Washington State University Cooperative Extension - King County

Presented by: King County Extension Faculty and Staff

ENGAGE EDUCATE EMPOWER
Our County: King County

- Population: 1,737,034
- Total Land Area: 2,134 sq. mi.
- Economic Activity, as % of state:
  - Retail = 36%
  - Wholesale Trade = 66%
  - Service Industries = 55%
- Total Housing Units: 750,205
- Median Household Income: $55,000
Our goal

We want King County to be a great place to live for all its citizens, both present and future.

ENGAGE
EDUCATE
EMPOWER
Our Work

- 4-H Youth and Family Development
- Water, Land, Farms and Food

A story of stewardship
4-H: Project Engagement
Our Audience

- Youth ages 5 - 19
- Adult volunteers
- Urban, suburban, rural
- Diverse in ethnicity, culture, socio-economic level, interests, skills & abilities
- Serving King County in:
  - 4-H Clubs
  - Special Interest Groups
  - School Enrichment
  - Short-term Projects
  - School Age Care
The strategies used in establishing 4-H partnerships in King County are as follows:

- Identify a strong volunteer base
- Develop strong partnerships with community organizations.
- Establish a “Know Your King County Government” programming focus.
- Promote higher education opportunities and achievement for all youth.
Impacts

- New or renewed partnerships with 20 Community Organizations
- Year 2001 - 4,696 Youth Impacted
- Year 2002 - 6,184 Youth Impacted. This is a (32% increase)
- An increase of 105 enrolled and trained volunteers (18% increase)
4-H Agriculture Youth Program

Cultural Diversity

Life Skills
**Areas of Engagement**

- **4-H Clubs:** discovering life skills through arts and crafts, computer, dance, music, agriculture, cultural diversity, and food activities

- **Community Services:** Senior Centers

- **Development Training:** youth providers and volunteers

- **Cultural Diversity Training/Workshop:** youth, volunteers, adults

- **Radio Station**
New 4-H Clubs With Special Projects:
Centro de la Raza, Seattle, Bothell, Vintage, Renton, Kent

New Partnerships: Community organizations and schools: Seattle, Renton, Bothell, Kent, Bellevue, and Agriculture in the Classroom for WA

Radio Program: Seattle, Yakima and Walla Walla

Master Presenter: Seattle, Pasco, Wenatchee, Yakima, Austin, Texas, Washington DC., Portland, OR., North Carolina, Indiana, IN.
4-H: Service Learning
Our Audience

Youth ages 5 - 19

- Adult volunteers, 4-H leaders, teachers, community youth leaders, higher education faculty
- Urban, suburban, rural
- Diverse in ethnicity, cultures, socio-economic levels, interests, skills & abilities
- Served in
  - CLUBS (located in neighborhoods, schools, community centers, youth organizations)
  - SPECIAL INTEREST GROUPS
  - SCHOOL CLASSROOMS
  - SHORT-TERM PROJECTS
  - OUT-OF-SCHOOL TIME
Areas of Engagement

• 4-H Clubs: 4-H Quilting Project

• School classrooms: Teacher Training about Positive Youth Development and Service Learning integration

• Community Service Providers: ORCA, Food Sense projects

• Website Development

• Higher Education: Service Learning Roundtable
Impacts

• Benefits of Service Learning for Youth
• Excellence in Service Learning Opportunities
• Coordination of Service Learning Opportunities
• Involvement of K-20 in common vision
4-H: Latina/o Youth
Areas of Engagement

- Latino 4-H Program (After School)
- Latino Family Events (Community)
- Summer Programs
- Bilingual/Bicultural Curriculum and projects
- Partnerships with Latino college students and professional organizations
- Youth Leadership Conferences
Impacts

- Latino 4-H After-School Program
- Latino Parent Organizer
- Latino Educators’ Group
- Increased Engagement of the Latino Community in School and Community
- Increased knowledge of Life Skills
Family: EFNEP

The Extension Family Nutrition Education Program

33 years of effective food & nutrition education
Family: Food $ense

Food and Nutrition Education for People with Limited Resources

The Extension Family Nutrition Education Program

Food Stamp Nutrition Education Program
EFNEP’s Audience
EFNEP Engagement

- Series of Food and Nutrition Classes
- EFNEP Curriculum with Cultural Adaptations
- Interactive
- Role Model for Life Skills
- Time to Practice
- Sense of Community
EFNEP Impacts (2002)

Eating by the USDA’s Food Guide Pyramid:
30% after EFNEP (vs. 5% before EFNEP)

Positive change in any Food Group:
97% of graduates showed positive change

Eating Breakfast:
38% said their children ate breakfast more often

Money for Food at the End of the Month:
59% said they ran out less often

Significant Health-related Nutrition Behaviors:
90% improved in at least one behavior

Food Safety:
77% improved in at least one behavior
Family: Food $ense
Our Audience

Low income King County residents:
- Youth
- Families
- Senior Citizens

Served In:
- 12 Low Income Housing Communities
- 10 Public Schools
- 8 Community Gardens
- 2 Community Centers
Areas of Engagement

- Develop a K-6 garden-enhanced nutrition curriculum
- Teach cooking & garden-enhanced nutrition classes
- Create access to grow fresh fruits and vegetables
- Summer Youth Garden and Nutrition Classes
- Senior Citizen Nutrition Classes
- Build community partnerships
Impacts

- Improved nutrition and wellness
- Increase food security
- Develop cooking and food preparation skills
- Build community around growing, harvesting, cooking and eating food
Water, Land, Farms and Food
Our Audience

- King County Citizens
- Farmers
- Landowners (residential, small acreage, natural resource)
- Immigrant Communities
- Low-income Communities
- Youth
Areas of Engagement

- Agriculture
- Land & Water Stewardship
- Environmental Education
- Forestry
- Community Horticulture
- Outreach, Education, Research, & Demonstration
Impacts

- Events (Food Security Conference, Harvest Celebration, etc.)
- 200 new volunteers trained each year results in thousands of hours of community outreach
- Increased citizen’s knowledge of options for managing natural resources including farm resources
- Integrated stewardship messages
Environmental Education
Our Audience

- Community members who
  - Crave access to quality environmental information
  - Are willing to spread their knowledge throughout the community

- Local Students who
  - Are economically disadvantaged
  - Lack exposure to environmental issues
  - Are unresponsive to traditional education
Areas of Engagement

- King County Master Recycler Composter (MRC) Program
- King County Youth-Based Household Hazardous Waste Program
- Outreach Restoration Community Apprentices (ORCA)
Impacts

- Create lasting partnerships within King County
- Promote environmentally responsible behavior among residents of King County
- Create and support a cadre of volunteer stewards
- Establish a cohesive network amongst existing environmental programs, assuming that together we know more
Forestry Education
Our Audience

- Non-industrial Private Forest Landowners
- Adults and Youth
- Adult Volunteers
- Rural, suburban and urban Landowners
- Teachers and Educators
Areas of Engagement

- Stewardship Education
- Technical assistance through classes and workshops
- Bulletins
- Field Days
- Workshops
- Volunteer Training
- Empowering Youth
Impacts 1999 - 2002

- 205 students completed Forest Stewardship program (2,227 acres of forestland)
- Completed over 50 stewardship plans
- Made informed land use decisions for enhancing natural resources in the community
- Provided technical assistance to 740 people
- Trained 37 Forest Advisors returned 1,200 hours of volunteer hours
COMMUNITY HORTICULTURE
Sustainability through gardening
Our Audience

- professional landscapers
- gardening public
- WSU volunteers--Master Gardeners
- youth gardeners
Areas of Engagement

New WSU Resource Center at UW
- Center for Urban Horticulture

Community “clinics” emphasize plant problem diagnosis

Nursery personnel workshops

School projects: 28 in King County

Media leadership-- 10 years experience
Impacts: Community Horticulture

- Campaign to equip WSU Resource Center at UW/Center for Urban Horticulture --raised $25,000 for equipment --1/4 our goal
- Diagnosis of plant problems: over 5000 individuals brought samples, pesticide misuse prevented
- Post training surveys of Master Gardener volunteers indicate 3/4 made water/pesticide use changes
The People
Our Staff
Our Partners

- King County Department of Natural Resource and Parks, Solid Waste Division
- City of Seattle Department of Heath & Human Services
- Renton Technical College
- King County Housing Authorities
- University of Washington/Center for Urban Horticulture
- EarthCorps
- ELN Communications
Our Partners, contd.

- Children’s Home Society
- City of Seattle Department of Parks & Recreation
- Kent Youth & Family Services
- Project Liftoff
- New Futures (aka Project LOOK)
- Neighborhood House
- Park Lake Boys & Girls Club
- Salvation Army
- City of Seattle Department of Neighborhoods
- Renton Housing Authority
Our Partners, contd.

- Center for Multicultural Health
- Mt. View Elementary School
- White Center Elementary School
- Salmon Creek Elementary School
- Cascade Elementary School
- Beverly Park Elementary School
- Showalter Middle School
Thank You