

Shiawassee County Extension

Providing 4-H Youth Development

Michigan 4-H is growing current and future leaders. The largest youth development organization in Michigan, 4-H provides more than 200,000 young people with experiential learning opportunities to explore new interests and discover their passion.

Again, the Shiawassee 4-H Program reached over 2,000 youth with county programs this past year. 490 youth enrolled through community 4-H clubs and the others being reached through short term programs. We were happy to get back to in person programming, as well as mixing in some virtual programs to meet the needs of everyone in the community and to keep all safe! We continued our summer series with the district library programs, held our day camp with our Devries partner, and participated many other community programs.

Shiawassee continued another year partnered with the AmeriCorps/4H STEAM Corp grant to offer SPIN clubs to our community youth that may not have been previously involved in 4H. Our service member created 10 new SPIN clubs, 2 family engagements, and worked on a service project. Great programs like "Learn to Tik Tok Dance" led by Coach Rosalin of Ashleigh's Dance Shack, got the youth involved and active, while "Kids in the Kitchen", got them cooking quick meals they took home to their families. For the second year our member held a 2 week-long day camp "As STEAM on TV". Each day there were activities with popular television and game show themes. The kids learned about things like extracting DNA, use of survival skills, use of critical thinking skills, science, and geography. It was a big success. Our member reached over 80 new youth from the county through her programs, many of which have become full time 4H members.

Sadly, as the year started winding down, we said "goodbye" to Nikki, our 4H program coordinator after 6 years. She has ventured full-time into her career of owning her own photography business, and we wish her the best of luck. Nikki was a great asset to the program and the community, she will be sadly missed.



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Shiawassee County

2018 ANNUAL REPORT


\$25,487,509
economic impact


290
Enrolled students


\$894,753
spending with local businesses


2,560
MSU alumni in Shiawassee County


\$3,912,173
financial aid disbursed


2,391
youth in 4-H

Message from the District Director

Michigan State University (MSU) Extension helps people improve their lives by bringing the vast knowledge of resources of MSU directly to individuals, communities, and businesses. For more than 100 years, MSU Extension has helped grow Michigan's economy by equipping Michigan residents with the information they need to do their jobs better, raise healthy and safe families, build their communities and empower their children to dream successful futures.



MSU Extension has offered virtual, hybrid, and face to face programming throughout the year depending on the needs, request, and preference of our partners and residents. Moreover, we ensured that our customers – the residents of {County} County – were well served with the high quality, evidence-based curricula to which they have been accustomed.

MSU Extension provided hundreds of programs that were focused on youth development, mental health, nutrition, physical activity, mindfulness, business, agriculture, veteran's outreach, invasive species, farmers market, food safety, Saginaw Bay watershed, and community food systems. We focused on the needs of youth, families, seniors, veterans, farmers, and the economically disadvantaged as we worked with our partners in the communities that we serve.

On behalf of the MSU Extension team serving your County, thank you for your continued support. I would also like to thank all of our partners, businesses, families, and youth that we serve. It is a pleasure and honor to work with you and meet your needs as we make a difference in our communities that we serve.

Mark Rankin, District Director



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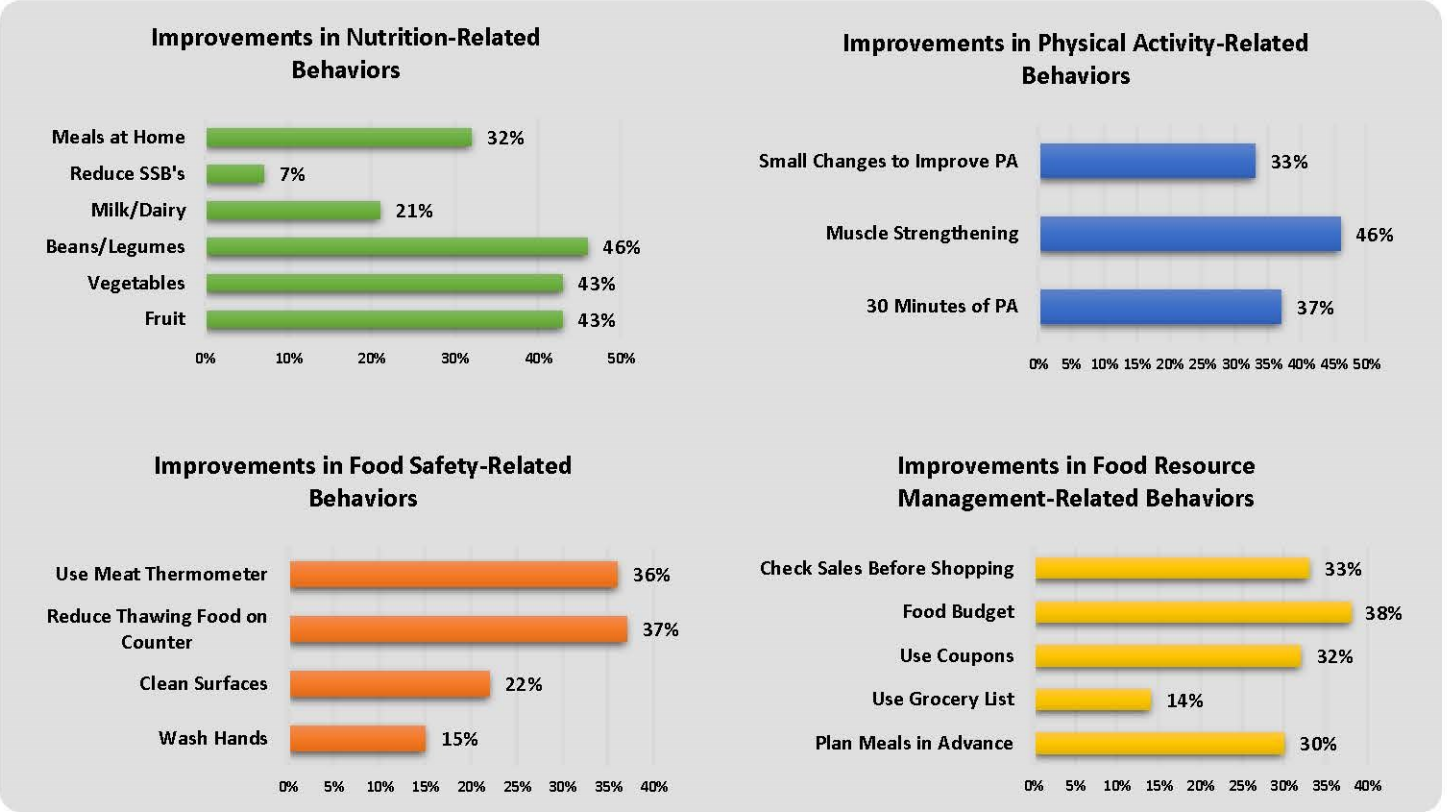
Annual Report: January 1st – December 31st, 2022 – Shiawassee County, MI

Michigan State University (MSU) Extension delivers affordable, relevant, evidence-based education to help adults, young people, and families in urban and rural communities be healthy. Programs focus on helping participants gain the skills they need to buy and prepare nutritious, budget-friendly foods; increase their physical activity; breastfeed their babies; and stretch their food dollars.

Throughout the state, community nutrition instructors (CNI's) deliver comprehensive, evidence-based programming to **SNAP-Ed** -eligible participants in their communities. These programs include face-to-face classroom instruction, one-time health presentations or demonstrations, and initiatives that improve the policy, system, or environmental factors of an organization, worksite, or school.

Below is a summary of **SNAP-Ed** nutrition education youth programming in **Shiawassee County** from January 1st to December 31, 2022. In total, **2,208 participants** (n=742 adults; n = 1,446 youth) attended either a one-time presentation or a series-based nutrition education program. Participants in series-based programming were asked to complete a pre- and posttest survey before and after the program, respectively. Only participants who completed both surveys are included in the following outcomes; missing data for each item was excluded case wise. Students in grades K-2nd were assessed using a Teacher Observation Form at the end of programming.

Adult Programming
Adults who completed a series-based nutrition education program completed a pre- and posttest survey to measure improvements in nutrition, physical activity, food safety, and food resource management-related behaviors. Below is a summary of their results:



Youth Programming
Youth in **grades 6-12** who completed a series-based nutrition education program completed a pre- and posttest survey to measure improvements in nutrition, physical activity, and food safety-related behaviors. Below is a summary of their results:

Area	Item	% Improved
Nutrition Behaviors	Fruit Consumption	25%
	Vegetable Consumption	54%
	Milk Consumption	32%
	Whole Grain Consumption	43%
	Reduce SSB Consumption	29%
Physical Activity	# of Days Participating in PA	57%
	Reduce Screen Time	36%
Food Safety	Wash Hands	32%
	Wash Vegetables	26%
	Put Cold Foods in Refrigerator	36%

Additionally, youth in grades **Pre-K to 2nd** were evaluated by their classroom teacher using a Teacher Observation Form. Ninety-six percent of teachers observed students **washing their hands more often**, while 100% of teachers observed students participating in more **physical activity** and eating more **fruits and vegetables**.

Program Impact – Policy, Systems, and Environmental (PSE) Changes

In 2022, 117 adults and youth were impacted by nutrition or physical activity changes at 4 different sites in Shiawassee County. SNAP-Ed staff coached site champions to make the following changes and more:

- Improved menus/recipes (variety, quality, etc.)
- Initiation of edible gardens
- Onsite garden produce for meals/snacks provided onsite
- Use of the garden for nutrition education
- Implementation of guidelines for healthier snacks
- Physical activity facilities, equipment, structures, or outdoor space
- Access to exercise or recreation facilities
- Strategies to decrease screen time
- Improved child feeding practices
- Improved physical activity facilities, equipment, structures, or outdoor space
- And teachers incorporated nutrition education into the daily schedule.

117

Participants reached through PSE changes

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