRANTWOOD VILLAGE	68 ROCK HILL
7 BERKELEY	38 GREEN PARK	69 SHREWSBURY
8 BEVERLY HILLS	39 GREENDALE	70 ST. ANN
9 BRENTWOOD	40 HANLEY HILLS	71 ST. JOHN
10 BRECKENRIDGE HILLS	41 HAZELWOOD	72 SUNSET HILLS
11 BRENTWOOD	42 HILLSDALE	73 SYCAMORE HILLS
12 BRIDGETON	43 HUNTLEIGH	74 TOWN & COUNTRY
13 CALVERTON PARK	44 JENNINGS	75 TWIN OAKS
14 CHAMP	45 KINLOCH	76 UNIVERSITY CITY
15 CHARLACK	46 KIRKWOOD	77 UPLANDS PARK
16 CHESTERFIELD	47 LADUE	78 VALLEY PARK
17 CLARKSON VALLEY	48 LAKESHIRE	79 VELDA CITY
18 CLAYTON	49 MACKENZIE	80 VELDA VILLAGE HILLS
19 COOL VALLEY	50 MANCHESTER	82 VINITA PARK
20 COUNTRY CLUB HILLS	51 MAPLEWOOD	82 VINITA TERRACE
21 COUNTRY LIFE ACRES	52 MARLBOROUGH	83 WARSON WOODS
22 CRESTWOOD	53 MARYLAND HEIGHTS	84 WEBSTER GROVES
23 CREVE COEUR	54 MOLINE ACRES	85 WELLSTON
24 CRYSTAL LAKE PARK	55 NORMANDY	86 WESTWOOD
25 DELLWOOD	56 NORTHWOODS	87 WILBUR PARK
26 DES PERES	57 NORWOOD COURT	88 WILDWOOD
27 EDMUNDSON	58 OAKLAND	89 WINCHESTER
28 ELLISVILLE	59 OLIVETTE	90 WOODSON TERRACE
29 EUREKA	60 OVERLAND	
30 FENTON	61 PACIFIC	
31 FERGUSON	62 PAGEDALE	

RED TYPE REPRESENTS TOWNSHIPS WITH POPULATIONS OVER 10,000

PURPLE TYPE REPRESENTS ST. LOUIS COUNTY GOVERNMENT COUNCIL DISTRICTS

0 1.5 3 Miles



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University of Missouri Extension improves Missourians' lives by addressing their highest priorities through the application of research-based knowledge and resources.

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