

## 4-H Youth Development – Clubs, Fairs, and Camps

**R**esearch has found that positive youth development is affected by the opportunities for teens and young adults to develop mastery, leadership, service and attachment to a group. 4-H offers many opportunities for youth to develop these opportunities into skills for a lifetime. When you invest in 4-H Youth Development, you support programs where young people learn critical life skills that help them become career and college-ready. Through engaging, hands-on experiences, young people learn the skills and abilities to become productive adults who contribute back to the health and economic well-being of their communities. In Mohave County programs are developed which address the four essential elements of 4-H; Belonging, Mastery, Independence and Generosity.

Youth's that are involved with 4-H show that they are 3 times more likely to actively contribute to and give back to their communities through time or money; 2.2 times as likely as youth in other out-of-school time programs to report higher grades and 2.1 times as likely as youth in other OST programs; 2 times more likely to graduate from high school and go to college; 4.9 times as likely to expect to graduate from college as comparison youth.

Mohave County has a total of 350 members: 246 club members with 104 youth in school enrichment programs; 101 volunteers which include 72 adults and 29 youth.

The majority of members are enrolled in the following clubs: 80 Entomology; 44 Swine; 82 Communications and Expressive Art; 72 in Food and Nutrition and 50 in Leadership and Personal Development

**LQA** - Livestock Quality Assurance held 3 training sessions which involved 68 youths and 14 leaders participated in the 8 "Good Production" practices of the Youth Livestock program.

**JOLT** – An effective leadership opportunity for Arizona youth. A conference was attended by 143 participants from all over Arizona where they practiced leadership and life skills.

**Challenge Days** – 186 members representing 12 clubs entered in 16 contest areas. 106 of those members received a score of 80% or higher. 546 Mohave County youth participated in the "National Youth science experiment. 92.9% like to see how things are made or invented; 91.5% liked experimenting or testing; 78.2 just wanted to know more about science

**Dog Camp** – After being revived, youth from 5 counties participated in the camp. Pre and post evaluations showed increase in knowledge, aspirations skills and attitude

**Colorado River Small Stock** – Working with agents from a 3 county area to plan, implement, and recruit volunteers and youth to implement the CRSSS. The show included testing of a member's knowledge by written quiz, judging contest and breed identification with live animals, animal pelts, and team quiz bowl competition, members also exhibited their skills in showmanship classes

**MoYava Camp** – A 5 day overnight camp where the youth attend an average of 6.7 hours of programming per day for a total of 33.5 hours. 66 youth between the ages of 9-19 attended the camp this year. Overall, youth were found to have made increases in life skills from pretest to post test. It was also noted that the campers increased their ability to step out of their comfort zone to try new activities

**Mohave County Fair** – Members and leaders enrolled in 314 large and small livestock. 84 market livestock projects were successfully completed by youth exhibitors. 179 members displayed 1,224 exhibits at the fair in the 4-H/FFA division,

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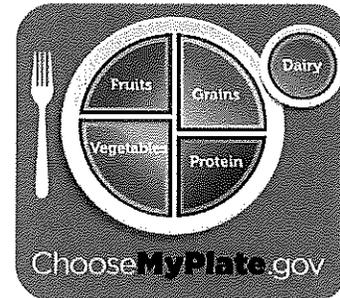
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## Nutrition

**M**ore than 44,000 Mohave County residents are on Supplemental Nutrition Assistance Program and in need of nutrition education on how to eat better and stretch the amount of resources spent on food to make the most of what they have.

Coordinated the School Gardening Supplemental Nutrition Assistance Program in Mohave County, oversite on \$78,683.00 budget and personnel. Sites to include: Boys and Girls Club in Kingman, Cornerstone Mission, Kingman Food Bank, White Cliffs Middle School reaching 756 individuals.

- Direct Nutrition Education: 41 classes at 5 different sites to include The Boys and Girls Club of Kingman, Cornerstone Mission, Lake Havasu City Food Bank, Bullhead City Christen Center, Kingman Area Food banks and White Cliffs Middle School reaching 756 individuals
- Indirect Nutrition Education: 92 classes/events with 44,500 participants reached
- 11 food demos, primary topic of instruction: Fruits, Vegetables, Low Fat Dairy, Hydration, Food Safety and Physical Fitness



- Demonstrated simple healthy snack with tomatoes, whole wheat crackers, skim-milk cheese, fresh basil and rosemary and garlic. The students loved the hands on approach utilizing all the senses

.Eleven food demos, Primary topics of instructions: Fruits and Vegetables, Whole Grains and Low Fat Dairy and other calcium rich foods, and hydration.

Demonstrated simple healthy snack with tomatoes, whole wheat crackers, skim-milk cheese, fresh basil, rosemary, and garlic. The student loved the hands on approach utilizing all the senses! Teach the benefits of using fresh herbs and tomatoes from out garden as well as great nutrition tips of making half your plate fruit and vegetables.

Distributing 5,606 Nutrition Education items per year.

### 2014 – By the numbers

- Faculty were successful in obtaining \$94,205 in grants to support this program
- 45,256 people received educational contact with the SNAP-Ed Programs
- Continued partnership with the Bullhead Christian Center, Colorado River Food Bank, Interagency of Lake Havasu City, Dolan Springs SVDP, Salvation Army in Kingman and Bullhead City, Hualapai Peach Springs Food Bank, Community Christian Fellowship of Yucca.

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## Home Horticulture/Master Gardeners

Program priorities for home horticulture were identified by the Mohave County Extension Advisory Boards, commercial horticulturists and arborists, federal and state governmental agency program partners, Master Gardeners, Cooperative Extension faculty (on and off campus), and other clientele groups and individuals. Yearly plans of work are reviewed and approved by the Mohave County Extension Advisory Board. Mohave County Carol Stockwell coordinated the training of volunteers to provide educational leadership for home gardening and other issues. Ms. Stockwell teaches the 5 classes that are offered yearly.

- 58 Master Gardener volunteers contributed 4,632 hours of volunteer service (volunteer value \$102,552.) to ~5,700 individuals
- Three Master Gardener training classes were conducted with 50 adults being trained
- 48 Master Gardener volunteers attended one or more of 96 education/training events
- The Mohave County MG's continued to provide educational workshops at fairs and events in their communities every month, logging 6,123 volunteer hours in 2014, an increase of 32% versus the previous year
- The 2<sup>nd</sup> annual Mohave County Home and Garden Show took place in February reaching nearly 1,000 attendees at their featured booth.
- The Master Gardeners participated in an Urban Tree Inventory in conjunction with the Arizona Department of Forestry, University of Arizona School of Natural Resources and the Environment and Lake Havasu City Parks Department in November 2014. Over 160 trees were inventoried in this event.
- The volunteers participated in "Operation Cool Shade" in Mohave Valley. Hundreds of trees were given to homeowners and dozens of Master Gardeners were on hand to provide education on the planting & care of trees.
- The Master Gardeners were pivotal in initiating the start of "Dig It Kingman", a community garden in the Kingman area.
- The MG's constructed a demo vegetable garden plot for the Sept 2014 Mohave County Fair as well as manned their annual booth answering questions from the public.
- The MG's are now working with 2 school garden clubs in Kingman at Cerbat Elementary and Kingman Middle School. Work will continue in the new school year starting in August 2015

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## Early Childhood Development and Health

In 2014 the coop established an Oral Health Coalition in the area to increase awareness of the importance of oral health in early Childhood and to help reduce the number of children that are five and under with untreated tooth decay. The Oral Health Coalition is comprised of 33 members representing various agencies and educators that work with children and families in our region. At our initial meeting a presentation that included the Arizona Oral Health Survey 2009 from the Arizona Department of Health Services, Office of Oral Health, showed that the number one reason parents were not taking their children to see a dentist was that they did not feel there was a need. As child care providers and consultants that work with early childhood programs, our members knew that oral health is a vital factor in children's overall health. It was decided that our focus would be raising oral health awareness in our region and we decided to launch a poster campaign depicting dental decay in early childhood.

The oral health program delivered information to 519 individuals including 85 professionals, 282 children 0-5 years old received oral health screening, and 248 of the screened children were given fluoride varnish treatments.

The Health Educator worked with 21 child care facilities in the region for health and safety assessments, and 64 health and safety trainings. There were 1,044 participants at these activities with 301 being professionals, 690 were youth and 11 were parents

### 2014 – By the Numbers:

- Established a fluoride varnish program for all children ages 3-6 enrolled in public schools
- Provided an oral health screening and distributed "smile bags"
- Provided an oral health booth at their Health and Wellness Expo
- 11 Health and Safety site assessments
- 42 Health and Safety trainings
- 96 professional participants, 425 youth and 6 Parent participants

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## Mohave County Cooperative Extension

**Our Mission:** As the outreach arm for the University of Arizona, Cooperative Extension enhances the lives of people and communities in Mohave County through education, research, engagement and creativity.

**Our Vision:** We envision strongly connected communities invested in the betterment of every individual.

As the University of Arizona in Mohave County:

We empower people to expand their capabilities to improve their lives;

We are a well-known, effective, and accessible educational resource for all communities;

We are a trusted partner in communities for leadership education;

We develop strong, capable leaders in all communities;

We are recognized experts for developing and disseminating research-based information.

## Our 2014 Extension Advisory Board

JD Anderson, DMV, Board Chair – Veterinarian (District 1\*)

Debra Moberly, Homemaker – MC BOS, (District 2)

Bonnie Willett, Board Secretary – Home Economics Teacher (retired), (District 1)

Elno Roundy – Consultant (District 4)

Linda Short, Board Treasurer – Business Owner, (District 4)

Clay Vanderslice – Farmer, (District 5)

Bart Wagner – Parks & Recreation (District 3)

\*County Board of Supervisor District