

# Washington State University Clark County Extension

YOUTH DEVELOPMENT ▣ HEALTH AND WELLNESS ▣ NATURAL RESOURCES ▣ FOOD SYSTEMS



*Promotores (health education mentors) graduate and then work with Hispanic families to provide nutrition education and physical activity opportunities to prevent diseases such as diabetes and heart disease.*

## Quick Facts

- 981 volunteers donated 30,000 service hours valued at \$585,000 or 14 FTEs.
- Staff & volunteers made over 40,000 educational contacts
- Staff brought in \$492,000 in outside funding

## Contact

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**W**ashington State University Clark County Extension comprises part of the world-class outreach and engagement enterprise of our land grant university.

We partner with businesses, agencies, NGOs, and the community to expand the capacity of our communities, develop and increase the life skills of youth to succeed as adults, enhance and sustain the small farm economy, improve natural resources and the environment, and promote health and wellness - especially in the realm of nutrition and obesity prevention.

## Impacts

### Youth Development

WSU Clark County Extension's 4-H Youth Development Program develops youth's life skills, citizenship, and leadership.

- **4-H Clubs - Strengthening Life Skills.** 4-H improves adult volunteers' abilities to foster positive development among youth. In 2008, 359 4-H volunteers increased the life skills of 1324 youth in over 100 4-H clubs: 86% of surveyed 4-H parents reported their children improved in at least one life skill area, while 28% saw improvement in 6 to 10 life skills. 4-H volunteers annually donate 23,250 hours (valued at \$454,000) in activities to strengthen life skills in youth.

4-H volunteer club leaders reported more than two-thirds of 4-H youth improved their life skills related to teamwork (78%), communication skills (72%), working with people different than themselves (71%), taking responsibility for themselves (71%), decision-making (68%), and skill-mastery (66%). Over half improved skills in using resources wisely (63%), healthy lifestyle choices (59%), leadership (55%), ability for independent action (55%), and marketable skills (51%).

- **Community Service.** 4-H youth donate an annual average of 2,787 community service hours (valued at \$54,430), along with over \$3,000 in cash and goods to causes, such as needy families, senior citizens, the ill and infirm, and abandoned animals. The Clark County 4-H Leaders' Association awarded \$1,200 in post-secondary scholarships.





## YOUTH DEVELOPMENT

*Restorative Community Service Garden*

*School Gardens*

*4-H Challenge*

- **4-H Restorative Community Service Garden.** In 2008, 65 adult mentors worked alongside 133 court-referred youth in the 4-H RCS Garden to produce 2,400 pounds of fresh, organic produce for donation to the North Clark County Food Bank, which serves over 600 families per month. All participants identified at least one way in which they were making a positive difference for their community.
- **Food \$ense/4-H School & Community Gardens.** WSU Extension helped develop school and community gardens at five schools (including an Alternative High School and two that qualify for reduced fee and free lunches), a Boys' and Girls' Club, two housing projects, and a community garden dedicated to reducing local hunger. Over 835 youth participated in hands-on experiences to connect nutrition principles to food sources, empowering them with the possibility of growing their own healthy food.
- **Latino Community Resource Group.** As a core committee member of the *Latino Community Resource Group*, WSU Clark County Extension provided planning, financial sponsorship, and youth activities for 500 attendees at the 2008 Latino Community Resource Fair. Extension contributed materials to register 305 eligible members of our Hispanic community for passports and matriculas consular (identification cards), documents that are critical for the success and well-being of immigrant families.

## Health and Wellness

WSU Clark County Extension promotes prevention and healthy lifestyles, as well as safe food handling practices to improve the health and wellness of county residents.

- **The Food \$ense Nutrition Program.** The Food \$ense program matches a \$300,000 federal grant 100% with local time and goods. Food \$ense promotes good nutrition, physical activity, food safety, and how to make good food choices within limited food budgets for limited resource families. Over 3,000 families learned to save money at the grocery store, eat more fruits and vegetables, purchase less fast food, and prepare more food themselves. More specifically:
  - 82% eat more family meals;
  - 91% purchase healthier snacks;
  - 83% eat more fruits and vegetables;
  - 57% eat breakfast including 3 food groups;
  - 88% increased physical activity each day.

Eating healthier food lowers risk for obesity, heart disease, diabetes, stroke, and high blood pressure, while decreasing dependence on the health care system. Teachers find children eating more nutritious foods have better school attendance, better attention spans, and learn more easily.

- **Diabetes Education.** In Clark County, 8% of adults and 7% of youth were diabetic in 2007. Diabetes is a leading causes of heart disease, stroke, kidney failure, and lower limb amputations. WSU Extension partners with WSU Pharmacy faculty and Boston's Joslin Medical Center to teach local residents how to reduce the risk of diabetic complications and help them understand how to manage their diabetes. Classes allow patients

without medical coverage or the finances to get the basic education needed to manage their diabetes through improved diets. In the past five years, over 300 participants learned how to read labels, monitor carbohydrates, control portion sizes, and select foods while eating out. Three month post-evaluations demonstrate that:

- 80% of participants improved their A1c and systolic blood pressure;
  - 76% report scheduling regular visits with health care providers;
  - 62% asked for medical tests to monitor their diabetes;
  - 10% reported less use of medication
- **Food Service Education.** The Clark County Health Department partners with WSU Clark County Extension to provide food safety education to meet food service workers' (PIC) educational requirements. Since 2006, PIC classes reached 1027 food handlers (305 facilities), including four classes conducted in Spanish. Red violations (hazardous practices that could cause foodborne illness) in 20 facilities sampled dropped from 465 to 195 following training. Also, 85% made procedural changes, changed practices, and/or updated other food handlers' food safety practices.

## Natural Resources

Enhancing the natural environment of Clark County increases the health and sustainability of its economy and its communities. Landowners increased their knowledge about improving land management and streamside habitat; they implemented BMPs to improve water quality; volunteers and the public physically improved streamside habitat; and homeowners installed low impact development BMPs.

- **WSU Master Gardeners.** This program trains 65 new volunteers each year and currently has 250 active Master Gardeners (MG) who donated 7,700 hours in 2008. MG training uses EPA's principals of Beneficial Landscaping which promote landscaping practices yield environmental, economic, and aesthetic benefits. Fifty percent of volunteers surveyed reported making major improvements in selecting appropriate plant material, utilizing native plants, and avoiding the use of invasive ornamentals. Nearly 100% of all Master Gardeners reported either that they had already shared their knowledge with others.
- **Small Acreage Program (SAP).** Partnering with Clark County's Clean Water Program, SAP trains landusers how to steward their land and save money by doing so. *Living on the Land: Stewardship for Small Acreages (LOL)*, a 12 week training, graduated 222 people since 2003. Among the 190 LOL graduates through 2006, 117 implemented 372 Best Management Practices on at least 1320 acres with at least 1100 livestock (excluding poultry). One hundred and forty-three respondents shared what they learned with at least 1954 other people. Over 37% tested their soil, 64% of respondents with septic systems inspected their system, and 54% of the 129 respondents with wells tested them, all as a result of what they learned. Almost 83% agreed funding the LOL through Clean Water Program fees was a good use of the fee. SAP also holds an annual day-long Small Acreage Expo where two-thirds of participants increased their knowledge about



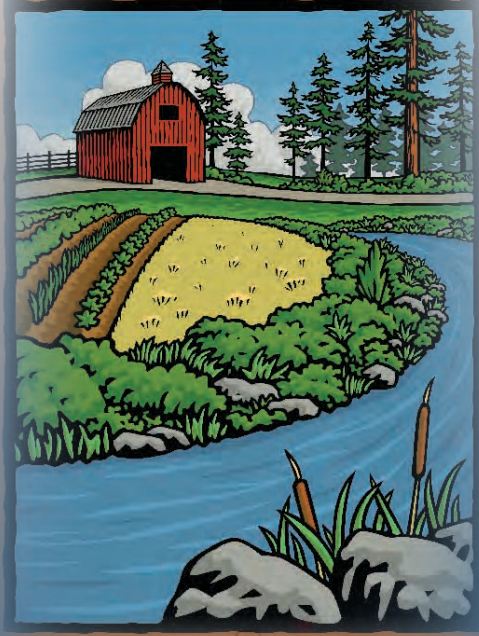
## HEALTH AND WELLNESS

*The Food \$ense Nutrition Program presented nutrition lessons to K-8 students in local School Districts where more than half of the students participate in the free or reduced lunch program.*



## FOOD SYSTEMS

## DOING OUR PART FOR CLEAN WATER



### SMALL ACREAGE PROGRAM



## NATURAL RESOURCES

*Habitat Enhancement*

*WSU Master Gardeners*

*Land & Water Stewardship*

property management and how management affects water quality. SAP provides workshops on maintaining septic systems & wells, best management practices, property tours, and relevant factsheets.

- **Watershed Stewards.** The Watershed Stewards program partners with Clark County's Clean Water Program to train community volunteers about watershed protection and management, water quality, geology, stream ecology, and public outreach. Volunteers provide public outreach and projects such as workshops, stream projects, water quality monitoring, school presentations, and outreach at community events. The 125 active volunteers donated over 2400 hours in 2008. In 2006-07, 72% of 170 workshop respondents implemented a targeted practice or changed behavior as a result of the 2006-07 workshops. Eighty-seven percent shared their new knowledge with 1,355 others. In 2008, of the 26 returned surveys (out of 74) for rain barrel workshops, 81% installed the rain barrel on their property. Ninety-six percent shared information with 190 other people.
- **Commercial Horticulture.** A follow-up survey of 36 people who learned about potential businesses found that one-third had started some sort of ornamental, Christmas tree, small fruit, vegetable farm, or processing outlet on their property based on what they learned. The program published the 43-page [Small Trees for the Home Landscape](#) on the best 75 smaller trees for the urban environment. The program continues to expand its Pacific NW Plants identification and utilization web page (<http://pnwplants.wsu.edu>), which currently lists over 318 plants and received 45,000 visitors in 2008. Other outreach included Greenhouse Nursery production, vineyard production, and nursery production.

## Food Systems

- **Enhancing Economic Opportunities for Small Farms.** An on-going project, the *WSU Farm Finder* ([farmfinder.wsu.edu](http://farmfinder.wsu.edu)) lists over 1150 farms selling direct to the public. This promotes the purchase of local farm products. *Ag Entrepreneur* training (10 weeks) helps both potential and current farmers develop business plans. The 49 graduates in 2007 and 2008 own 35 properties (23 currently engaged in agriculture) comprising 578 acres. WSU Clark County Extension organizes an annual day-long Harvest Celebration where farms open their doors to the public to reconnect them with where their food comes from.
- **Food Systems Council of Clark County.** WSU Clark County Extension staff work with restaurant, food service, medical, nutrition, farm, and other food system sectors to enhance the food system for a better food access and healthier lives for the residents of Clark County.
- **Production.** WSU Clark County Extension partners with local small-scale producers to provide training on production techniques and marketing related to small farm agriculture in Clark County.