

2017 4-H in Columbiana County

**715
Youth**

1,064 Animal Sciences



**104 Science, Technology,
Engineering and Math**



**187
Volunteers**

**125 Communication/ Fine Arts/
Consumer Sciences/
Leadership**



**38
Clubs**



50 Food/ Nutrition/Healthy Living

**1,315
Projects**

107 Cloverbud



Healthy Living

- Mindfulness
- building positive attitudes about health and well being.
- teaching youth to recharge
- reducing risky behaviors

Mentoring

- building healthy relationships
- enhanced self esteem
- improving interpersonal skills

4-H Camp Programs

- building confidence
- develop life long skills
- grow independent
- learn social skills
- reconnect with nature
- make new friends

Teen Council / Leadership

- creating leaders of tomorrow
- building strong public speakers

906

**Preparing Youth for the
Future of Columbiana
County**



“As a member of 4-H, I feel I gained valuable confidence to believe in myself and to always work hard for any cause I believed in. 4-H makes true leaders by encouraging individualism.”

-Denise Rhodes, 4-H Alumni and 4-H parent

“4-H Enriched my life in many different ways: work ethic, working together, leadership, public speaking, responsibility and lot of friends throughout the state. Without my 4-H experience as a child and learning with our children today, I can guarantee that I would not be the person I am today. I am grateful for my experiences with our 4-H program.”

-Brenda Smallwood, 4-H Alumni and 4-H Volunteer



“The projects I took in 4-H gave me valuable skills which has benefited me in every job I’ve had. I learned about farming, carpentry, and gardening while improving my teamwork and leadership skills.”

- Adrienne Bock, 4-H Alumni

“4-H helped to shape me into the person I am today by teaching me public speaking skills and making new friends while experiencing new places.”

- Brooke Hoffmeister, 4-H Alumni

“4-H taught me how to set goals and to achieve them. I look back on them now and see all that I accomplished. I am honored to be a part of the 4-H program today to share with others how to set goals and make them a realization.”

- Delmar Karlen, 4-H Alumni and 4-H Volunteer

“4-H is one of those programs that you never really leave. The leadership skills, relationships, and confidence you gain through 4-H stay with you throughout your career, community endeavors, and life in general. For me personally, 4-H laid the foundation for my passion, my career, and my daily life in agriculture.”

- Haley Drake, 4-H Alumni



“While in 4-H, I learned many life skills. The most important skill beyond those from my projects was the skill to work with others. I learned to be a team player. 4-H is like a family. I would like to see it preserved for our future generations. “

-Barb McKarns, 4-H Alumni and 4-H Volunteer

EFNEP (Expanded Food and Nutrition Education Program) Highlighting 2017 Success in Columbiana County

FY17, EFNEP (.38 FTE) reached a total of **81** participants, with a total reach of **248** family members. **1,356** sessions were conducted.

90% Adults improved in nutrition practices

64% Adults improved in food safety

65% Adults showed positive change of whole grain intake



97% Adults improved in any food group consumption

73% Adults improved in food resource management

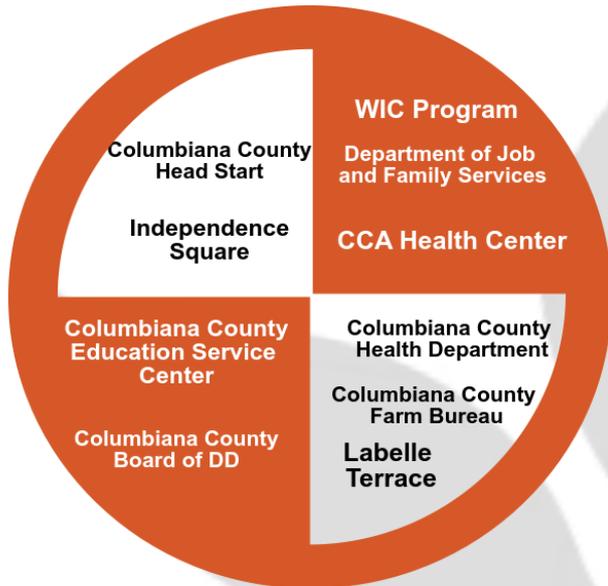
EFNEP changes in FY17

58% positive change in vegetable consumption

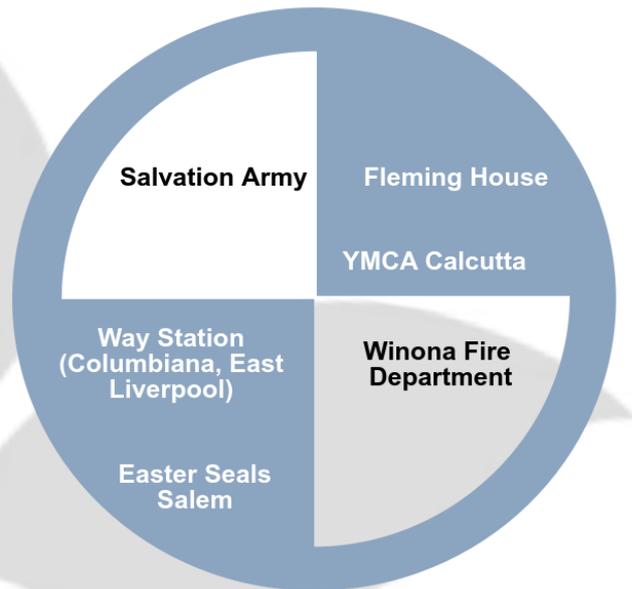
69% decreased solid fats and added sugar intake

Columbiana County Extension Community Partners

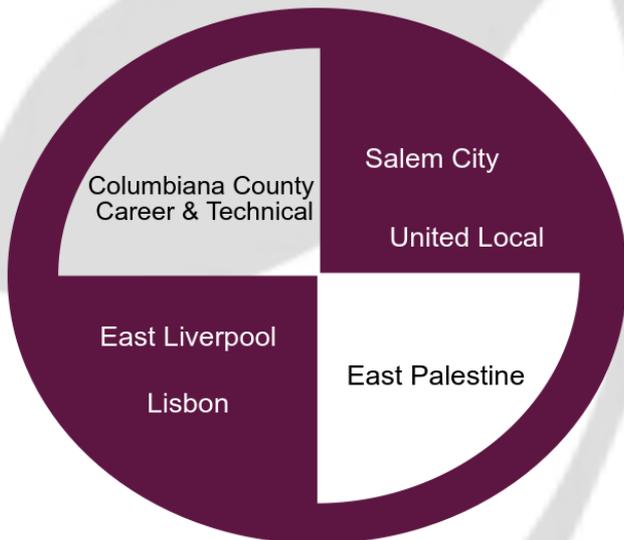
County Agencies



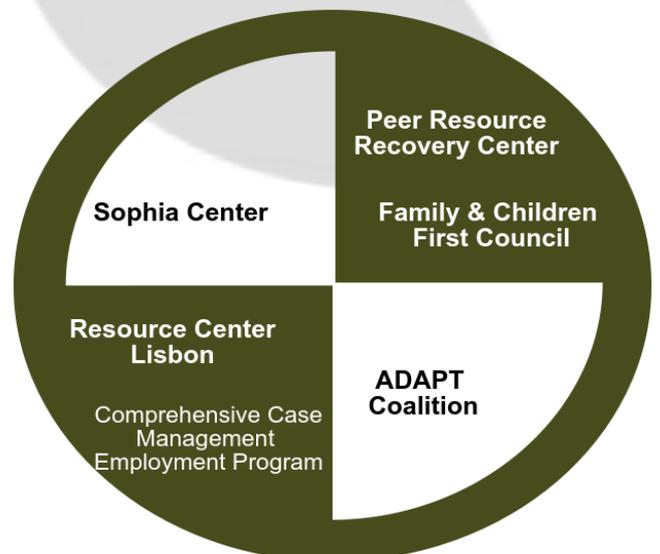
Volunteer Organizations



Local Schools



Community Resources



"What is Extension?"

BRINGING PEOPLE AND IDEAS TOGETHER

YOUR Local Connection to the Research, Resources, and Expertise of the Ohio State University



Outreach and Engagement



We Work to Partner, Collaborate & Educate to Improve Social, Economic, & Environmental Conditions



Provide Local Opportunities for Lifelong Learning



Unbiased, Credible & Relevant Information



HEALTH & WELLNESS

- Financial Education
- Food Safety Programs
- Parenting & Family Skills
- Nutrition Training
- Drug & Alcohol Addiction



CAREER READINESS & JOB SKILLS

- Career Exploration
- Workforce Development/Preparation
- Business Support Planning
- Entrepreneur Training



THRIVING ACROSS THE LIFESPAN

- Youth Development
- Volunteering Opportunities
- AGRability programming
- Succession Planning
- Successful Aging



SUSTAINABLE FOOD SYSTEMS

- Education on making decisions about food
- Direct Marketing Training
- Specialized Agricultural Training



ENGAGED OHIOANS, VIBRANT COMMUNITITES

- Community Partnerships
- 4-H Clubs
- Engaging in meaningful dialogue for a positive change to meet local needs



ENVIROMENTAL QUALITY

- Invasive Species Awareness
- Natural Resources Conservation
- Pond Management