



UNIVERSITY OF MISSOURI EXTENSION

# Iron County

# 2023 Annual Report



**123 West Wayne  
Ironton, MO 63650  
573-546-7515**

 **Extension**  
*University of Missouri*

an equal opportunity/ADA institution



Office of Extension  
and Engagement  
*University of Missouri*

OFFICE OF THE VICE CHANCELLOR  
FOR EXTENSION AND ENGAGEMENT  
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December 2023

Dear county commissioners and friends of MU Extension and Engagement,

Thank you for your important partnership with the University of Missouri Extension this past year.

I want to highlight three areas that address needs you helped us identify.

You may recall that the FY 23 state budget provided a one-time \$5 million infusion to MU Extension for growth. Of that, we allocated about \$3 million for field faculty in the areas of agriculture, 4-H, health/human development and business and community development.

Through a dedicated hiring effort, and thanks to that allocation, we have hired 168 new employees since November 2022. That includes 72 academic/faculty members, most of whom are field specialists in a priority area noted above, and 96 staff members (e.g., office administrators, youth and food and nutrition associates, etc.).

We also returned more faculty to local program delivery that best serves your county's needs, while preserving the partnership and relationship building work you value. Our extension and engagement specialists focus full-time on that work as they serve their assigned multi-county groups. Currently, 19 have been hired, with two more in the pipeline.

Finally, we are prioritizing our work with county extension councils. In the new role of partnership and council development director, Lorin Fahrmeier focuses on strengthening council representation and governance. This role will build stronger links with regional, educational and campus leadership to better identify and address local priorities.

At the UM System level, our engagement work across four universities and with leaders across the state makes a difference in areas of greatest need: broadband, workforce development, health access, food security and healthy futures for our youth.

Your county annual report shows what we are accomplishing together as we Serve Missouri and Deliver Mizzou. We look forward to strengthening that partnership with county commissioners and community stakeholders in the coming year.

Sincerely,

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

# Who we are in Iron County



## Extension Faculty and Staff Serving in Iron County

**Michelle Ladd**  
County Office Manager

**Karen Rapp**  
County Secretary

**Stephanie Schindler**  
Extension Engagement Specialist

**Brad Coleman**  
4-H Youth Development Specialist

**Leslie Davis**  
Nutrition Program Associate

**Jerry Richards**  
Cooperative Feral Hog Outreach Educator

## Other Extension Faculty Serving Iron County

**Donna Aufdenburg**  
Horticulture Field Specialist

**George Anthony Ohmes**  
Agronomy Field Specialist

**Rachel Hopkins**  
Agriculture Business Field Specialist

**Evan Holley**  
Nutrition & Health Field Specialist

**Kendra Graham**  
Livestock Field Specialist

**John Fuller**  
Human Development Specialist

**Jason Morris**  
Regional Agriculture Business Field Specialist

**Sarah Denkler**  
Southeast Regional Director

## Extension Council Members

**Kenny Wooten**  
Chairman

**John Underwood**  
Vice-Chairman

**Raymond Harr**  
Treasurer

**Farm Bureau Rep**

**Ruston Blaty**

**Vicki Branstetter**

**Meghan Lollar**

**Kevin Pollock**

**Deseray Racer**

## We are Iron County

Iron County is located in the lead belt region of Missouri. As of the 2010 census, the population was 10,630. The largest city and County seat is Ironton. Iron County was officially organized on February 17, 1857 and was named after the abundance of iron ore found within its borders.



Pilot Knob, Ironton, and Arcadia, best known as Arcadia Valley; Annapolis and Viburnum are included in Iron County. These are communities established by immigrants in the 19th century. Arcadia Valley is surrounded by the Saint Francois Mountains of the Ozarks Plateau. Iron County is also home to dozens of mountains, including the 1,772-foot Taum Sauk Mountain, the highest point in Missouri.

The County is home to a number of State Parks and historical sites including Taum Sauk Mountain State Park, Elephant Rocks State Park and Fort Davidson State Historic site as well as 96,047 acres of Mark Twain National Forest.

# Budget and More



## Appropriations Budget

### Income

County Appropriations \$34,000.00

**Total Income \$34,000.00**

### Expenses

Salary \$21,060.00

Payroll Expense \$1,700.00

Travel \$2,969.44

Communication \$1,193.66

Office Supplies/ Services \$4,215.89

Insurance and Bond \$721.00

Election and Advertising \$202.40

Equipment \$1,305.61

Programming \$500.00

Postage & Mailing \$132.00

**Total Expenses \$34,000.00**

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

## Iron County Commissioners

Jim Scaggs

Presiding Commissioner

Ben Young

Southern District

Ronnie Chandler

Western District

## MU Extension is a Unique Funding Partnership

Extension funding is a three-way partnership of federal, state and county government. Federal and state money, through the University of Missouri system, pay professional staff salaries, training costs, computers and communication equipment. County funds support the local office, secretarial and youth assistant salaries, staff mileage and council expenses.

State Legislators

Governor Mike Parson

Lt. Governor Mike Kehoe

Senate District 027 – Holly Rehder

House District 08 – Jason Smith

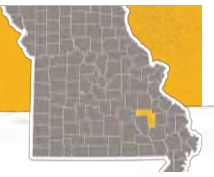
State House District 144 – Chris Dinkins



## Local Support

Did you know you can donate directly to Iron 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.

# Iron County Highlights



## 2023 State Fair Farm Family



Jason Sims and family, of Ironton, were among the families honored during the 66th annual Missouri Farm Family Day, August 14 at the Missouri State Fair.

The Sims family was selected as the Iron County Missouri Farm Family by University of Missouri Extension in Iron County and the local Farm Bureau.

Each year, the fair sets aside a day to recognize farm families from across the state that are active in their communities, involved in agriculture, and/or participate in



local outreach and extension programs such as 4-H or FFA. The annual event is sponsored by five partner agencies: the Missouri Farm Bureau; the Missouri Department of Agriculture; the Missouri State Fair Commissioners; the MU College of Agriculture, Food and Natural Resources; and

MU Extension. The event showcases the impact that Missouri farm families have on the economy and heritage of the state, said Missouri State Fair Director Mark Wolfe. “These families are involved in agriculture activities in their communities and are active participants in local outreach and extension. As the premier showcase for Missouri agriculture, the Missouri State Fair is most certainly the appropriate place to celebrate these families.”

## Leaders Honor Roll



The Leaders Honor Roll program is intended to honor outstanding University of Missouri Extension community leaders who have excelled in supporting programs. Extension staff select recipients based on community leadership efforts that support the University of Missouri Extension Strategic Direction and program priorities to enhance economic viability; build strong individuals, families and communities; create and sustain healthy environments.

Thanks to her dedication to the MU Extension programs and leadership within Iron County, Meghan Lollar has been chosen for Leaders Honor Roll in 2023. Meghan is self-employed but dedicates as much time and energy to the local 4-H program that she can. Meghan also serves as an Extension Council Member in Iron County and strives to bring more programming to Iron County along with keeping our local 4-H club active and healthy. Meghan is instrumental in helping grow and maintain the Ironton Community Garden as well.

## Missouri Century Farm Program

Century Farms and ranches have shaped our nation and state. In every kitchen, behind every barn door, and in every soiled and calloused hand lie stories of those who feed our nation. The Missouri Century Farm Program celebrates the lasting contributions farmers and ranchers have made to our country and state’s heritage.



In 1976, the Centennial Farm project was initiated in Missouri, awarding certificates to persons owning farms that had been in the same family for 100 years or more. The line of ownership from the original settler or buyer may be through children, grandchildren, siblings, nieces or nephews, including through marriage or adoption. The present farm shall consist of no less than 40 acres of the original land and shall make a financial contribution to the overall farm income.



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

## Missouri 4-H for ages 8 – 18



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



**Afterschool clubs** These clubs meet after school for periods ranging from a few weeks to a full 4-H program year. These clubs typically focus on a single project at a time but can rotate through more than 100 different project topic areas. Members can elect officers and plan learning activities with options of public speaking, community service and links to career readiness.



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

### Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence

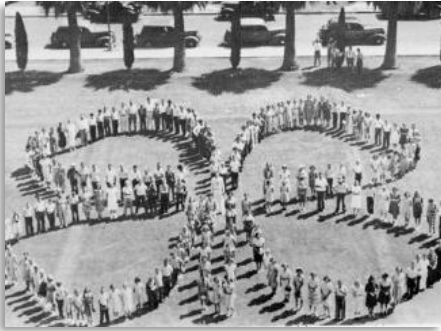


Health & Well-Being



## Missouri 4-H

### 4-H Youth “Learn by Doing”



*4-H members forming a clover in 1937*

4-H began more than 100 years ago, and has become the nation’s largest youth development organization. The 4-H idea is simple: help young people and their families gain the skills needed to be proactive forces in their communities and develop ideas for a more innovative economy.

4-H youth connect to the University of Missouri for hands-on learning and leadership events on campus. Participation in 4-H activities encourages skills such as wise use of

resources, decision-making, goal setting, marketable skills and self-motivation. 4-H creates youth who care about and contribute to the economic vitality of the entire community.



4-H Clubs in Iron County, offer long-term educational experiences where members learn life skills such as leadership, citizenship, responsibility, team-work and community service under the guidance of trained adult leaders. Project-based learning teaches youth life skills, such as goal-setting, while they pursue what interests them.

**Iron County 4-H club members are offered over 100 project areas including beef, cooking, arts & crafts, biking, rabbits, veterinary science and shooting sports!**

Iron County has community 4-H clubs in Arcadia Valley and Viburnum with over 50 volunteers serving more than 90 youth and continues to increase. Enrollment rate in Iron County 4-H is expected to increase at least 10% for the 2023-2024 program year.

How do 4-H programs make Iron County better? 4-H members are three times more likely to go into science related careers. Studies show that youth in programs like 4-H are 70% more likely to attend college, increasing their earning potential by over \$2 million over their lifetime. Communities reap long-term benefits when they support 4-H clubs. Youth in the program are 60% more likely to vote and volunteer for their community than their non-engaged peers.



# Iron County



## Missouri 4-H

### 4-H Youth “Learn by Doing”



Iron County offered 14 SPIN or Special Interest Clubs that offered everything from archery in the schools, ham radio and arts & crafts, along with entrepreneurship, mountain biking, and college and career readiness. Almost 500 youth participated in the SPIN programs and school enrichment programs offered at South Iron,

Bellevue, Arcadia Valley and Iron County C-4 School Districts. Partnerships were created with all the schools as well as the Army Corp of Engineers, Missouri Department of Conservation and Natural Resources, and the Chamber of Commerce.

# \$35,000+

*Grant monies received by the Iron County 4-H clubs in 2023 for various programs*



*The Viburnum Blue-Jays received a grant to put in a new sign at the Viburnum Middle School in the Fall*



*Arcadia Valley 4-H club received several grants in 2023 to help purchase mountain bike equipment*

Iron County 4-H Clubs received grants totaling over \$35,000 in equipment and supplies to support the Shooting Sports programs, blender bikes, mountain bike gear, and community service projects. Local volunteers once again contributed over \$150,000 based on a rate of \$25 for each hour of volunteer service.

**Volunteer service hours valued at over \$150,000**



*Arcadia Valley 4-H shooting sport volunteers enjoying what they do*

Local 4-H programs are supported by the University of Missouri Extension Council and facilitated by Brad Coleman, 4-H Field Specialist. The many volunteers and school district officials who help with school enrichment programs are vital to the continued programming that will enhance efforts to make 4-H available to all youth in Iron County. For more information on joining a local club please contact us at 573-546-7515.



*Showing a bottle calf at the Washington County Fair*



# Iron County



## Missouri 4-H

Local 4-H clubs making an impact in the community and learn by doing





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



**MU Extension specialists**

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



**The Missouri Integrated Pest Management Program,**

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

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

**“A lot of veterans come right out of the service and may feel disconnected and may be struggling with finding job opportunities. The Heroes to Hives program offers a diversion as well as opportunities.”**

**Eric Work, Heroes to Hives participant**



Two programs provide resources to socially disadvantaged farmers and ranchers in Missouri.

**The Missouri AgrAbility Project**

supports the independence of farmers and ranchers with disabilities.

**Heroes to Hives**

offers free professional training in beekeeping to veterans, promoting financial and personal wellness through community development.

**Legend**



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being



## Agriculture and Environment

### Impacting local youth through Agricultural Business



*Field Specialist in Agriculture Business*

*Rachel Hopkins*

As a Field Specialist in Agriculture Business, Rachel Hopkins spent 2023 serving citizens in 15 counties through phone calls and emails along with conducting farm visits and visiting with walk-ins, discussing topics that covered general agriculture and agricultural business. Topics included but were not limited to how to add value to thin cows, rental rate questions and inquires, written

lease documents, hay pricing, how to take a hay sample, cow culling strategies, cost share programs, different types of business entities, along with a general questions regarding general agriculture and agricultural business.

One way that local youth were impacted through agricultural business was by visiting elementary students at Iron County C-4 School in Viburnum. Rachel



*Field Specialist Rachel Hopkins introduces a student to Bonnie the jersey cow*

worked with and provided hands on presentations to educate 63 students from pre-school to 2<sup>nd</sup> grade on all things dairy. Students were able to look at and pass around milkers, calf bottles and various instruments that are used on dairy farms, teaching the students how milk gets from the dairy to their fridge at home or school. At the conclusion of the presentation, a discussion on dairy cow breeds and handouts from Dairy Farmers of America, the students were able to go pet Bonnie the Jersey cow, which was a huge hit with all the students.



*Students learn about dairy farm instruments and how milk gets from the dairy to their home*

### University of Missouri Grazing Schools

University of Missouri Extension offered two grazing schools in the SE region of Missouri in 2023. A total of 37 participants from across SE MO, including Iron County, learned various aspects of managed intensive grazing (MiG) over 3 days.

Missouri's 7.1 million acres of permanent pasture provide feed for the state's 1.9 million cows (2018 data). Pasture yield and quality, in turn, drive the productivity of Missouri's beef industry. Over the past 30 years, public agencies in

Missouri have devoted extensive effort toward educating and incentivizing producers to adopt improved grazing management practices. These efforts raise the economic output of Missouri's beef industry by more than \$125 million every year.

Participants overall indicated in increase in knowledge and plan to incorporate one or more aspects of managed intensive grazing (MiG). 85% of participants indicated their knowledge of MiG increased and 91% of participants plan to adopt or currently practice rotational grazing management.

**85% of participants indicated their knowledge of MiG increased**

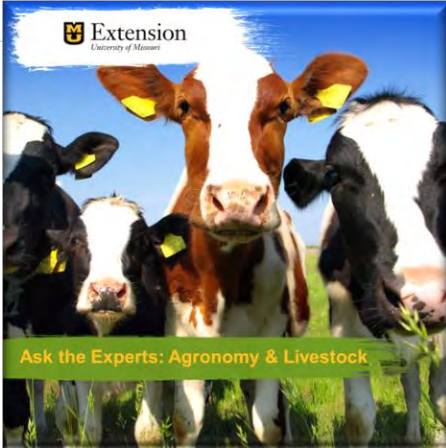


*John Turner teaching at the Spring Grazing School*



## Agriculture and Environment

### Ask the Expert on Soil Nutrient Management and Pest Management



*Field Specialist in Agronomy*  
**Anthony Ohmes**

Field Specialist in Agronomy, Anthony Ohmes, provided direct and indirect one-on-one education to producers, consultants and other ag related clients. One-on-one education is one of the most impactful ways to reach producers.

One-on-one, clients are engaged and make changes to improve their forage or row crop production be it through soil test results and consultation, crop diagnostics or pest identification and control.

# 95

*Number of  
agronomic soil  
tests processed in  
Iron County*

MU Extension continues to meet the educational needs of Missouri producers, consultants and all who support Missouri agriculture by providing research-based information and expertise to individuals when and where they need it. In return, participants remain engaged in learning and making changes based on information provided.

A total of 95 agronomic soil tests were reviewed and 42 producers were contacted through one-on-one education in Iron County.



**Anthony Ohmes**  
*Field Specialist in Agronomy*

### Successful East Central Show-Me-Select Heifer Program



University of Missouri Extension's Show-Me-Select Replacement Heifer Program had a successful year in 2023 for both buyers and sellers, even with some impact on fall sales from drought. The fall 2023 sale season wrapped up in Farmington on Dec 8<sup>th</sup>, with 238 Show-Me-Select heifers marketed with gross sales of \$582,919 for 2023, which will stay with the local economy.

Even with much of the state plagued by drought and an unstable market moving into the fall, statewide marketings rose 9% compared to 2022, while average Show-Me-Select heifer sale prices rose a little more than 20%, year over year.

The Show-Me-Select program, which uses the latest research on health, nutrition, genetics and reproductive science to ensure Missouri producers are national leaders in providing quality beef, has a big impact on Missouri's economy, according to Thiago Martins, MU Extension state beef reproduction specialist.

"By 2021, more than 900 Missouri farms were enrolled, and heifers were sold to buyers in more than 21 states," Martins said.

# \$582,919

*2023 Show-Me-Select sales in  
Farmington that will go back  
into the local economy*

The Show-Me-Select Replacement Heifer program focuses on Missouri's farmers and relies on active participation from regional extension livestock specialists and local veterinarians.

Key components of Show-Me-Select:

- Improved heifer development programs through a Total Quality Management strategy.
- Increased marketing opportunities and added value for Missouri-raised heifers.
- Creation of reliable sources of quality replacement heifers based on management, reproduction and genetics.



## Agriculture and Environment

### Bringing Horticulture Programming to Southeast Missouri



*Field Specialist in Horticulture*

*Donna Aufdenberg*

In 2023, there were 1580 direct contacts (participants) through gardening programs where participants were actively engaged in the learning process. Programs were in-person and online.

Participants learned about planning the vegetable gardening, planting flower and shrubs, growing and using culinary herbs, native plants, growing specialty crops hydroponically, container gardening, high tunnel and greenhouse basics, seed saving, gardening pests and many more topics.

### Top Gardening Requests

- Vegetable Gardening • Growing Berries • Soil Testing
- Composting • Planting Fruit Trees • Hydroponics
- Raised Bed Gardening • Planting Shrubs

## Horticulture

/ 'hōrdə, kəlCHər/

**Noun** 1. the art or practice of garden cultivation and management

**1580+**

Participants in  
60+ Programs

**1,000+**

One-on-One  
Education

- Calls and Emails
- Walk-ins



There was a continued interest in home vegetable gardening in 2023 due to concerns about food security and food costs. Many new gardeners learned about growing their own food, increasing consumption of healthy food, exercising caution in the garden during extreme heat and drought and the diligence required to plant and maintain a garden. Online programming remains an important educational tool. This includes MU Extension Garden Hour at noon on Wednesdays during the gardening

season, horticulture education meetings, home gardening webinar, farmers market webinar series and commercial vegetable program. Participants who engaged in horticulture programming learned about insects, weeds, diseases, soil health and fertility, general plant care, and variety selection.



TO REGISTER OR ASK A QUESTION:  
<https://ipm.missouri.edu/townHalls/>

Once you register, you will get a weekly reminder email from MU Extension Horticulture

**FREE!!!**

Zoom  
Or  
YouTube Livestream

<https://www.youtube.com/user/MUIPM>

Weekly  
On Wednesdays  
noon to 1 pm

### The Garden Hour with MU Extension

MU Extension Horticulture Specialists from across the state will answer you garden questions! Topics include vegetables, flowers, lawns, fruit, ornamental, houseplants, trees, and landscapes.



A monthly Garden Spade Newsletter reaches over 2,300 subscribers every month with a 20% increase in readership during 2023.



Subscribe to the garden spade at <https://extension.missouri.edu/counties/cape-girardeau> or scan the QR code.





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



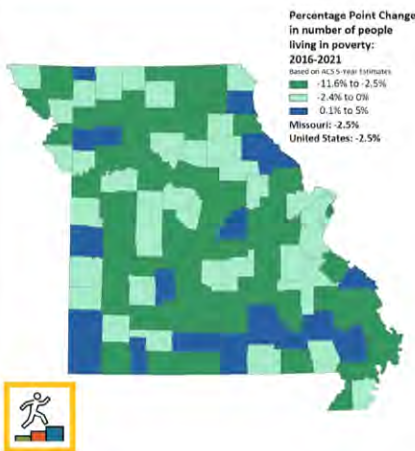
AMERICA'S  
**SBDC**  
MISSOURI
CLIENT HIGHLIGHT



LOGS  
— OF —  
GLORY

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

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



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

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



## Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being



## Business and Community

### Celebrating Iron County Extension in 2023



The Iron County Extension Council celebrated leaders of the community and council members at their Annual Dinner in February.

The Extension Council annual dinner happens each year around February to recognize newly elected and appointed council members, give thanks to council members who are no longer serving and to award the county's leaders honor roll recipients.

In 2023, the Iron County Extension Council welcomed Meghan



*EES Stephanie Schindler thanks Ken Wooten for his dedication to Extension with a Leaders Honor Roll certificate*

Lollar as a new council member, and thanked Barbara Mathes, Judd Marquis and Laura Marquis with certificates for serving their full terms on the council. Ken Wooten and Suzie Spitzmiller were presented certificates for being selected for the Leaders Honor Roll.



*Brad Coleman  
4-H Youth Specialist*

4-H Youth Specialist, Brad Coleman was the guest speaker and spoke about the achievements and strides that the Arcadia Valley and

Viburnum 4-H clubs were making thanks to the support of the Iron County Extension Council.

### Iron County Community Garden makes an impact through grant funds



Established in 2010 by the East Missouri Action Agency and with the help of St. Paul's Episcopal Church, along with the Iron County University of Missouri Extension Center and the Iron County Health Center and using America Recovery and Reinvestment Act funding, the Iron County Community Garden was created and nurtured. Over the last 12 years the garden has seen its ups and downs and has seen multiple organizations from the Girl Scouts, Boy Scouts, Cub Scouts, and 4-H club, to Master Gardeners and local citizens growing and maintaining garden beds.

Thanks to the help of some much-needed grant funding from the state in 2022, the garden seen major upgrades and improvements. Unfortunately, the late spring storms destroyed the brand-new greenhouse that was built, but community members continued forward with clean up and applied for additional grant funding.

The Iron County Community Garden was again award additional grant funding in 2023 and received a brand-new wheelbarrow, tool shed, gardening tools, a garden tiller, soil, ADA compliant raised garden beds and other needed supplies.



*Iron County Community Garden before the greenhouse was destroyed in Spring 2023*

# \$8,000+

*Grant monies received by local community gardens in Iron County in 2023*

In Viburnum, the pre-school started their own community garden and received grant funding for supplies as well through the FNEP grant program. They also received a shed, soil, and various garden supplies and tools. Grant funding received for the community gardens in Iron County totals more than \$8,000 for 2023.

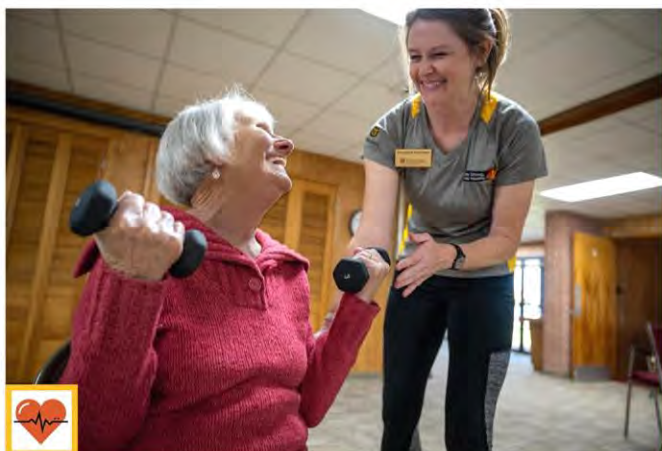


MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**  
 through credible statewide programs  
**Health and Human Sciences**



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

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



**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





## Health and Human Sciences

### Impacting Iron County through Stay Strong, Stay Healthy programming



*Field Specialist in Health & Nutrition*

*Evan Holley*

Evan Holley, Field Specialist in Health & Nutrition, comes to MU Extension with a master's degree in Nutrition and Human Performance from Logan University, along with experience as a nutritionist at a WIC clinic and with individual clients. Serving Iron, Madison and Reynolds Counties, Evan brings essential health and wellness programming by offering Stay Strong, Stay Healthy; Cooking Matters; and Chronic Disease Self-Management classes to Iron County.



- Stay Strong, Stay Healthy is an eight-week exercise program that incorporates the latest research to help participants develop the fitness, flexibility and balance that will enable them to live independently longer.
- Cooking Matters programming teaches smart shopping strategies and healthy cooking skills that can help participants prepare nutritious, low-cost meals and snacks at home.
- Chronic Disease Self-Management is an evidence-based six-week program for individuals living with one or more chronic conditions and their caregivers. This class is designed to address the complex array of health issues and self-management behaviors that cut across different chronic illnesses such as arthritis, fibromyalgia, depression, heart disease, diabetes and more.

# \$1,024

*Estimated annual healthcare savings per participant in the Stay Strong, Stay Healthy program*

Our classes provide a substantial economic value to the community. The Stay Strong, Stay Healthy program course estimates to have an estimated annual medical cost savings of \$1,024 per participant that completes the course. In Iron County there were 8 participants who completed the Stay Strong, Stay Healthy course returning a value of \$8,192 in estimated annual healthcare cost savings.

The eight-week Stay Strong, Stay Healthy program was offered at the Frederick Terrace Senior Apartments in Arcadia from September through November, to teach older adults easy, yet powerful exercises to boost strength, balance, and daily life capabilities. They also gained insights into nutrition for healthy aging and active living. After eight weeks, participants significantly improved their strength, balance, flexibility, and sleep quality. All 8 participants increased their chair stand requirements, along with increased weight resistance to each exercise.

By partnering with different organizations, who are enthusiastic about partnering together to maximize the reach and effectiveness of our programming, 2024 promises to be full of new challenges and opportunities in Iron County.

*“Awesome teacher!! Explained how and why and demonstrated all exercises before having us do them. I learned how to get up from a sitting position easily. This class really helped me.”*

*“Made me feel better.”*

*“I used to fall regularly. Since I started this class, I haven’t fallen once.”*



## Health and Human Sciences

### Promoting Healthier People, Healthier Communities and a Healthier Missouri



*Nutrition Program Associate (NPA)*

*Leslie Davis*

The Family Nutritional Education Program (FNEP) provides information and programs that encourage healthy changes in the lifestyles of members of our communities. Our programs promote healthier food choices and try to encourage participants to be more active. This means that our programs incorporate food tastings and opportunities to participate in physical

activities. Our research-based programs show that allowing participants to try new foods and recipes, as well as exercising in fun ways, leads to healthy changes at home, school, and work.

Working with individuals from senior citizens to pre-school aged youth, the impact of positive changes with health and nutrition in Iron County is evident.

Some of the positive impacts that the Family Nutrition Education Program has had through 2023 were during a series of monthly Healthy Change classes at Monarch Family Resource Center. During the series, cutting boards were given to participants to take home and use for meal prepping with their families. One of the participants said that the cutting boards have allowed the children in her home to help prepare meals. Whenever the children in the home see grandma and mom getting ready to prepare dinner, the children help by getting out the



cutting boards and are eager to help cut up anything they can with their plastic knives. The grandmother state that the children seem to eat more of the meal when they can help in the preparation.

This is just one of many success stories from the program that showcases that preparing and eating family meals together tends to strengthen those families and stronger families lead to stronger communities.

Another positive impact story happened in the spring of 2023, during a six-week Show Me Nutrition series with fifth grade students from Belleview Elementary School. Students learned how to read nutrition labels in order to make healthier daily food choices. At the week



four visit, one of the fifth grade girls shared with the class that she started comparing the nutrition labels on the breakfast cereals she eats at home. She said that she has been choosing cereals with less sugar and has been encouraging her family to do the same, even asking for lower-sugar breakfast cereals to be purchased at the store. Small changes like these can lead to better health for individuals and families.



*Nutrition Program Associate (NPA) Leslie Davis*

# Iron County



## UM System Footprint in the county in 2023



### FY23 county students

**25 students**

- 15 Undergraduates
- 10 Graduate and professional students
- 16 Full-time students
- 9 Part-time students



### County employees and retirees

**4 people employed by UM**

- 4 Campuses



### County alumni

**Selected school alumni**

- 2 Medicine
- 13 Nursing
- 10 Health Professions
- 1 Dentistry
- 2 Veterinary Medicine
- 15 Agriculture
- 13 Engineering
- 3 Law

**Alumni teaching K-12**

- 3 teachers
- 1.9% of all district teachers
- 1 principal or administrator
- 9.1% of all district principals and administrators



### County breakdown

**MU**

- 16 students
- 66 alumni
- 3 employees

**UMKC**

- 2 students
- 3 alumni
- 1 employee

**Missouri S&T**

- 5 students
- 22 alumni
- 0 employees

**UMSL**

- 2 students
- 40 alumni
- 0 employees



### County properties and offices

MU Extension in: Iron County



County population: 9,606



### County services provided

**Health care (FY23)**

- 68 in-state patients seen at MU Health Care, with \$20,583 of uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 142 visits to 69 patients having ZIP codes associated with the county

**Extension (2022)**

- 5,642 Total educational contacts from MU Extension to residents of the county, including:
- 403 contacts related to productive farming, better gardening, and managing natural resources
- 5,004 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- 235 contacts related to starting businesses, developing community leaders, or renewing the local economy

# Iron County



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

## UM System Statewide Footprint

### Economic and Community Development Highlights

- In 2022, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 81,645 jobs.

**\$3.1**  
billion

For every dollar invested from 2019 to 2021, the MU Extension Business Development Program has returned \$133 in economic impact for its clients by increasing sales more than \$1.6 billion. For a total impact of \$3.1 billion, the program has generated more than 37,000 jobs and attracted nearly \$451 million in capital investments and \$1.5 billion in government contracts.

- Between FY17 and FY22, UM System brought Missouri more than \$1.46 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



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

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



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

### Education and Training Provided



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



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



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

### Education Highlights

#### FY23 Financial Aid Awards

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

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

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

**Supporting the University of Missouri is an investment in the future of Missouri.**

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

Prepared in December 2023, based on the best available and most recent data. Data Sources include: Missouri Office of Administration • UM IR • MU Institute for Public Policy • Center for Applied Research and Engagement Systems (CARES) • MU • UMKC • Missouri S&T • UMSL • UM System • UM Health Care • MU Extension • US Census Bureau • US Dept. of Health and Human Services • National Science Foundation

