

MSUE Health Team

MSU Extension Health Team programming aims to promote health and wellbeing, including understanding important connections between physical, mental, social, and emotional health. In 2020, programs were moved to an on-line format in response to the novel coronavirus outbreak. Classes were held at a state-wide level using Zoom. Statewide, 726 programs were held with 23,440 participants from Michigan and beyond attended either a one-time presentation or a series.

MSU Extension Educators took the opportunity to re-format our traditional educational materials to more time-friendly segments to allow for increased engagement in an online setting. Classes such as Tai Chi, Chronic Pain PATH (Personal Action towards Health), Powerful Tools for Caregivers, RELAX: Alternatives to Anger, WISE-Wellness Initiative for Senior Education, and Stress Less with Mindfulness all went through reviews and updates to allow for improved facilitation of these classes. MSU Extension also created a short-form presentation titled “Mending the Stress Fence” which highlighted the concerns of farm stress on farmers, their families, and ag professionals.

Michigan State University has partnered with the University of Michigan and Wayne State University to expand the Healthier Black Elders program from Detroit to Flint. During 2020, a community advisory board was formed to steer the educational outreach mission of this program. HBE offered five virtual lunch and learn webinars which focused on topics that are relevant to seniors with a special focus on topics relevant to Black seniors. Topics included caregiving, stocking a healthier pantry, grief and loss, Covid-19, and skin care. These events featured highly respected academic and medical expert speakers throughout the State of Michigan.

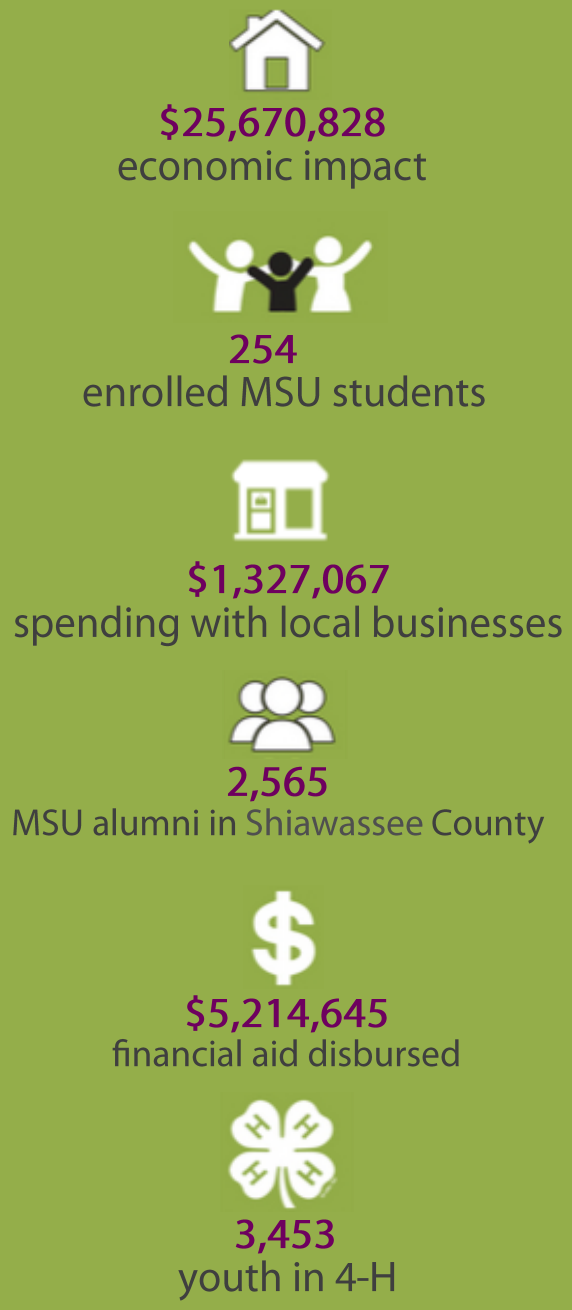
MiSUPER is a two-year collaborative project from Michigan State University Extension, the Michigan State University College of Human Medicine's Department of Family Medicine (MSU-CHM) and the Health Department of Northwest Michigan (HDNW). The MiSUPER project aims to increase awareness of opioid misuse prevention, treatment, and recovery support so community members and healthcare professionals can recognize signs of misuse, offer professional treatment, and support those in recovery. MiSUPER collaborates with a variety of entities across Michigan to offer community & healthcare provider education opportunities.

In 2020, the MiSUPER team delivered 23 one-time presentations reaching community members and substance use disorder health professionals throughout the state. These events reached over 300 participants. The MiSUPER team also delivered a training presentation to AmeriCorps VISTA (Volunteers in Service to America) members in Michigan on the opioid crisis in communities before they began their project work.



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Shiawassee County 2020 ANNUAL REPORT



Message from the District Director

To say 2020 was an unprecedented year does not do it justice. Our nation, indeed the entire world, was thrust into the uncertainty and fear of battling an invisible enemy called COVID19. And everything changed – our normal activities, so long taken for granted, seemed forever altered. From grocery shopping to youth sports, from local schools to factories, from fairs to health clubs, from mass transportation to worship; nothing was left untouched by the threat posed by this virus. We had no choice but to reinvent methods of collaboration, education and community. We had to find new ways to deliver products, services and compassion to our families, our co-workers and our community.

I am proud to say that Michigan State University Extension was up to this challenge. We were prepared to move into the environment of virtual education and collaboration. Moreover, we ensured that our customers – the residents of Shiawassee County – were well served with the high quality, evidence-based curricula to which they have become accustomed. From stress management to disease prevention, from tourism to food insecurity, from nutrition to food safety, from livestock to field crops, MSU Extension hit the ground running – actually increasing our reach in the midst of this pandemic.

Thank you for supporting MSU Extension and for partnering with us to make a difference.



Mark J. Rankin, District 9 Director

Serving Bay, Genesee, Midland, Saginaw, & Shiawassee Counties



MSUE Programming In the Community

It's nice to know we are making positive changes in the lives of the people we work with. Here is just a sample from the past couple months.



Ms. W. said she now hears her student's tell each other... "Don't Yuck My Yum" and "I tried something new!"

Ms. B. stated, I see my kids excited about bringing in fruit and seeing words that they have talked about - "There is wheat in my bagel".

Ms. L. said about both of her Head Start classrooms, Both classes have become more physically active. The children were doing better being able to distinguish foods, whether it was healthy vs. un-healthy and what food group it belongs to.

All 3 of these were from different schools in Shiawassee County.

Supporting Family Nutrition in Shiawassee County

Our Community Nutrition Instructors in Shiawassee County have been busy with direct education virtually. So far this year they have completed 50 class series, that would be over 400 individual class sessions. These classes included both youth and adults. We also conducted 10 one time presentations regarding nutrition to various groups. These one time presentations usually last between an hour and an hour and a half. Through one of these presentation we were able to start a new collaboration. We began programming with a school in Shiawassee County where we had not programmed before. They were very excited and have asked that we return this next school year as well. Along with the direct education we have been working on other projects, one would be helping Shiawassee County Childcare's with Policy, System and Environmental changes (PSE's). During the pandemic we have completed 3 PSE's in this county. The policy, system and environmental changes took approx. 6 months to do per child care settings. MSU Extension also partnered with WOAP to produce a series of on air nutrition interviews so that the public still had a way to get information. That is a continued partnership and we hope to build it out to a more regular event. MSU Extension Nutrition staff also reached the community thru indirect education. Handouts, newsletters, radio, internet and other sources of indirect education. Shiawassee County recorded a reaching over 1400 individuals with indirect education.

Shiawassee 4-H Leading the Way



The Shiawassee 4-H Program reached just under 2,000 youth with county programs this past year with 542 of them enrolled through community 4-H clubs and the others being reached through short term educational programs. This year our programs looked much different as we went to all virtual programs in 2020 despite that change youth still showed up on many different virtual platforms!

This spring an Online Virtual Livestock Learning Clinic that had over 900 youth and adults from all over the country registered! There were participants from 7 different states and even a few from Canada! Youth learned lots about their 4-H projects from professionals in the industry. They were able to show off their projects in the 2020 Virtual Shiawassee County Showcase and the 4-H Virtual Exhibit Barn!

We had some new partnerships in the past year, partnering with Owosso Schools to deliver Ag in a Bag kits to 2nd and 3rd grade students for them to learn more about agriculture and 4-H programs! We also continued our partnership with the Community District Library with a kit program to two different branches to teach youth about science!

We were honored to have one of our 4-H youth be awarded as the Michigan 4-H Youth Animal Science Sportsmanship Winner once again, a youth from our county 4-H program has won this statewide award every year since 2017! Shiawassee County also had 3 youth win a 4-H State Award, which is the highest award a youth can win at the state level in their 4-H Career! Youth won in the categories of Beef, Swine and Environmental Science.

Shiawassee 4-H and AmeriCorps Collaboration



Once again, in 2020 we brought on an AmeriCorps Member who is serving the role as a the 4-H STEAM SPIN Club coordinator. Through the challenging pandemic year she has been persistent in developing and holding safe, virtual SPIN clubs and activities for our youth. With the development of 10 new virtual SPIN clubs, hosting many family engagement virtual scavenger hunts, and 2 service projects she has reached over 100 new youth.



We were "Full STEAM Ahead" virtually in this snack time science SPIN club. The club conducted experiments with items that were all edible. In the above photo youth learned that just by changing the motion (agitating) of their single ingredient, it caused the fat molecules to clump together creating good old fashion butter.