

2018-2019
Wyandotte County K-State Research and Extension
Program Summaries, Impact and Public Value Reports



From the Director

Greetings,


As director of our Wyandotte County Extension program I am both honored and humbled. As a native 'Dotte, I am honored to work where I was born, raised, educated, and where I settled to raise my family and work. I am humbled to lead an extraordinary faculty and staff dedicated to providing our residents with the education and resources that ensure everyone enjoys their best quality of life.

Last year was exciting, as we witnessed population and economic growth in the county. As you read our impact reports, you'll agree that our Extension program is a key connector between the University's resources and our community needs. We've been serving this counting for over 100 years. Thank you for your continued support, and I'd love to hear from you.



Our Location



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 KSREWyco

Our Mission

"To provide leadership in education through evidence based, culturally appropriate programs and information that improves the quality of life for all citizens."

Our office provides a balanced mix of programs in Horticulture, Family and Consumer Sciences, 4-H Youth Development and Community and Economic Development.

During a strategic planning process with stakeholders, K-State Research and Extension identified five grand challenges facing every Kansan: global food systems, water, health, community vitality and developing tomorrow's leaders. Our efforts in research and extension focus on addressing these challenges to help better our county, state, country and world.

Wyandotte County Extension stresses the importance of enriching the lives of our citizens by providing free or low-cost opportunities to engage in lifelong learning. Our staff members are trained to provide educational programs to all members of the community.



Five Grand Challenges

K-State Research and Extension History and Partnership Flow Chart

As an integral part of a Land-Grant university that receives funds from the United States Department of Agriculture (USDA) through the National Institute of Food and Agriculture (NIFA), K-State Research and Extension is committed to fair and equitable treatment of all employees and program participants.

In fact, as the nation's oldest Land-Grant institution, K-State has been putting service and compassion into action since 1863. The university was only the second public institution of higher learning in the U.S. to admit women and men equally. Throughout history, the university has remained committed to creating a level playing field where all can succeed and overcome challenges.



Our Departments

Community Vitality



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4-H Youth Development • WyCo4H



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Expanded Food and Nutrition Education Program

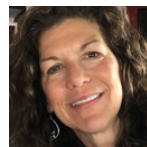


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Family and Consumer Science



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Lawn and Garden • wycomastergardeners



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Supplemental Nutrition Assistance Program Education

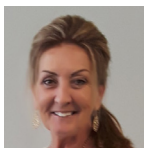


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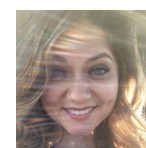
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2018-2019 Program Summary, Impact and Public Value Report

Program	Grand Challenge	Impact	Public Value
Culture of Health The Wyandotte County KSRE partnered with the Merc Co-op, the Historic Midwest Northeast Association (HMNA), the Community Health Division of the Unified Government Health Department, and the Economic Development department of the Unified Government to educate residents about the operations and benefits of the co-op model for increasing food access, learn what types of products consumers would desire and purchase from a co-op grocery store and what would motivate consumers to shop at a grocery co-op.	Global Food Systems Health	<p>Our staff facilitated 12 plus listening sessions through the county to hear the diverse voices of the community, reaching about 100 residents, employees and community stakeholders. These sessions resulted in recommendations to provide:</p> <ul style="list-style-type: none"> • quality customer service • public safety • healthy and affordable food • educational classes • community gathering space <p>As a result, the Merc has continued to work with the UG as the store is being constructed and preparing to open in Spring 2020.</p>	For over 10 years, our Extension faculty have worked with community agencies and the Unified Government to attract tradition grocery stores to our food desert areas. While these efforts have been relatively unsuccessful, this co-op grocery model uniquely meets the needs of the community for food access using an alternative funding source. As construction is underway and the store is scheduled to open, our office was cited as key in facilitating discussions between the Unified Government, the Merc and community residents.



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2018-2019 Program Summary, Impact and Public Value Report

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<p>Stay Strong Stay Healthy (SSSH) 8-week, 16 class program for older adults. The program goals and objectives are to reduce the number of falls among older adults and increase their ability to continue living independently by improving their balance, flexibility and muscle and bone strength.</p> <p>ServSafe (SS) Nationally recognized food safety employee training including personal hygiene, receiving and storing, cooking and serving, cleaning and sanitizing.</p>	Health	<p>Stay Strong Stay Healthy</p> <ul style="list-style-type: none"> • Three classes series were offered this year including, two Level 1 and one Level 2. 13 out of 18 completed the series including pre- and post-assessment showing improvement on all or some of the fitness tests. One success story: "I have confidence in my strength, and less fear of sitting and standing safely and less fear of being unable to maintain my strength for everyday activities." <p>ServSafe</p> <ul style="list-style-type: none"> • 84 completed the Food Handler ServSafe training • 9 completed the Manager test. 	<p>By supporting K-State Research and Extension nutrition, food safety, and health programs, people adopt healthful lifestyle habits, chronic and acute diseases decrease, safer food handling practices, incidences of foodborne illness decrease, a safer food supply is available, medical costs decrease, quality of life improves, employees are more productive and miss fewer days of work due to illness. Other community members benefit as well by reducing the cost of health care and increasing productivity.</p>



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<p>Mental Health First Aid (MHFA) is an effective international training program. Peer-reviewed studies show that individuals trained in the program:</p> <ul style="list-style-type: none"> • Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions. • Identify multiple types of professional and self-help resources for individuals with a mental illness or addiction. • Increase their confidence in and likelihood to help an individual in distress. • Show increased mental wellness themselves. 	<p>Community Vitality Health Develop Tomorrow's Leaders</p>	<p>Mental Health First Aid™ (MHFA) is an educational program geared towards educating MHFA responders to assist those who may be experiencing a mental health condition or disorder. They will work with community partners to deliver an 8-hour training on MHFA.</p> <p>To date 38 people have been trained in MHFA and are certified for three years. "This information was very informative and invaluable" "Inclusion of participants"</p>	<p>In any given year approximately 34% of the 130 million adults in the United States suffer from a mental health condition or disorder.</p> <p>Anxiety and depressive disorders are the most common followed by substance use disorder.</p> <p>Many people who suffer from a mental illness do not seek help. Studies have shown that the stigma of being perceived as having a mental illness prevents many adults from seeking help.</p>



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2018-2019 Program Summary, Impact and Public Value Report

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<p>Extension Master Gardener (EMG) Program The EMG's assist the horticulture agent in educating the public about lawn and garden best practices including demonstration gardens, and speaking engagements.</p> <p>Plant-to-Plate Program Youth discover the same things that help plants grow healthy are fundamental for their own growth.</p> <p>We empower youth to make healthful food choices and understand their source of food.</p>	<p>Community Vitality Health Water Develop Tomorrow's Leaders</p>	<p>EMGs</p> <ul style="list-style-type: none"> • 32 active members <p>Plant to Plate Program</p> <ul style="list-style-type: none"> • The EMG's and I taught 1,925 preschool through high school aged youth about horticulture and nutrition. • Adults and youth learn about best management practices, including composting debris, mulching, drip irrigation, Integrated pest management. • The youth learned the relationship between growing plants and eating healthy plant foods – nutrition starts with foods derived from fruits, vegetables, and grains. 	<ul style="list-style-type: none"> • During 2019, the EMG's recorded 4,326 hours of volunteer service. This equates to 135 hours of service per volunteer. • The monetary value of their contributions totals \$110,010.18 (dollar value of volunteer = \$25.43/hour per the Independent Sector Research).



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<p>EFNEP Offers practical lessons in basic nutrition, food preparation, food budgeting, food safety and physical activity in settings convenient for the participants.</p> <p>SNAP-Ed SNAP-Ed offers practical lessons in basic nutrition, food preparation, food budgeting, food safety and physical activity in convenient settings.</p>	Health	<p>EFNEP Adult Program served:</p> <ul style="list-style-type: none"> • 35 program graduates • 65 families • 230 total participants reached • 94% participants improved diet quality • 89% participants improved physical activity • 89% participants improved food safety skills <p>SNAP-Ed</p> <ul style="list-style-type: none"> • Served 280 participants through 23 series. • 209 Adult Females • 71 Adult Males 	<p>In 2019, www.countyhealthrankings.com ranked Wyandotte County 99th in health outcomes.</p> <p>EFNEP and SNAP-Ed participants learn health eating and physical activity habits so they can make healthier choices. This leads to fewer weight-related chronic and acute disease and improved quality of life, benefiting other community members by lowering the public cost of health care and health insurance.</p>



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2018-2019 Program Summary, Impact and Public Value Report

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<p>Bite Prevention & Safety Around Animals is a six-week program for youth throughout Wyandotte County.</p> <p>The program goals and objectives are to reduce the number of animal bites among youth, to increase their ability to feel safe around animals, and to understand the direct correlation between animal health and human health, by improving their knowledge of animal science and personal safety.</p>	<p>Develop Tomorrow's Leaders Health</p>	<ul style="list-style-type: none"> • Nearly 700 youth program participants • 8 classes offered via school enrichment and after-school 4-H programs. • Youth developed positive perceptions of dogs and displayed confidence after participating in program. • Youth successes included learning they must wash hands after interaction with animals to prevent illness, learning proper techniques to interacting with dogs and feeling safer to play outdoors. 	<p>According to the Center For Disease Control, approximately 4.7 million dog bites occur in the US each year, and 800,000 of those bites result in medical care. Half of those bites are to children. Among the children, the rate of dog-bite related injuries is highest for ages 5-9.</p> <p>Youth adopt behaviors that help them avoid dog bites, to be safe around animals, and to employ behaviors in care and handling that improve health, reduce diseases, decrease medical costs, and quality of life improves.</p>

Our Wyandotte County Extension Volunteers



Many departments in our office utilize volunteer groups who help fulfill our mission.

These dedicated individuals help deliver programming and serve in variety of leadership roles as community members, 4-H Club and Project leaders, Extension Master Gardeners, and Extension Master Food Volunteers.

In 2018-2019, our volunteers from all program areas reported a total of 6,022 volunteer hours dedicated to continuing to create a stronger tomorrow in Wyandotte County.

This equates to \$153,139.46 contributed to the community when calculated by the Independent Sector current national volunteer hourly rate of \$25.43.

We are very thankful for our volunteers who help accomplish delivering educational programming and support the Extension mission.



Our Achievements 2018-2019



Wyandotte County Extension Master Gardeners received “Extension Search for Excellence” third place award, and \$200 cash prize for their Aquaponics community project at the Turner Gardens during the Kansas Advanced Master Gardener Training held in September 2019.



Wyandotte County 4-H and Due West Ranch in Piper, Kansas created official an partnership as a community space for WyCo 4-H and Extension programming and events.



Wyandotte County K-State Research and Extension helped facilitate more than a dozen community listening sessions in partnership with the Merc Co+op grocery store, the Unified Government and many other community groups.

This established partnership demonstrates the many opportunities for extension staff and agents to expanded their outreach through facilitation and education in the community.

Thank you to our 2018-2019 Extension Board and Council

Agriculture/ Natural Resources	Family and Consumer Sciences	4-H Youth Development	Community Development
Don Crim	Errol V. Cade	Vicky Edwards	Teresa Bolton
Linda Lust	Diva Esparza	Jessica Cook	Broderick Crawford
Travis Slankard	Lori Lanter	Daniel Harris	Daryel Garrison
Steven Mortell	Monica Mendez	Becky Korgol	Andrea Generaux
Hal Walker	Kari Neill	Katie Peterson	Theresa Van Goethem
Janet Winkler	Amber Tolbert	Kristi Priddy	Marsha Toler

2018-2019 Extension Board Members

Andrea Generaux - Board Chair

Marsha Toler- Vice Chair

Amber Tolbert - Secretary

Daniel Harris- Treasurer

Teresa Bolton

Errol V. Cade

Don Crim

Daryel Garrison

Kristi Priddy

Making a difference in Wyandotte County



Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Jo McLeland, Office Professional, 913-299-9300.



K-STATE

Research and Extension

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