

Cowlitz County Program Impacts 2004



**WASHINGTON STATE UNIVERSITY
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WASHINGTON STATE UNIVERSITY,
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AGRICULTURE.**

**WE PROVIDE RESEARCH-BASED
INFORMATION AND EDUCATIONAL
PROGRAMS IN THE AREAS OF
AGRICULTURAL PRODUCTION, FAMILY
LIVING, 4-H YOUTH DEVELOPMENT,
COMMUNITY DEVELOPMENT,
HORTICULTURE AND DISTANCE
DEGREE EDUCATION.**

**THIS REPORT COVERS SELECTED
PROGRAMS AND ACCOMPLISHMENTS
FOR 2004.**

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Family Living - Sandy Brown and Debbie Zbaeren



Food Sense

Grant Funding - USDA and the Food Stamp Office for \$48,689

Washington State ranks fifth in the nation for percentage of people with severe hunger. While nutrition education, alone, cannot alleviate the problem, it can effectively help low-income families achieve more nutritious diets and stretch food resources for more days every month. The target audience includes people receiving or eligible for food stamps and children receiving free and reduced-price lunch at school. The position is grant funded in part by USDA Food and Nutrition Service and the Food Stamp Office with in part by in-kind contributions of staff time, office and meeting space and equipment from WSU. As a result:

- Nutrition and healthy food selection was provided to 12 elementary school classrooms in Cowlitz County **reaching more than 300 children.**
- A 6-part parent newsletter was written, designed and printed to be given to the parents of children enrolled in the school nutrition program. The parent newsletter was translated into Russian and Spanish.
- Of these individuals that participated in one or more educational activities, 32% were adults and 68% were youth. For those that participated, 78% of the participants were minorities; 82% of the adults were eligible for food assistance and all of the youth were in schools in which over half of the student body was eligible for free and reduced-price lunch.
- For the adults who were evaluated after a single-event educational program: **94% were motivated to improve food safety practices**; 85% were motivated to select more nutritious low-cost foods; and 90% were motivated to increase the variety of foods in their diets (a marker of good nutrition).

-Surveys also showed that 60% improved one or more nutrition practices; 65% improved one or more food resource practices; **87% improved one or more practices in food safety**; and 45% reported that they ran out of food less often.

Partnership for Diabetes Awareness and Education

Grant Funding - USDA directed for SW Washington at \$100,000

Approximately, 400,000 Washingtonians (6%) have diabetes, one of the leading causes of heart disease, stroke, kidney failure, and lower limb amputations. Of people over age 40 years, approximately 12% of whites, 25% of African Americans, 30% of Hispanics, and 50% of Native Americans have diabetes. This project was designed to reduce the risk of diabetic complications and to help people know how to manage their diabetes. Program outcomes include:

- Faculty and staff provided a 1.5 hour program "On the Road to Living Well with Diabetes" that includes screening for A1C, blood pressure and cholesterol with a program that explains the tests and what actions are needed to reduce the risk of complications. The initial class is followed by four lessons "Living Well with Diabetes" on food, nutrition, physical activity and lifestyle choices.

-As part of the statewide Diabetes Project, **On the Road with Diabetes has been delivered to 54 members of the Cowlitz Tribe.**

-All participants have made at least one change in their eating patterns since taking the training.

-One person reduced their A1C by 3 points which took them from an at risk group to within acceptable blood sugar levels.

-One man, who previously refused to take care of his diabetes, went to the doctor and requested all the tests recommended. He went on to make small changes in his eating habits and stated to exercise.

-One participant returned to the 3-month follow-up saying that she has changed her eating habits and increased her physical activity to the point that she now takes half the number of medications she used to, had lost 10 pounds and is feeling better than she ever has.

-50% of the participants learned of new tests they have never had and have asked doctors for those tests.

Safety and Quality of Food Supply

Food borne illnesses likely affect more than a million people in Washington each year. Commercial food service establishments along with Cowlitz County Health Department asked for training for food service workers in specific food handling practices within food service. Impacts of WSU Extension programs include:

- One food establishment requested a series of four 2 hour classes for their employees designed for them specifically. Ten food handlers participated in each of the 4 classes.
- One food establishment requested the official ServSafe Certification Training course. It was offered to two different groups of food handlers in which **50 employees took the 4-hour course** and the exam.
- The Cowlitz County Health Department made an agreement with WSU Extension that if a food establishment did not pass their inspection, that one of the expectations is for the facility to have a 2-4 hour food safety training done for their food handlers in order to get an inspection score to stay in business.
- **A food safety update for 35 school cooks in the Longview School District.** Curriculum reviewed the basic food safety procedures and then discussed specific issues and procedures the personnel have problems with.
- Six food preservation classes taught to **60 consumers learned safe procedures for preserving their foods.**
- Elementary and middle school children were given hand washing information through the Food \$ense program in the schools.
- 10 Germ Buster volunteers were trained to work in Cowlitz and Clark counties.
- Germ City (a tunnel that helps teach about hand washing and germs) was used in 3 school settings with **over 500 children and adults participating.**

Master Food Preserver Program

The general public continue to request programs and answers to questions related to food safety. WSU Cooperative Extension is recognized as a reputable source for information on food safety related to food preservation, food handling and preparation. Workshops enabled:

- **3 food advisors volunteered 125 hours** to testing gauges, teaching food preservation classes, staffing farmers' market booths and answering questions.
- **100 canner gauges were tested of which 25% were inaccurate.** This prevents foods from being canning improperly and someone getting ill from the food preserved.
- **40 people attended food preservation classes** and were able to preserve foods safely for their families. Food preservation saves people money in purchasing the food at the supermarket, provides them nutritious foods, and increases their self-esteem in providing nutritious foods for the family.

- **85 calls were taken from consumers on how to preserve or store food safely.** This helped to avoid clientele or family members from getting ill from spoiled food or food preserved improperly and unsafe to eat.

-A weeklong series of classes taught 20 children the art of bread baking. They learned the basic concepts of cooking, measuring, and kitchen safety. They applied their math and science skills during the workshop.

- A class taught 45 people how to make inexpensive gifts from the kitchen that was healthy and fun to make. The class intended for limited resource families also invited the general public.

4-H/Youth Development – Jennifer Leach and Pam Watson

4-H youth attended a regional event to learn more about how to manage their project animal and gain additional leadership and communication skills.



4-H Club Program

-Over 900 youth are involved in the 4-H program in Cowlitz County because 4-H is constantly expanding into new areas.

-127 4-H club volunteers taught, supported, and lead over 350 4-H club members.

-42 4-H superintendents organized and managed 12 4-H departments at the Cowlitz County Fair.

-205 4-H club members involved in volunteer led 4-H clubs participated in the 2003 Cowlitz County Fair. This is an increase over 4-H attendance in 2002.

-105 4-H members, leaders, and parents attended annual county recognition events.

-Teens increased activity and participation in Know Your Government, teen conference, and county ambassadors.

-88 % of the clubs re-enrolled in Cowlitz County [30 out of 34]. There were 5 new 4-H clubs for 2002-03 4-H year with only one club not continuing.

-90% of the new 4-H volunteers have gained knowledge and skills in child development, experiential learning, understanding life skills, and managing a club and/or teaching others.

-20 adults applied to be new 4-H leaders with 17 completing new leader training for the 2002-2003 4-H program year.

-38 leaders attended 4-H orientation with 29 leaders completing the application and screening process. 25 leaders completed 6 hours of leader training for the year.

4-H Outreach

Grant Funding - Directed at Cowlitz County for \$28,739

4-H outreach efforts are an important aspect of providing positive pro-social activities that increases knowledge, skill development, and participation in youth. 4-H outreach efforts are delivered in a variety of ways ranging from 4-H volunteers, 4-H Challenge leaders, Clothing and Textile volunteers, and 21st Century Community Learning Center funded staff.

- Over 125 youth participated in 4-H after school programs at two sites 4 days per week and two sites one day per week.

-After school staff reported that 4-H participants increased their sense of belonging, decision making and problem solving skills.

-21st Century Site Coordinators reported that 4-H activities were well designed and hands-on with participating schools requesting 4-H to continue at their sites. They also reported that 4-H was a popular program and kids wanted to enroll.

4-H Summer Programs:

-177 (92%) of participants from the summer camps and summer "4-H clubs" entered exhibits in the 4-H department at the county fair in 2003

-75 youth participated in summer day camps and educational workshops in bread, sewing, and creative arts day camps led by Extension staff/faculty; Clothing and Textile Advisors, and/or 4-H volunteers

-Four summer sites funded by the 21st Century Community Learning Center were organized as summer 4-H clubs that included activities such as demonstrations, educational posters, photography, gardening, and foods/nutrition.

-100 % of the participants in 4-H summer clubs knew that they were in 4-H and could recite the 4-H pledge

4-H Challenge Programs

-Over 60 youth and adults participated in 4-H Challenge activities with over 50 % gaining knowledge and skills in problem solving, communication, trust, and team building.

-16 very high risk youth in anger management classes improved their sense of trust and communication with each other and with the adult facilitator

Parent Education-Strengthening Families

This program is designed as a strengths based family program for parents or caregivers and their 10-14 year old youth. It targets teen substance use both directly and indirectly. This is accomplished by targeting risk and protective factors such as family management practices, coping skills, and communication skills. The lead agency in implementing the Strengthening Families program in this county is the Cowlitz Substance Abuse Coalition and the Cowlitz County Drug Free Communities grant in partnership with Cowlitz County WSU Extension.

-Over 30 facilitators in Cowlitz County have been trained in the last five years. Cowlitz County has the most trained facilitators in Washington State.

-Cowlitz County is one of four counties in Washington that has reached over 80 families.

Evaluation of the program was designed to assess change in personal risk and protective factors rather than attempting to assess substance abuse directly. Items being measured for **parents** include: enjoyment of time with family; communication skills; temper management; smoothness of daily routines; how specifically and regularly they have communicated to their children expectations regarding substance use and how difficult it was to get their youth to do home work. In the **youth evaluation**, items being measured are: knowledge about stress and coping; parent's expectations about drugs/alcohol; parent's temper management; parent's family management; feelings of love and respect; and understanding family values and rules.

-The evaluation results have indicated that four years after attending SFP, the youth participants were significantly less likely than their peers to be past or current users of alcohol, tobacco, and marijuana.

-In all parent subscales/items there was significant positive change in enjoyment of time with family and youth; communication skills; temper management; and smoothness of daily routines.

-There was a significant increase in the number of parents reporting communicating about drug and alcohol use.

-The number of **parents reporting daily fights about homework decreased** significantly while seeing that **homework done at a regular time and place increased significantly**.

-There was a significant increase in youth's rating on their knowledge about stress management and about parent's expectations regarding drugs and alcohol.

-**Youth rated significantly higher, their parent's ability to control their anger** when disciplining or discussing problems at the end of the program.

Small Farm Horticulture – Sheila Gray

-The Cowlitz Demonstration Garden is located within the Cowlitz County Expo Center grounds.



Community Horticulture – Gardening & Home Landscapes

Practical need for community and home vegetable gardening is rising. Many low-income residents, anticipating reduced food-stamp benefits, will need to become more self sufficient in growing their own food as a supplement to their diets.

-The Cowlitz Demonstration Garden, located within the Cowlitz County Expo Center grounds, contains research beds that have been grown over the last two years. The project revolved around growing dry (shell) bean varieties in what is considered a wet climate.

-A workshop offering 20 different classes **provided 42 people with educational opportunities**.

-A program taught 35 people about locally available mushrooms, identification techniques, edibility, cooking and other uses by local mycologist.

MG (Master Gardener) Volunteers: Community Horticulture

According to a Gallup Poll taken for the National Gardening Association, U.S. households spent \$46.8 billion on garden and lawn products and landscaping services in 1998, and this amount is increasing each year. The Extension Service has been influential in establishing community gardens in order to

improve the nutrition of the people gardening, to develop leadership skills among these people, and to help them improve their communities.

-The WSU MG Volunteer Plant and Insect Clinics in Cowlitz County offer information to clientele on the proper methods to apply Integrated Pest Management practices to their community and home garden.

-Cowlitz County hosted three plant & insect clinics. One is located on-site in close proximity to the WSU Cowlitz Co. Extension office and the other two are located in opposite ends of the community. **Satellite clinics were implemented on alternate Saturdays** to help serve a greater number of clientele.

-Members of the Cowlitz River Club, a therapeutic group for physically and mentally challenged adults, were taken to the gardens two days per week to participate in hands on gardening techniques. Crops were harvested upon readiness, members integrated fresh produce from the garden into their diets, and additional produce was donated to the local Salvation Army for distribution.

- WSU Educators managed the MG program and capitalize on the time, skills, and knowledge of the MG volunteers. **WSU Master Gardener Volunteers provided 2760 hours of outreach to communities.**

-The WSU Cowlitz County MG's present regular programming to three primary assisted care facilities in the community to **provide horticulture therapy to senior clientele** who are no longer able to actively participate in gardening.

Small Farm and Community Development – Gary Fredricks

Events were organized and directed to encourage 4-H youth participation and social development.



4-H Animal Projects-County Programs

Programs need to be conducted which stimulate the interest level, knowledge and experience of 4-H members with animal projects while continuing to develop

their confidence, responsibility, technical knowledge, leadership, communication and problem solving skills. WSU programs resulted in:

-Through attendance at clinics and contests, **88 youth improved enhanced their communication proficiency**, their fitting and showing skills, and demonstrated greater knowledge of animal management techniques.

- **278 youth attended classes on animal management.** As a result of youth attending classes, **93% said they could make better decisions**, 85% were better at expressing themselves, 82% learned to set goals and plan, and 88% understood the importance of following through with commitments.

Community Development

-A ten-month Leadership Academy program provided nineteen participants with leadership training in skills to be a leader.

-Information was taught to 32 Cowlitz County Health District staff on conducting an effective meeting.

-A **Civil Rights Audit conducted on the office showed good progress** by office personnel and programs accessing a diversity of clientele.

Agriculture & Natural Resources Volunteers

Trained Extension Livestock Advisors (ELA) worked with clientele in conducting conferences, training seminars, farm tours, school demonstrations, answering questions, and developing reference information

- **122 people were trained on horse management** at a Horse Symposium.

- Lambing School to teach the basics of lambing to 14 students.

- At pasture management workshops, 24 people learned how to improved pasture and animal productivity.

- ELA volunteers **contacted over 4,194 people and volunteered over 720 hours** of service.

Forestry – Steve Webster

Small Woodlot Management

Small acreage timber producers often lack the skills and knowledge to effectively manage the forest resources on their property, or to deal with regulatory issues. Provided technical assistance and educational programs for landowners in the county to improve timber production on their property. Programs resulted in:

-Continued the use of the Landscape Design System, a computerized forest management-planning program that allows forestland owners to project forest growth, and utilize a habitat classification model for planning and management purposes. The system provides a powerful tool to improve timber production of small woodlot owners.

-Provided technical assistance on a number of forest management issues to increase the quality and value of timber. Slope stability issues and risk evaluation of damaged trees were among the problems addresses. Substantial savings were realized because of this technical assistance.

-Produced the quarterly newsletter, "Forest Stewardship Notes," received by non-industrial private forest owners in the region.

WSU Learning Center – Terrie Jones and Lisa Payne

The WSU Learning Center hosted the first annual Full Immersion Spanish Institute.



Washington STARS (State Training & Registry System) Program

The purpose of Washington STARS is to ensure quality care for all children in our state through increased opportunities for basic and ongoing training for childcare and school age care children. All family child care providers, directors, supervisors and teachers must have 20 hours of training within 6 months of being hired. In addition, 10 hours of continuing education is required annually.

-The WSU Learning center provided **25 STARS program trainings to 173 local Childcare providers** to earn required credits.

CTEP (Collaborative Teacher's Education Program)

The Collaborative Teacher Education Program (CTEP) is a 2+2 program designed for students who complete a transferable Associate of Arts degree and then choose to pursue the requirements for a Bachelors of Arts teaching degree in elementary education through WSU. CTEP is a cohort-based full-time course of studies over a course of two years.

-The **WSU-LC had an enrollment total of 786 students.** (Fall: 115; 125)
(Spring: 115; 125) (Summer: 138; 168)

DDP (Distance Degree Programs)

The Learning Center coordinates recruiting efforts; assists in advising; provides workspace and materials for students and is actively involved in the student progress through graduation.

-The Learning Center contacted **1,861 people, had 5,357 patron visits and held 53 community service activities with 1,587 people in attendance.**

-**99 students enrolled in classes other than Distance Degree Programs, graduate or undergraduate (WSU Vancouver).**

Mentoring Matters

Cowlitz County has a large drug abuse problem. Cowlitz Substance Abuse Coalition is very active in addressing this problem. WSU Learning Center hosted a satellite program titled, "Mentoring Matters" which addresses problems facing troubled teens.

-Thirteen professionals participated in this event. Each of these professionals regularly deals with troubled youth in Cowlitz County and reported that this program was beneficial to their work.

Full Immersion Spanish Institute

Because of the increase in Hispanic/Latino population state wide there is a need for skilled language training in Spanish for teachers, police, supervisors and others administering state programs.

-The WSU Learning Center hosted the **first annual Full Immersion Spanish Institute.** The program taught 21 students and was approved for 18 Continuing Education Units and 180 Clock Hours for teachers.

Extended Community Education

The Learning Center has worked with several groups including the Cowlitz Police Dept., Community Health Education Center, Cowlitz Co. Emergency Mgt. Dept., Providence Hospital and Longview Parks & Recreation to provide educational programs to meet community needs.

-The Learning Center partnered with Community Health Education Center and the Lower Columbia College Art Gallery to host an art benefit for breast cancer awareness. The **pieces were auctioned at an event hosting 250 attendees.** This event earned \$8,000 to be split between American Cancer Society and the local breast cancer support group.

- WSU Learning Center hosted training to 12 local teachers and instructors on using technology to enhance classroom learning.
- WSU Learning Center hosted a satellite event titled, "Overweight Issues in Childhood, Role of Environment and Community" with 22 counselors and nutritionists in attendance.
- The WSU Learning Center hosted a satellite event for 11 local Police Department officers that discussed safety issues facing public service professionals in these times of increased terror activity.
- WSU Learning Center coordinated efforts for KWSU in Pullman to provide telecourses on our local cable station, KLTV.
- The WSU Learning Center hosted a satellite event for 17 local teachers and staff titled, "Child Obesity". Several participants found this event so valuable they requested tapes of the program.
- The WSU Learning Center hosted a live satellite event for 23 health professional employees titled, "Hospice: Living with Grief" in cooperation with the Lower Columbia College Community Health Education Center.
- The WSU Learning Center hosted a satellite entitled "Workforce Wellness" event for LCC and WSU faculty and staff. It was held in the WHETS room and provided information concerning issues of the workforce in a stressed economy.
- The WSU Learning Center organized and hosted a web design course for 21 faculty and staff. This course offered a professional development opportunity and was well attended by participants.
- The WSU Learning Center hosted a live satellite presentation titled, "Cultural Perspectives on Parenting". This event discussed the importance of understanding the impact of cultural backgrounds on group and individual behavior.
- The WSU Learning Center partnered with the city of Longview Parks & Recreation to provide training to the community on using EBay.
- WSU Learning Center partnered with 21st Century Grant to provide five computer classes through 2004. The partnership offers a Community Technology Academy to community members free of charge. Programs will be offered once a month and cover such programs as Word; Basic Computing; PowerPoint; Internet/Email and Excel.