

# Shiawassee County 4H Leading the Way



The Shiawassee County 4-H Program reached over 2,900 youth within the county this past year with 746 of them enrolled through community 4-H clubs and the others being reached through short term programs. Enrollments through short-term educational events increased over 13% from last year. These increases in numbers also reflected at our volunteer level increasing our volunteers by 5% to total 189 4-H Adult volunteers throughout Shiawassee County. On top of our traditional 4-H programs that are held annually like the 4-H overnight camp, youth events at the fair, livestock shows, library summer programs, school enrichment programs and much more. Shiawassee County 4-H was also excited to start some new partnerships and programs this year. Some of the new programs we held were the first annual 4-H Cloverbud Outdoor Adventure Camp at DeVries Nature Center, the Large Animal Nutrition Workshop and the Adult Volunteer Embryology Training. Shiawassee County 4-H was able to partner with local and state-wide experts to help with each of these events.

Shiawassee County 4-H was lucky enough to have a community club win a grant through the Michigan 4-H Foundation, to start a garden for their community. Using the grant they were able to add raised garden beds and are now able to grow their own food as a project! The Shiawassee County 4-H Program was also honored with some great awards this year. Two of our county teens earned delegate spots to represent Michigan at the World Food Prize Global Youth Institute. The two delegates were able to join leaders from around the world to discuss solutions to global food security and other grand global challenges. In addition one of our county teens served as a leader on the 4-H State Youth Leadership Council, where he was able to serve as representatives of the Michigan 4-H program promoting and providing a voice on the development of 4-H programs throughout the state. Our adults are leading the way as well; having one of our long time volunteer's receive the prestigious Michigan 4-H Salute to Excellence Outstanding Lifetime Volunteer Award.



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# Shiawassee County 2018 ANNUAL REPORT

## Message from the District Director

I'm delighted to share the results of another successful year of partnership between Shiawassee County and Michigan State University (MSU) Extension. Because of your continued support, we've been able to make a difference in the lives of youth, families, businesses and communities.



MSU Extension offers a broad range of research-based educational services to county residents. Over this past year, we've empowered families and individuals to live healthier lives, supported new and local businesses, created opportunities for youth leadership development and career exploration, helped farmers with business management and mental health, and much more. Our staff live and work alongside county residents, are rooted in community relationships and are responsive to community needs.

This year, we've also welcomed Shiawassee County residents into our online community: we've offered online educational courses, answered questions on topics ranging from gardening to food safety, raised program awareness through social media and provided a library of research-based resources they've browsed on our website.

Our partnership with you makes this all possible. On behalf of the MSU Extension team serving Shiawassee County, thank you for another great year. We look forward to your continued support and hope you'll be able to join us during one of our upcoming programs.

Mark Rankin, District Director



  
**\$24,691,316**  
economic impact

  
**290**  
enrolled MSU students

  
**\$1,664,884**  
spending with local businesses

  
**2,333**  
MSU alumni in Shiawassee County

  
**\$5,641,461**  
financial aid disbursed

  
**3,113**  
youth in 4-H

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# MSUE Programming

## Nutrition Education as a whole in Shiawassee County

In 2018, MSU Extension's Community Nutrition Instructors had the opportunity to collaborate with various partners throughout Shiawassee County teaching a program called SNAP-Ed. SNAP-Ed is an evidence-based program that helps people lead healthier lives. The program teaches people using or eligible for SNAP assistance about good nutrition and how to make their food dollars stretch further. SNAP-Ed participants also learn to be physically active. In 2018 Instructors worked with 126 adults and 988 youth who participated in an up to 6 week series of educational sessions. There were 2,087 individuals that participated in one-time presentations

## MSU Extension partners with Memorial Healthcare to provide nutrition information to Shiawassee County residents

Over the past 2 years MSU Extension Community Nutrition Instructors and the staff of the Memorial Healthcare Diabetes and Wellness Center have collaborated together to offer amazing programs to Shiawassee County residents. Extension Instructors have utilized Memorial facilities to teach Cooking Matters classes to hundreds of residents. These 6 week 2 hour classes focus on healthy eating and financial stability. Each week participants are given take home groceries as their homework to mimic what we learned in class. Memorial Healthcare assists with advertising, registration, and class space while the MSU Extension staff teach the classes and administer all of the evaluations. The partnership has grown exponentially and allowed more county residents to attend nutrition education classes.



Cooking Matters classes being taught at Memorial Healthcare Community Wellness, Nutrition and Diabetes Center.



At Sue Meksula's Day Care the children were learning about MyPlate and all 5 food groups. Sue is a participant in our Healthier Child Care Environment, Policy, Systems, and Environmental Program.



These participants had just completed 10 hours of training through Coking Matters for Child Care Providers series.

# In the Community

## National Diabetes Prevention Program

A year-long series aimed at preventing or delaying the onset of type 2 diabetes in people who have been diagnosed at risk of developing the disease. MSU Extension is recognized by the CDC as a provider of this program. Participants meet 16 times in the first 6 months and once a month during the second 6 months of the program. MSUE held an NDPP workshop in Owosso in conjunction with Memorial Diabetes and Wellness Center. Seven participants completed the class. Five of the 7 met the program goal of at least 7% weight loss and 150 minutes of physical activity per week.

## Dining with Diabetes

Four-week series taught by MSU Extension and a registered dietitian. Partners have been RD's from Memorial Healthcare Center in Owosso. The focus is on managing diabetes, planning healthy meals and sampling foods from the curriculum cookbook.

- ♦ 1 Dining with Diabetes class at the Memorial Diabetes Center in Owosso with 11 participants.

Participants consistently reported higher self-confidence following the class. For example, confidence in knowing how to measure blood sugar levels and use those readings to make appropriate food and activity adjustments increased by 34% following the class. Confidence in using problem-solving skills when something unexpected arises that affects control of diabetes increased by 36% following the class. Confidence in the ability to lower chances of developing diabetes-related health complications by controlling diabetes increased by 31%. Having coping skills that help reduce the negative emotional impact of living with diabetes increased by 34% after the class.



Cooking Matters for Teens at Memorial Healthcare Community Wellness, Nutrition, and Diabetes Center. These teens are learning about nutrition and cooking skills.



Teaching nutrition to a class at the Memorial Healthcare Community Wellness, Nutrition and Diabetes Center.



MSU Extension Participates in Farm Safety Day. Partnering with Farm Bureau for area fifth graders at the Shiawassee County fairgrounds