

Washington State University Wahkiakum County Extension

COMMUNITY DEVELOPMENT

NUTRITION EDUCATION

YOUTH & FAMILIES



Every dollar that Wahkiakum County spends in support of WSU Wahkiakum County Extension generates \$10.15 for the county—a more than 1000% annual return on investment.

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Washington State University Wahkiakum 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 within the county, 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.

WSU Extension and Wahkiakum County have a long history of working together successfully. Washington state's first extension agent, George Nelson, began work in Wahkiakum County in 1912.

We leverage every dollar we receive from Wahkiakum County with federal, state, grant, and private funding to maximize our reach and effectiveness. In fact, for every \$1 invested by Wahkiakum County, WSU Extension provides \$8.77 in state and federal resources. Additionally, Extension faculty and staff in the county have raised an additional \$45,000 in extramural funding in 2008. Therefore, every dollar that Wahkiakum County spends in support of WSU Wahkiakum County Extension generates \$10.15 for the county—a 1015 percent annual return on investment.

Impacts

Supporting and Boosting our Local Farms

WSU Wahkiakum County Extension provides many forms of support to our local small farms and the families that operate them. Extension makes available educational opportunities on direct marketing, agri-



SMALL FARMS

WSU Wahkiakum County Extension provides many forms of support to local small farm families including making available educational opportunities on direct marketing, agri-tourism, risk management, and sustainable practices.

tourism, risk management, and sustainable practices. These efforts support promotion of value-added agriculture, a primary goal of the county economic development strategy. In June 2007 the Longview Daily News proclaimed, "In Wahkiakum County, Small Farms are Coming Back Big Time."

- The small farms/community horticulture program offers education and support to local growers through direct, one-on-one consultation and by coordinating cooperative efforts.
- Wahkiakum County Extension brought the acclaimed "Cultivating Success" small farms course to the county, the only site in southwest Washington where the class is offered. This course helps small producers learn to develop business and marketing plans to increase business, and teaches sustainable farming practices. Seventeen local farmers enrolled in the inaugural class.
- In 2008 Wahkiakum County Extension organized the county's first Columbia River Country Days, including farm walks and a dinner by lamplight on the Grays River Covered Bridge. This event provided an opportunity for tourists and locals alike to experience farm life, increase their awareness about agriculture, and sample the bounty of our county's farms.
- Working with local farmers, Wahkiakum County Extension created a successful joint marketing organization: the Wahkiakum Food and Farm Network. In 2006 the Network published its first consumer guide to local agriculture, listing six local farms and their products. The 2007 edition expanded to include 14 farms and food purveyors, and in 2008 members of the Network grossed more than \$40,000 in sales.
- The Network's farm guide has won praise from consumers as well as local growers. Consumer Heidi Heywood of Skamokawa says the guide has enabled her family to add more produce and other local products like farm-fresh eggs, pasture-raised meats, and local artisan bread to their diet. Local growers report seeing expanded markets for their goods. And market manager Rob Stockhouse reported increased crowds at the Two Islands Farm Market, with 200 visitors one Friday afternoon.

Improving Health, Safety, and Nutrition

WSU Wahkiakum County Extension improves the health and wellness of county residents through programs stressing nutrition, healthy lifestyles, and safe food handling practices, primarily presented in the WSU Food Sense Nutrition Education program.

- In Cathlamet 25 students participated in a six-class series to learn healthier eating habits, including proper hand washing before preparing or eating food, choosing healthy snacks, and eating more fruits and vegetables. Impacts measured by pre- and post-testing found that 21 students improved their hand-washing abilities, 10 learned to better

identify proper portion sizes and recommended numbers of daily servings per food group, and 10 students were better able to identify low salt, low sugar, and low fat snacks.

- In Rosburg 12 students participated in a six-class series learning about different food groups in order to make healthy snacks including vegetable wraps and fruit kebobs. Students reported that they found they liked healthier foods that they had been reluctant to try, including such items as fresh broccoli and whole grain tortillas.
- Gardening and nutrition classes, presented both as weekly after-school classes and as part of the Summer Youth Adventure Program, taught participating students how plants convert water and soil nutrients into the edible nutrients in fruits and vegetables that keep us healthy.
- The Extension Food \$ense program worked with the Wahkiakum County Health and Human Services Department to assist clients in learning about planning and making healthy, low-cost meals, and how good nutrition improves their health.

Grassroots Poverty Reduction

WSU Wahkiakum County Extension organized citizen participation in the Horizons Project, a grassroots effort to help rural communities reduce poverty and stimulate local economic development. Horizons brings the resources of the St. Paul-based Northwest Area Foundation to bear in motivating and training local citizens to mobilize local resources and identify obstacles to poverty reduction.

- More than 100 Wahkiakum County citizens aged 15 to 82 have participated in some aspect of the Horizons process, enhancing citizen engagement in reducing poverty.
- Based on citizen input, a strategic poverty reduction and leadership strategy for the county has been designed by a steering committee of 12 citizens, including 3 teens. This committee is now working to implement its objectives.
- The steering committee is actively pursuing three strategic initiatives: developing a community investment fund to support “homegrown” entrepreneurship; finding a location for a community and teen center to bring all generations of the community together; and eliminating telephone toll charges between communities within the county to enable better community engagement.
- A citizen’s handbook is being created as part of the strategic initiative to more clearly explain the county budget process to help citizens understand how their taxes are used and to enhance citizen involvement.



REDUCING POVERTY

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County citizens aged 15–82 have participated in some aspect of the Horizons process, enhancing citizen engagement in reducing poverty.



HEALTHY LIVING

4-H teaches life skills like public speaking, problem solving, healthy lifestyle choices, and teamwork through hands-on activities, leadership development, and community involvement.

4-H Youth Development

The Wahkiakum County Extension 4-H program fills a much-needed gap in activities available within the county for youth and teens. 4-H, the nation's largest youth development organization, is a "life skills program." It teaches skills like public speaking, problem solving, healthy lifestyle choices, and teamwork through hands-on activities, leadership development, and community involvement.

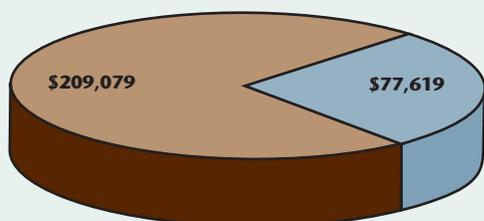
- Wahkiakum 4-H reaches more than 70 youth through 30 adult volunteer leaders who have received at least nine hours of youth development training. This training empowers 4-H leaders to create positive, hands-on learning experiences for Wahkiakum youth.
- Alumni of Wahkiakum 4-H report that the program has helped them become volunteer-oriented community members, successful business owners, and community leaders in the county and beyond.
- 4-H promotes healthy living through projects in nutritious cooking and physical activities. In 2008 the Wahkiakum 4-H Council hosted the 25th annual Great White Tail Run on the Julia Butler Hanson Wildlife Refuge.



Overview of Funding for WSU Wahkiakum County Extension Programs

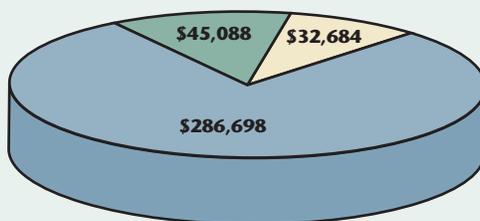
WSU Support for County Extension Programs

- 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

