



Midland County

2018 ANNUAL REPORT



\$22,514,318
economic impact



290
enrolled Michigan students



\$1,401,212
spending with local businesses



2,166
MSU alumni in Midland
County



\$5,489,653
financial aid disbursed



1,627
youth in 4-H

Message from the District Director

I'm delighted to share the results of another successful year of partnership between Midland 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 Midland 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 Midland 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



Program Highlights

4-H for Midland Youth

2018 was a year of growth in many areas for Midland County 4-H programs. In the 17-18 fiscal year Individual Group **Enrollments increased from 314 to 1166** due to increased partnerships in the community. New partnerships included summer programming with Salvation Army, and Meridian and Coleman summer SPARKS programs. Expansion in the China Art Exchange program from 1 school to 4 schools also impacted those numbers. Total 4-H **Youth Participants increased by 19%**. A Babysitting Basics program was offered to 4-H members and the community, which pulled in a few new youth, who have all returned this year in full year programs. This program was so well received that we are in the process of expanding this into four locations for the upcoming summer.

Total number of Adult **Volunteers increased to 272 which was a 13% increase** from the previous year. 4-H Overnight camp expanded to a full camp this last summer which required additional volunteers including an additional nurse, chef, and generally more adults to maintain the 1 adult to 10 youth ratio required. Additional volunteers were added to clubs as well, as leaders pull in parents to become more actively involved in the groups. Any adult who works with the youth are required to go through a Volunteer Selection Process to gain official volunteer status.

A five year goal of making the 4-H Overnight Camp youth driven was accomplished this last year. Four youth directors were given the opportunity to make programming, staffing, training, and day to day decisions while guided through the processes by the Program Coordinator. Counselors were held accountable by and reported directly to these youth who brought any questions and concerns to the PC for guidance which expanded their knowledge base of leadership skills.

The Leadership Initiative group which is open to 13 year olds through high school graduation became stable this year. Youth have the opportunity in this group to enhance their leadership skills through trainings, conversations, leading their peers through community service projects, and building confidence in taking leadership roles.



Youth excited to release Monarch Butterfly that he raised from an egg following the lecture and demonstration held for 4-H families and community in June.



A sample of Engineering projects that support youth and adults learning together at the afterschool SPARKS program in Coleman and Meridian.

Program Highlights

SNAP-ED - Cooking Matters

Cooking Matters classes help end childhood hunger by inspiring families to make healthy and affordable food choices. The training, participants book, recipes, demonstrations, and hands on opportunities give them good information on how to budget and prepare healthy food.

Cooking Matters also offers interactive grocery store tours, smartphone apps and other resources- all free, and run through trusted local community partners.

Evaluation results show that instructor efforts make a lasting impression and that Cooking Matters graduates continue to practice improved eating habits, cooking techniques, and food resource management skills they learned in class.

Social Emotional and Extension Health Research

According to the CDC, mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Promoting health and wellbeing includes understanding important connections between physical, mental, social and emotional health. Emerging research and recommendations confirm ancient wisdom and science in showing the false distinctions made between people's emotions, mental and physical health are both artificial and harmful. Wellness describes the entirety of one's physical, emotional, and social health; this includes all aspects of functioning in the world (physiological, intellectual, social, and spiritual), as well as subjective feelings of well-being. (Robert Wood Johnson Foundation, 2014). In 2018, **273 residents participated in classes throughout Genesee, Shiawassee, Bay, Saginaw, and Midland Counties to improve their own skills.**



The training the participants book, recipes, demonstrations, and hands on opportunities give them good information of how to budget and prepare healthy food.



Find out more about Cooking Matters classes at www.canr.msu.edu/cooking_matters



Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Health and Nutrition Institute Extension in Food Safety

Michigan State University Extension has provided food safety programming in the form of food preservation for more than 100 years.

As programming has evolved so has the curriculum used to reach county residents. ServSafe for licensed food service establishments and Safe Food = Healthy Kids for daycare providers to name a couple.

In 2018, seven food preservation programs were offered to Midland County residents and one informational event at the Midland Farmers Market. The food preservation programs ranged from blanching and freezing, jam and jelly making to water bath and steam canning 48 residents were reached with the classes and 35 residents were reached at the farmers market.

Six 8-hour ServSafe courses were held in Midland County, 20 participants indicated they resided in Midland County, 46 people attended the six classes that were held in Midland County. This class is given to those who manage or oversee a food establishment and need a Person in Charge (PIC) as required by the Food Code. They must pass the exam with a 75% or higher or retake the exam to meet the qualifications needed to run their licensed food establishment. The average passing score for this group was 86.67%. Safe Food = Healthy Kids is a new curriculum that was piloted in Midland County in 2018. Safe Food = Healthy Kids (SFHK) is an educational effort that focuses on safe food handling with childcare providers. The goal of this project is to reduce the incidence of foodborne illness in children and the accompanying health disparities left after the illness. This effort was identified as a need because children under the age of four years are 4.5 times more likely to acquire bacterial infections from food compared to adults aged 20-49 years and have a much higher risk of being hospitalized and developing chronic health conditions, such as kidney failure, from long term effects of foodborne illness (Center for Disease Control and Prevention, CDC). **One session was done, 23 daycare providers attended 17 of them were from Midland County.** Post evaluation data is showing us that participants are going to use a food thermometer more to check food temperatures (81%), they will cool foods quickly, following the proper steps (77%), and use appropriate strength sanitizer on utensils & food contact surfaces (41%) to name a few results. We also created a texting message for providers, they received two messages a week with food safety messages related to young children. These messages they could use themselves or share with the families in their care. (text 797979 in text message type SafeFood)

