



Crawford County 2021 Annual Report

MESSAGE FROM THE DISTRICT DIRECTOR



It is once again my pleasure to provide you with a snapshot of the work that Michigan State University (MSU) Extension is doing in your community. The circumstances of the past two years have presented new and unique challenges for us and many others. However, because of your continued support, MSU Extension has been able to continue its long tradition of providing programming and educational resources that help to enhance the lives of Crawford County residents, contribute to community prosperity and address critical issues as they arise in communities.

In 2021, MSU Extension provided **4,344** points of contact to Crawford County residents through articles, virtual and online programming and in person experiences. We worked with local audiences and community partners to deliver our services in the safest way possible and expanded our reach to new audiences through the use of technology.

Your support of:

- MSU Extension 4-H Youth Development allowed over **115** youth to learn lifelong skills, develop leadership abilities, explore new interests and discover the value of community service.
- MSU Extension food programs allow residents to learn about the safety, security and affordability of local fresh foods, how to use them, where to find them, or how to start a cottage food business of their own.
- MSU Extension nutrition and physical activity programs allowed over **62** county residents to improve the quality of their diets and become more active.

We hope you are as proud of this important partnership as we are. We thank you for another great year and the continued opportunity to serve this great community.

Julia (Julie) Darnton, District Director

PROGRAM HIGHLIGHTS

CHILDREN & YOUTH

YOUTH DEVELOPMENT

Michigan 4-H is the largest youth development organization in Michigan and provides more than 200,000 young people with experiential learning opportunities to explore new interests and discover their passions. In 2021, **115** Crawford County youth participated in **29** 4-H programs delivered both virtually and in-person (as COVID-19 pre-cautions shifted).

4-H:

- develops youth as current and future leaders by providing programs that instill young people with knowledge and skills to become positive agents of change through leadership development, civic engagement and education, global citizenship, and cultural competency programming;
- assists youth in preparing for and finding gainful employment opportunities through entrepreneurship, financial literacy, career exploration, and workforce preparation programs; and
- excites youth about future science, technology, engineering, arts and mathematics (STEAM) careers and build critical STEM skills. These programs seek to increase aspirations and attitudes toward science, interest and engagement in science, and skills in critical thinking, problem solving and decision making.

STEWARDSHIP OF OUR NATURAL RESOURCES

Our natural resources programs improve public understanding, help landowners and communities use those assets for sustainable long-term social and economic development and conserve natural resources for future generations.

As leadership partners of the Northeast Michigan Great Lakes Stewardship Initiative, MSU Extension and Michigan Sea Grant supported local schools in fielding place-based stewardship education projects. In 2021, **110 students and 2 teachers** from Crawford AuSable School District were engaged in Great Lakes and natural resources stewardship programs.



8 Crawford County youths got to be engineers for a day at 4-H On the Move Day Camp, where they built rollercoasters, balloon-powered cars and rockets while learning about kinetic energy, friction, propulsion and more!
"I'm inspired to work for NASA!"
 -Cole, 12 years old



4-H Superheroes learned how to increase their powers through showing kindness and being caring to others.

PROGRAM HIGHLIGHTS

HEALTH & NUTRITION

MSU Extension partners with the Michigan Department of Health and Human Services to provide SNAP-Ed, a nutrition education program designed to reduce hunger and food insecurity and promote healthy eating habits for SNAP-Ed eligible populations.

MSU Extension SNAP-Ed community nutrition instructors teach youth, individuals, and families how to make health a priority. The goal of SNAP-Ed is to improve the likelihood that SNAP-Ed eligible persons will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and the USDA food guidance. In 2021, **32 Crawford County residents** participated in SNAP-Ed programs, such as Eat Smart, Live Strong, Senior Project FRESH, My Way to Wellness, and Cooking for One.

ADULT Physical Activity Improvements



YOUTH	Health & Nutrition Impact	3rd-5th Grade	6th-12th Grade
	increased vegetable consumption	31%	34%
	decreased soda consumption	29%	27%
	increased physical activity	33%	37%
	washed their hands more often	27%	22%
	decreased screen time	31%	27%

YOUTH K-2nd Grade Impact

- 79%** Washed their hands more before handling food.
- 43%** Bring more fruits and veggies as snacks.
- 95%** Can identify healthy food choices.
- 83%** Increased physical activity.
- 77%** Are now eating more fruits and vegetables.



SUPPORTING STRONG COMMUNITIES

As a result of MSU Extension's social-emotional programming, **30** Crawford residents learned how to manage their anger, reduce stress, thrive as caregivers, practice mindfulness and strengthen their families' and communities' understanding of and response to mental health crises.

Residents participated in **25** programs including RELAX: Alternatives to Anger, Sleep Education Program for Everyone, Tai Chi for Arthritis and Fall Prevention, and Powerful Tools for Caregivers.



In partnership with Munson Healthcare and District Health Department #10, Prescription for Health was offered for free to residents of Crawford, Missaukee, Wexford, and Manistee Counties. 13 Crawford County residents participated in this five-week program.

"This last week's assignment of tracking my food has made me more accountable," they said. "It helps me see if I'm missing a fruit or vegetable that day."

-Prescription for Health participant



IMPACT AT A GLANCE



\$1,683,634
TOTAL ECONOMIC IMPACT



118

PROGRAMS HOSTED IN
CRAWFORD COUNTY



97

YOUTHS ENROLLED IN 4-H



32

RESIDENTS SERVED IN
SNAP-ED PROGRAMMING



233

ALUMNI RESIDENTS IN
CRAWFORD COUNTY



14

STUDENTS ENROLLED AT
MSU



\$170,265

FINANCIAL AID DISBURSED
(2020-2021)



\$4,188

SPENT WITH LOCAL
BUSINESS



26

ASK AN EXPERT CONTACTS



4,144

CRAWFORD COUNTY
EXTENSION WEBSITE VIEWS

CONTACT US

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