

Washington State University Walla Walla County Extension

HEALTH & WELLNESS

AGRICULTURE

EDUCATION

YOUTH & FAMILIES



WALLA WALLA COUNTY QUICK FACTS

- *Named for the Walla Walla Indian Tribe*
- *County seat: Walla Walla*
- *Land area, in square miles: 1,270 (state rank: 26)*
- *Median household income (2004): \$38,419*
- *Population (2007): 58,300 (state rank: 20)*

CONTACT

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Washington State University Walla Walla 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 agricultural economy, supporting youth to make healthy lifestyle choices and to build leadership skills, improving health and wellness in the realm of nutrition and food safety, and eliminating barriers to the success of youth and families.

We leverage every dollar we receive from Walla Walla County with federal, state, grant, and private funding to maximize our reach and effectiveness. In fact, for every \$1 invested by Walla Walla County, WSU Extension provides more than \$3.83 in state and federal resources. Additionally, faculty and staff in the county raised \$137,000 in grant funding in 2007. Therefore, every dollar that Walla Walla County spends in support of WSU Walla Walla County Extension generates \$4.53 for the county—a 453 percent annual return on investment. These figures do not include WSU's investment in the Southeastern Washington Learning Center.

Impacts

Agriculture

WSU Walla Walla County Extension's water, small farms, and agriculture programs create new economic opportunities throughout the county. Educational programs and publications on water rights, forage varieties and management, livestock grazing systems, weeds, goat management, as well as business planning and marketing presentations highlight



AGRICULTURAL EDUCATION

WSU Extension Specialists provide education and information on innovative crop production methods, pest identification and control, and new seed varieties to local farmers through field tours, workshops, seminars, and pesticide courses.



best practices to improve the sustainability and profitability of small farms. WSU Walla Walla County Extension educators are also developing projects to preserve farmland and enhance agricultural viability.

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- **Water Resource Management**

WSU Walla Walla County Extension supported the creation of the Water Management Initiative. This local effort, assisted by the William D. Ruckelshaus Center, provides agricultural stakeholders with the opportunity to take more responsibility for water management and have more influence over use of water resources in the Walla Walla Basin for the benefit of both fish and farmers. The Confederated Tribes of Umatilla, local government, the Walla Walla County Watershed Planning Department, and environmental agencies are working together to provide flexibility for water users, improve in-stream flow, and establish clear objectives and performance measures.

- **New Opportunities**

Goat production is one of the few potentially profitable ventures available for new or small-scale livestock producers. However, producers need more information about consumers of goat products, marketing, and profitable goat production. More than 200 people have participated in Extension's goat program since 2005. Program evaluations found that participants increased their knowledge by 86 percent in the areas of health, marketing, and management, which resulted in 71 percent of them decreasing expenditures and improving herd health, thereby increasing the likelihood of profitability and success.

- **Farm Succession Planning**

Transferring a family farm to the next generation is challenging. Forty-five farm families attended workshops on farm succession planning in 2008. They learned how to communicate with family members, reviewed estate laws, and developed succession plans.

Master Gardeners

Since 2004, thirty-seven Master Gardener volunteers have helped more than 3,000 individuals solve problems in their gardens and landscapes. More than 80 percent of those issues dealt with water use. Urban horticulture programs and publications helped 78 percent of clientele improve management practices in the areas of responsible water use, integrated pest management, sustainable gardening, and plant disease control.

4-H Youth Development

With local high rates of youth depression, suicide, substance abuse, and teen pregnancy (WA State Healthy Youth Survey, 2006), as well as a high drop-out rate for high school students (OSPI 2004–05), community forums and professionals in Walla Walla have placed a priority on positive intervention through structured youth and family programs to address these issues. The Walla Walla County 4-H program complements this intervention strategy by emphasizing strengthening families, developing a sense of community, improving community awareness of cultural and social-economic issues, as well as working to improve communication between local government, schools, agencies, and the public. 4-H's experiential education, with leaders guiding 4-H club volunteer projects to foster community awareness and an appreciation for diversity, has resulted in 71 percent of traditional 4-H youth increasing life skills in the areas of communication, accepting differences, and leadership. More than 400 youth participate in 1,250 individual projects in 37 traditional 4-H clubs. They are supervised and encouraged by 121 adult leaders who volunteer more than 24,200 hours of their time annually.

- **Reaching Latino Youth**

Non-traditional audiences, including Latino youth, are served through special programs focusing on life skills. Partnerships with local youth service providers leverage resources to meet the needs of local youth. Latino networks have been strengthened to expand the community support base for youth, many of whom are new immigrants to Walla Walla County. Over the last three years, more than 300 Latino youth have participated in 4-H Latino outreach programs in the county—a 400 percent increase. Program evaluations indicate 85 percent of youth learned essential life skills in the areas of public speaking, healthy lifestyle choices, and self-responsibility.

- **New Leadership Program**

A new 4-H Teen Leadership Program has energized teens to increase their leadership roles in local clubs, the county, and the state. As a result, more teens are taking active roles in the Know Your Government program and Leaders' Council meetings, and are serving as County Teen Representatives and State Ambassadors. Ninety-five percent of the teens participating in the 4-H Teen Leadership Program documented increased leadership skills. Three became 4-H Leaders as soon as they were eligible.

Health and Wellness

WSU Walla Walla County Extension improves the health and wellness of county residents by stressing disease prevention and healthy lifestyles as well as safe food handling practices.

The Food \$ense Nutrition Program has reached 4,836 school-age youth since 2004. This program, taught to low-income families with children, can have



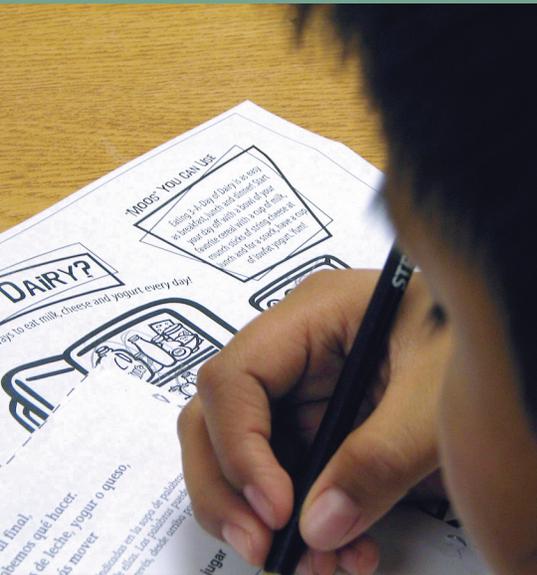
EXPERIENTIAL LEARNING

Many youth comment that 4-H has given them the strength:

*...to go out of their comfort zone,
...to be a selfless leader,
...to be more open, and
...to express their ideas.*

"The most important thing I have gained from participating in 4-H is learning how to present myself and speak in front of a group."

—4-H member



EATING HEALTHY

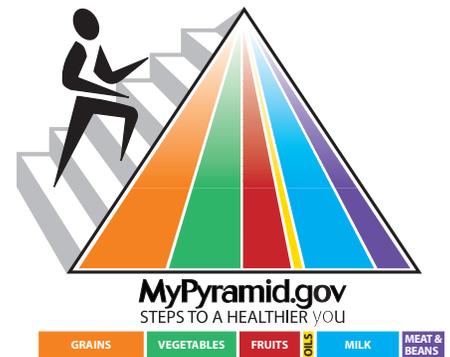
Following nutrition education by the Food \$ense program, ninety-one percent of students developed an understanding of healthy foods and lifestyles and 80 percent made better food choices in the lunchroom.

a positive lifetime impact, helping participants and their families live healthier lives.

The local Food \$ense program acquired \$799,625 in grant funding in the last four years. In 2008 Food \$ense reached 99 classrooms in Walla Walla and Franklin counties where more than half of the students participate in the free or reduced lunch program. English- and Spanish-language nutrition newsletters went home to approximately 3,300 adults. Ninety-one percent of students developed an understanding of healthy foods and lifestyles and 80 percent made better food choices in the lunchroom following the Food \$ense program. Individual student evaluations showed that after Food \$ense sessions, 57 percent shared information with their parents, 68 percent tried a new fruit or vegetable, and 95 percent improved their ability to use information on food labels. These changes in behavior resulted in increased dietary quality and better health of participants.

When asked what they would share with their families from their Food \$ense classes, student responses included “to stay healthy, exercise and eat salad,” “it is really important to read the label,” “wash your hands more often,” “watch what you eat,” “I explained the food pyramid,” “how much a serving is,” and “take a family bike ride every night.”

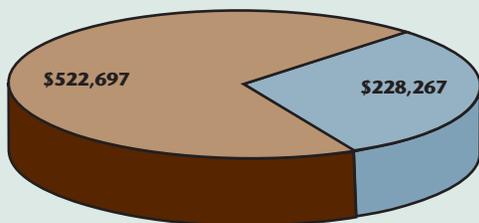
All classroom teachers wanted the Food \$ense program back in their classrooms. One teacher observed that “after having Food \$ense educators in my classroom, children discuss changes they make [in] preparing snacks at home, and making different choices while grocery shopping with a parent.”



Overview of Funding for WSU Walla Walla County Extension Programs

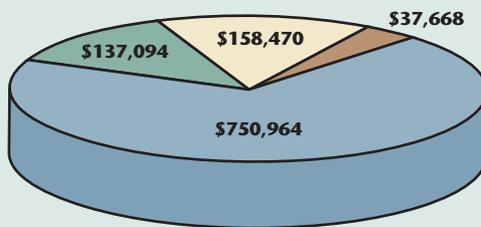
WSU Support for County Extension Programs

- WSU Support in County
- Other WSU Support



Funding Supporting County Extension Programs

- Total WSU Support
- Grants and Contracts
- Direct County Support
- Indirect County Support



Total Funding Supporting County Extension Programs

- Total WSU Support
- Grants and Contracts
- County Support

