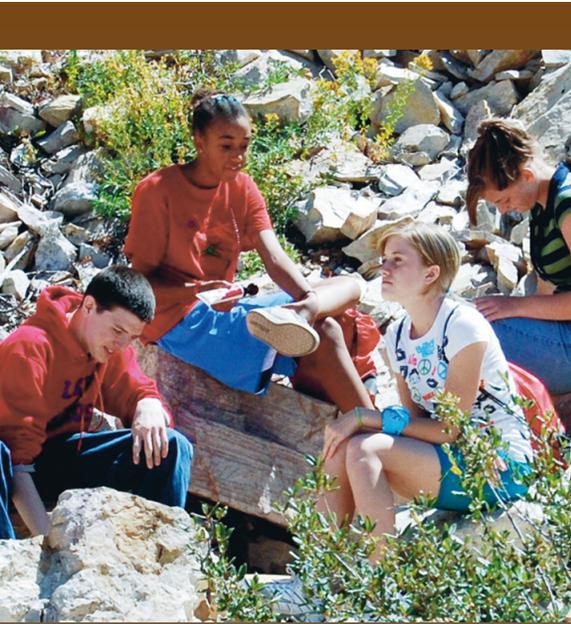


Washington State University Spokane County Extension

HEALTH AND WELLNESS

NATURAL RESOURCES

YOUTH AND FAMILIES



SPOKANE COUNTY QUICK FACTS

- *Named for the Spokane Tribe of Indians*
- *County seat: Spokane*
- *Land area, in square miles: 1763.64 (state rank: 19)*
- *Median household income (2007): \$46,308*
- *Population (2007): 451,200 (state rank: 4)*

CONTACT

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Washington State University Spokane County Extension is part of the world-class outreach and engagement enterprise of the university. We partner with businesses, the community, and volunteers to drive innovation, invention, and technology transfer. We specifically focus on expanding the problem-solving capacity of communities, enhancing and sustaining the local economy, enhancing natural resources and the environment, enhancing economic opportunities for agriculture, improving health and wellness—especially in the realm of nutrition and obesity prevention—and eliminating barriers to the success of youth and families.

We leverage every dollar we receive from Spokane County with federal, state, grant, and private funding to maximize our reach and effectiveness. In fact, for every \$1 invested by Spokane County, WSU Extension provides more than \$4.85 in state and federal resources. Additionally, faculty and staff in the county raised more than \$1,307,597 in extramural funding for 2008. Therefore, every dollar that Spokane County spends in support of WSU Spokane County Extension generates \$8 for the county—an 800 percent annual return on investment.

Impacts

Health and Wellness

Helping Kids Make Smarter Food Choices

By teaching children to eat a variety of foods and to make better nutrition choices, Food \$ense educators help Spokane youth live healthier lives.

Food \$ense classes were provided to 200 students in the third through sixth grades in 2008. The program emphasized new and different foods to encourage variety and balance. Students were taught how to choose foods with less fat and sugar and how to make healthy snacks.



MASTER GARDENERS

The Gardening for Life program serves seniors, patients in rehabilitation facilities, disabled children, and anyone else who needs to learn new ways to garden (above).

Volunteers staff the Spokane County Extension Plant Clinic and Resource Center (below).



A survey of participants found that more than 80 percent now understood the importance of trying new foods and choosing healthy foods. One graduate commented “I learned that you should try new foods and recipes even if you don’t think you’ll like it. I really like a lot of food we made that I usually would not try!”

They also learned about safe food handling. After taking the class, 95 percent of Food \$ense graduates understood the importance of safe food preparation. Or as one young graduate noted, “I learned all about germs!”

Helping Food Bank Clientele Invest in Nutrition

Eighty percent of the households using the Second Harvest Food Bank reported income below the federal poverty level. In those households, 44 percent of the members were children and 11 percent were 55 and older. Fifty-four percent of parents reported skipping a meal so their children could eat, and 51 percent of people in households without children said they go without food when they run low on groceries. Of those, 22 percent skipped meals every day.

Food \$ense provided 198 classes to 4,869 people to help make the best use of food from the food bank. Each class presents a low-cost recipe using a food item available from the food bank. In 2007, Food \$ense instructors placed particular emphasis on foods that are often re-donated because clients don’t know what to do with them. Dry beans are one example: food bank clientele received information on how to rinse, soak, and cook dry beans. Similar educational materials were developed and distributed for dry figs, buttermilk, cabbage, and powdered egg mix.

One graduate commented, “[Now] I am able to eat more fresh fruits and vegetables and cook without salt. I have learned to cook new recipes to feed my family.” Graduates also reported eating more fruits and vegetables and cutting back on fast food. A number of graduates indicated that they were now able to use staple foods and stretch their food dollars.

Natural Resources

Master Gardeners Teach Sustainable Gardening Practices

Master Gardeners in Spokane County serve a diverse group of people with varying needs.

WSU Spokane County Master Gardener programs include Gardening for Life, a program serving seniors, patients in rehabilitation facilities, disabled children, and anyone else who needs to learn new ways to garden. In 2008, Gardening for Life made presentations to 68 senior groups.

Master Gardeners also staff the seasonal Spokane County Extension Plant Clinic and Resource Center. Nearly 4,000 people visited the center in 2008. That same year, more than 2,400 young people participated in the Master Gardener Youth Program.

Master Gardeners teach sustainable landscaping, water conservation, water quality protection, integrated pest management, control of invasive species,

and other sound horticultural practices. Adoption of these techniques can increase home values, benefit watersheds, and improve the health and well-being of citizens and their communities.

According to course evaluations, participants reported that they planned to: implement water conservation (92 percent); reduce pesticide use (76 percent); do more to protect water quality (60 percent); develop low maintenance landscaping (84 percent); and reduce invasive species plantings (52 percent).

Forest Stewardship

The Forest Stewardship Program in Spokane County helps family forest landowners better manage their forest lands in the face of increased development and forest fragmentation. As forest parcels shrink and the boundaries between urban and rural lands blur, landowners need tools and information to sustainably manage their forests within this rural-urban interface. Many landowners want to minimize insects and diseases, decrease fire risk, and maintain important ecosystem functions such as clean water, clean air, and wildlife habitat.

More than 150 family forest owners, representing about 5,000 acres in Spokane County, have participated in forestry education programs such as forest health workshops, wildfire education, succession and estate planning, wildlife habitat development, managing for noxious weeds, and coached forest stewardship planning short courses. In a one-year follow-up survey of 2007 coached forest stewardship planning short course graduates, all reported having pruned trees and reduced wildfire fuels on their property. Similarly, every graduate reported making improvements to wildlife habitat. A majority (71%) planted trees and controlled noxious weeds.

Successful Biological Control for Cereal Leaf Beetle

The cereal leaf beetle, a significant pest of small grains and a threat to grass hay, was first detected in Spokane County in 1999. The small, iridescent, blue beetle has been spreading across the U.S. for the past 40 years.

In cooperation with local growers and state and federal agencies, WSU Extension established a biological control project to keep cereal leaf beetle populations below the economic threshold. As a result, very little chemical insecticide has been needed in Spokane County to control the pest. This control method saves Spokane County grain growers \$750,000 annually in insecticide application costs. Without the controls, probable crop damage from the beetle is estimated at \$4,300,000 in Spokane County alone.

4-H Youth Development

Spokane County 4-H is built upon principles of collaboration and cooperation, development of knowledge and skills, civic and social responsibility, and independence. In 2008, the program grew by 14%, up from 636 to 728 young people. In addition, 242 trained adult volunteers, up from 178 in 2007, contributed their talents to 4-H. Based on studies by Washington State 4-H and the group Independent Sector, the time of these volunteers is worth more than \$1 million to Spokane County.



NATURAL RESOURCES

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According to a Tufts University Study, 4-H youth demonstrate significantly greater civic engagement, respect for cultural norms, confidence, integrity, connections with family and peers, and empathy than non-4-H youth. They are less likely to engage in high-risk behaviors and are more likely to attend college. In 2008, fully 86% of Spokane County 4-H'ers who had graduated from high school chose to attend college.

Spokane County 4-H has more than 60 clubs and numerous projects. Highlights include:

- The Community Connections Club brought Slavic members and their immigrant grandparents together through a gardening project and Harvest Festival. The project affected an entire community and won the Chevron-sponsored state 4-H service award.
- The Spokane County 4-H Horse Bowl team placed first in state and fifth nationally. This was the best performance ever by a Washington State 4-H Horse Bowl Team. Horse Bowl requires strong public speaking skills and considerable equine knowledge.
- 4-H teens from the Teen Advisory Committee, together with WSU Extension staff, won a grant to teach elementary school children how to live healthier lives through a program called, "Health Rocks!" They conducted 12 hours of programming for 65 elementary school children, many of whom were considered at-risk.
- A unique science camp, in partnership with Eastern Washington University, provided two, week-long, residential summer science camps for 95 youth between the ages of 10 and 15. The camp targeted low- to moderate-income youth. Evaluations showed that participants improved their skills in scientific processes, data analysis, and inquiry—all of which are documented areas of low WASL performance by Washington public school youth.

4-H YOUTH DEVELOPMENT

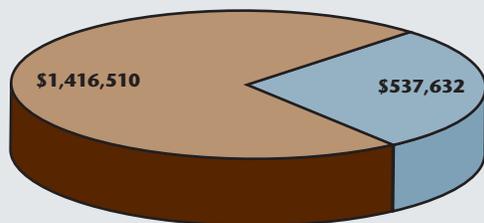
"I have become more comfortable working with young people of any age. I feel confident in asking each of them to do their best and to try their best and to enjoy experiencing new and challenging things."

— 4-H Leader

Overview of Funding for WSU Spokane County Extension Programs

WSU Support for County Extension Programs

- WSU Support in County
- Other WSU Support



Direct Funding Sources for County Extension Programs

- Total WSU Support
- Grants and Contracts
- County Support



Total Funding Supporting County Extension Programs

- WSU Support in County
- Other WSU Support
- Grants and Contracts
- County Support

