



Genesee County 2018 ANNUAL REPORT



\$83,030,936
Total Economic Impact



1,034
Enrolled Michigan Students



\$7,852,294
Spending with Local Businesses



1,034
MSU Alumni in Genesee County



\$14,841,380
Financial Aid Disbursed



6,677
Youth in 4-H

Message from the District Director

I am delighted to share the results of another successful year of partnership between Genesee County and Michigan State University (MSU) Extension. Because of your continued support, we have 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 have 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 have also welcomed Genesee 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 browsable research-based resources on our website.

Our partnership with you makes this all possible. On behalf of the MSU Extension team serving Genesee 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



Flint River Monitoring: MSU Extension works with the Flint River Watershed Coalition to train youth and adults volunteers to assess the health of Flint River and its tributaries by looking at the “bugs” in the stream. Twenty-six sites were monitored to assess water quality in 2018.



Teaching Science When You Don't Know Diddly-Squat

Series: MSU Extension developed a series of science lessons. The concept behind these lessons is that anyone, without any formal training, can teach science to kids. With materials that are either already at home, or easy to acquire, volunteers can educate children on science. These lessons are tied to the Next Generation Science Standards. By the end of 2018, 22 of these lessons are available at <https://www.canr.msu.edu/resources/teaching-science-when-you-dont-know-diddly-squat-series>

4-H Youth Development

4-H is the largest youth developmental organization in Michigan. In 2018, Genesee County had 22 traditional livestock and horse 4-H clubs serving 264 youth members ranging in ages of 5-19 years old with 120 adult volunteers. The greatest number of youth reached was in the afterschool programs, SPIN clubs and other short term education programs reaching 6,084 youth in Genesee County. All 4-H programs offered to youth are able to learn valuable leadership and life skills for the future.

Children and Youth

Flint River GREEN: Flint River GREEN is a partnership between the Flint River Watershed Coalition, MSU Extension, General Motors, the Genesee County Drain Commissioners Office and many other groups to expose youth to real world science by testing the Flint River and its tributaries. This process gives context to the classroom learning because students are conducting tests similar to what natural resource professionals do every day. Classrooms across the watershed are paired with environmental professionals as mentors to conduct the testing. Youth from across the Flint River Watershed share their data at a student summit at Kettering University. For middle and high school students from diverse backgrounds to attend a conference, present data to peers, and select their own breakout sessions is a great experience. Teachers and mentors received professional development including a tour of the Citizens Disposal landfill. Evaluation data from the summit shows that students improved their perception of the river and felt they could make a difference in the environment. In 2018, 18 Schools with 1,278 Students participated in GREEN.

Local classes: MSU Extension partnered with local libraries, the Great Start Parent Coalition, Project Fresh, historical groups, and For-Mar Nature Preserve to educate individuals about science and leadership. Topics ranged from edible insects, to plant science, to the history of Extension, to parliamentary procedure to water quality. Twenty of these program were conducted in Genesee County in 2018.

Program Highlights

Early Childhood

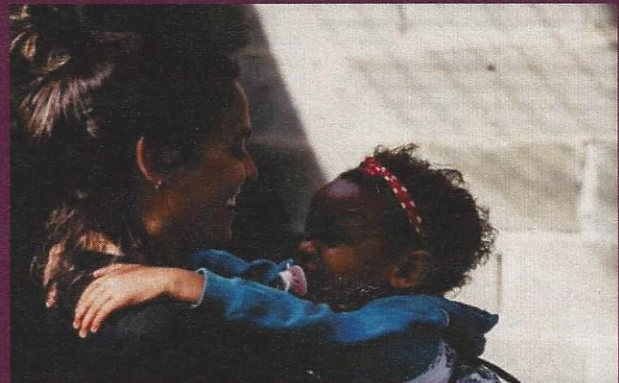
MSU Extension offers a variety of training, curricula and materials to support early childhood development in Genesee County. Resources in this area focus on preparing for School Success in Early Childhood, Social and Emotional Health in Young Children and Family Education and Support.

During the 2018 year, early childhood staff provided programming to over 200 parents, caregivers and early childhood educators. Many One-Time Presentations including "The ABC's of Early Literacy", "Mindfulness for Young Children", "Positive Discipline", "What Children Need to Know to Start School" and "Screen Time for Infants and Toddlers" were offered in Genesee County. Beyond these workshops, we also provide a five-week parenting series titled: "Guiding Principles for Highly Effective Parenting". In Flint, we especially focus on diminishing the effects of lead exposure in overall child development including the areas of cognitive, social-emotional and motor skills. Our series includes topics of developing successful routines, handling behavioral challenges, being a calm assertive parent, establishing supportive relationships and building resilience. "Guiding Principles for Highly Effective Parenting" is designed to bring families together by offering both a parenting class and youth curriculum provided for children with each taking place simultaneously.

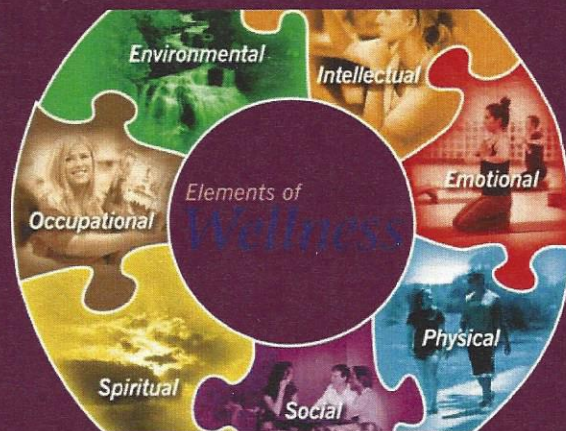
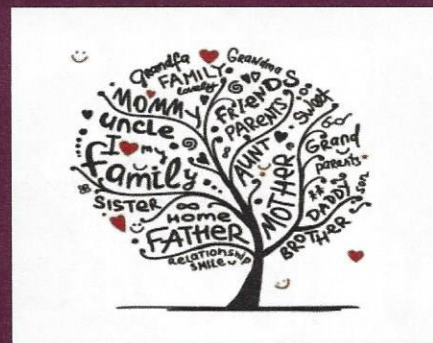
We are here in Genesee County to provide trainings, classes and information to increase the importance and understanding of early childhood development to those in the lives of children.

Social Emotional Health

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 that 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.

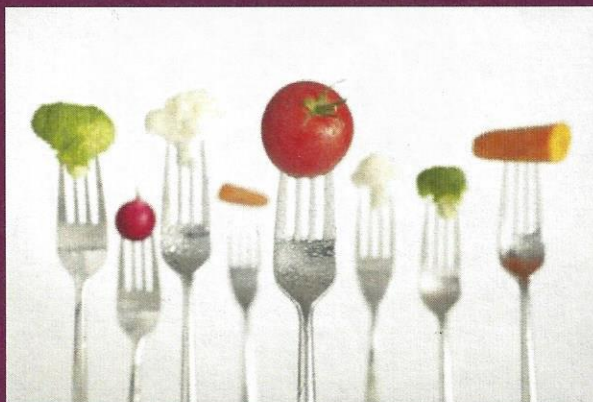


MSU Extension shines a spotlight on emerging literacy, provide tools to help parents and caregivers get children ready for school, and offer programs and events that promote social and emotional health in young children.

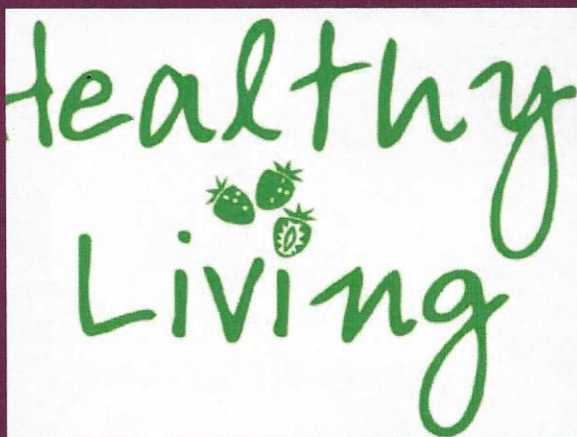


According to the CDC website mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Program Highlights



Dining with Diabetes is a fun and interactive course series targeting individuals with prediabetes, type 1 or type 2 diabetes, members of their support system and/or anyone interested in learning more.



Participants learn to make healthy food choices and incorporate balanced menus into the family dining experience. Classes include research-based education, cooking demonstrations and healthy recipe tasting.

Disease Prevention and Management

Dining with Diabetes

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

2 Dining with Diabetes classes at the Hurley Diabetes Center in Flint with 17 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.

PATH (Personal Action Toward Health) Programming

The Stanford Chronic Disease Self-Management Program (called PATH in Michigan) is a six-week series designed to teach participants to better manage chronic conditions, chronic pain and diabetes (there are three separate PATH workshops, one on each of the above topics).

3 Diabetes PATH workshops in Genesee County with a total of 19 participants.

National Diabetes Prevention Program

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. We meet 16 times in the first 6 months and once a month during the second 6 months of the program.

Program Highlights

Community Food Systems

MSU Extension supports the development of community food systems in Michigan by providing resources and programs to develop local food policy councils, farm-to-institutional purchasing, food hubs and farmers markets.

Michigan Fresh program outreach at two of WIC's Project Fresh events at the Flint Farmer's Market - 7/31 (85 people) and 8/7 (53 people); GC Fair on 8/22 (12 people); Applewood's Fall Harvest Festival on 9/29 (700 people); MIFFS Women in Ag farm's Harvest event 10/26 (10 people)

Presented on Flint's local food systems and the impact of the Flint water crisis on healthy food access with Julie Darnton at the National Urban Food Symposium in Minneapolis, MN on 8/10/18 (45 people).

Presented on MSUE Community Food Systems in Flint and networked at a MSU Outreach convening of the Flint Researcher's Summit on 9/25 (25 people); participated in the Flint/MSU Consultive Panel, connected Flint food systems work to MSU researchers, provided data and reports 10/30.

Co-presentation at the statewide MI Good Food Summit on Uplifting Youth Vision and Leadership in Good Food Work with Darren Bagley & Daniel Marbury on 10/22 (52 people).

Community Foundation of Greater Flint's Regional Food Systems Navigator (RFSN) position - serve on the advisory team with other Community partners; co-partner on the Flint Fresh Veggie Box and Food Hub initiatives; co-presented to CFGF's President/CEO and a program officer on this RFSN work on 3/26, then assisting with developing the presentation and co-delivered to CFGF's Board's Tuuri Health Committee in November, and next to the Genesee County Community Collaborative on 12/17/18.

State host here in Flint for the NIFA/North Central Urban Agriculture IPM Working Group on 4/18-19; the group of 7 was made up of University researchers, Extension personnel and non-profit organizations who work in the realm of urban agriculture development - Cornell Extension and Ohio State Extension were represented, as were nonprofits from Akron OH and Chicago, IL. Each person presented on their urban ag programming; we worked collaboratively on pest ID cards to distribute to growers/farmers; and arranged 4 tour sites in Flint on 4/18, farms and the Flint Fresh Food Hub (under construction), and 2 farm tours in Detroit on 4/19.



In order for a community food system to be sustainable and enhance the vitality of the community, it needs to integrate the seven components of a food system. The components include growing food/producing, processing, preparing, eating, retailing, distributing and waste management.



Learn how community food systems can help your local economy.



School gardens are an educational tool that can positively impact student academic success, affirmative school culture, and a greater willingness to try and appreciate fruits and vegetables.

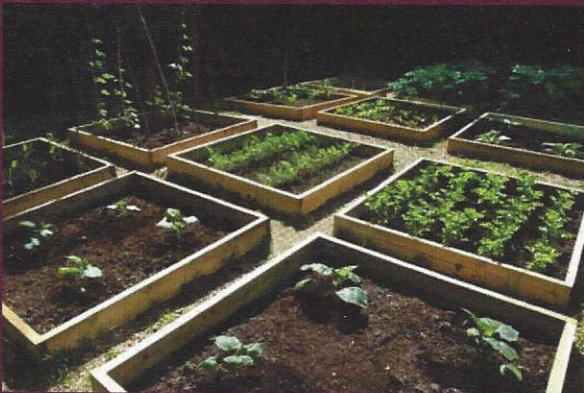
Program Highlights



Through ServSafe, participants learn how to help prevent foodborne illness throughout the flow of food and set up food safety management systems.



MSU Extension assists farmers, agriculture-related businesses, industries, families and individuals to improve their lives and achieve their goals.



2018 - edible flint had 167 Volunteers for a total of 1,751 Volunteer Hours

Community Outreach - 1,592 people reached

ServSafe Genesee County

The Centers for Disease Control and Prevention estimates that each year, roughly one in six Americans (or 48 million people) gets sick, 128,000 are hospitalized and 3,000 die from foodborne diseases.

Through face-to-face and online learning, MSU Extension taught 85 Genesee County residents how to safely can, freeze and preserve fresh foods using U.S. Department of Agriculture guidelines for safe food preservation.

Farm Management

Farm Management Extension programs provide recordkeeping support, financial analysis, and benchmarking services to farms in Genesee County and the surrounding areas. In 2018, 4 Genesee County farms participated, and the programs are expanding over the next year. Consultation programs are also available for farmers planning expansions, new enterprises, and/or transferring the farm to the next generation. In addition, the 2018 Winter Ag Review seminars brought together 84 area producers, including Genesee County residents, to hear the latest information on regional crop production and cost issues.

edible flint

Specific activities and number of participants – 2018:

323 veggie kits distributed; 350 yards of compost delivered (and an additional 100 bags sold); 41 soil tests taken – all results & related resources sent; 35 irrigation hose filters sold & distributed, and 19 gardens tilled through the Garden Starters resource program.

Education: Winter Garden Starters training classes (11 weeks) for 23 residents; Healthy Soil workshop for 71 residents in March; TANF container gardening classes held over the summer for 200 Flint residents, including children; Producer Network trainings- 7 sessions for 21 growers.

Food Garden Tour: Hosted 149 participants; touring 15 gardens; featuring 21 partners participating in a pre-tour informational fair (Partners in Healthy Living Fair) Pounds of fresh produce grown in the Demonstration Garden for residents & Hurley's Food Farmacy patients – 1777 pounds.

Program Highlights

Homeownership Education

MSU Extension Genesee County offers a no cost Homebuyer Education Class that is MSHDA and HUD certified.

You will learn:

- The advantages of homeownership,
- The steps in the home-buying process
- The costs of home ownership
- The importance of good credit
- How to determine how much house you can afford
- Mortgage loan basics
- How to maintain your investment.

Consumer Horticulture and Master Gardener Program

Homeowners often have insect infestations or plant diseases that they are unfamiliar with and need help addressing. MSU Extension Consumer Horticulture provides community education through its Smart Gardening resources, soil testing, plant and insect identification, disease identification and treatment, and a Genesee County local Lawn and Garden hotline and a state-wide toll-free Lawn and Garden hotline to assist Genesee County residents. 1-888-678-3464

MSU Extension annually trains Genesee County residents in horticulture principles using environmentally sound growing practices. Once volunteers are trained, they are required to complete 40 hours of community service in Genesee County to become certified MSU Extension Master Gardeners.

In 2018 MSU Extension Lawn and Garden hotline teams from across the state answered 305 calls for Genesee County. The Genesee County hotline team answered 313 calls from Genesee County and 671 calls from across the state. The Extension Master Gardener Program consists of community volunteers that have been trained to educate the public and support their communities. This is done through horticultural projects that contain educational components. In 2018, 226 Extension Master Gardener volunteers contributed 14,467 volunteer hours representing an economic value of \$357,190.



A homeownership seminar from MSU Extension will equip you with valuable information about the home-buying process that will help you navigate the technicalities and avoid costly mistakes.



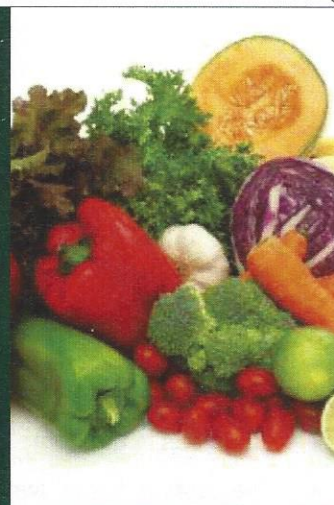
Insect and plant identification is just one resource available to Genesee County residents.



The Extension Master Gardener Program consists of community volunteers that have been trained to educate the public and support their communities.

Extension Providing Nutrition Education

Michigan State University (MSU) Extension efforts related to the Michigan Department of Health and Human Services' *Flint General Nutrition Initiatives Grant*, effective October 1, 2017 through September 30, 2018, which provided information and resources to residents affected by the Flint water crisis. Project objectives targeted the specific audiences of older adults, single adults, adults with disabilities, youth aging out of foster care, and Flint parents and youth.



Nutrition Education

One objective was to deliver nutrition education in the form of single presentations or group series. In Genesee County, 45 educational series were held with adults, leading to 2,422 contacts with participants. There were 30 series where a farmers' market or grocery store tour was included in the lesson. In series, 618 adults participated; for presentations, there were 484 participants including older adults, single adults, and youth aging out of foster care.

Nutrition Education Success Story

Mary, program participant, has had diabetes for 20 years. Prior to taking the MSU Extension nutrition class, she spoke to her doctor about taking nutrition education classes. All her doctor could offer was for wellness education over the phone, and that was not what Mary was looking for. Mary lives in a retirement facility where the program director organized a Cooking Matters class with MSU Extension. This was the kind of program Mary had been looking for!

Mary said that the class taught her to eat better and make better choices. Mary expressed that she was able to make dietary changes such as switching from regular yogurt to unsweetened Greek yogurt. Through the program, she learned how to freeze vegetable scraps and use them to make soup broth. Mary receives commodity food assistance and has to eat what is provided. The Cooking Matters class was a benefit to Mary because she received weekly groceries, much of which were fresh ingredients she doesn't get through the commodity program. Mary said that she recommended the class to other residents, and that she hopes to be able to take part in a nutrition education class with MSU Extension again.



Program participants chopping spinach for vegetable quesadillas.

Nutrition Outreach in Pantries and Corner Stores

MSU Extension provided nutrition education at sites participating in the ReFresh MI programs. This nutrition education focused on getting information to patrons of food pantries and corner stores, as well as location managers and employees. This activity reached a total of 461 people across 18 different events. These events were held at 12 different corner store and pantry locations. Food demos were conducted at these locations, focusing on foods that were available at that location. Information distributed at these nutrition education events include the recipes used in the educational activity, information about the Flint Eats App (an area resource that shows where there is healthy food available at different retail locations), and information about upcoming nutrition education series or events the patrons could attend.

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