


2016

SANPETE COUNTY HIGHLIGHTS

EXTENSION 

Utah State University

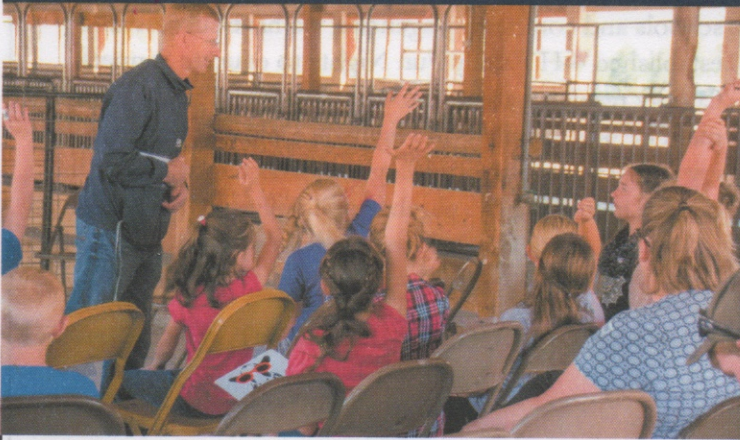
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INTRODUCTION



The partnership between USU Extension and Sanpete County contributes to the development of quality educational programs that address the needs of Sanpete County individuals and families. Through the integration of teaching, research, and public service, we are able to respond to critical and emerging issues with research-based, unbiased information.

Extension programs provide clientele with opportunities to increase their knowledge and skill-sets that lead to behavior changes and healthy, productive lifestyles. Over the past few years, we have focused on implementing programs that empower youth, strengthen families, and improve agriculture and horticulture practices for land owners.

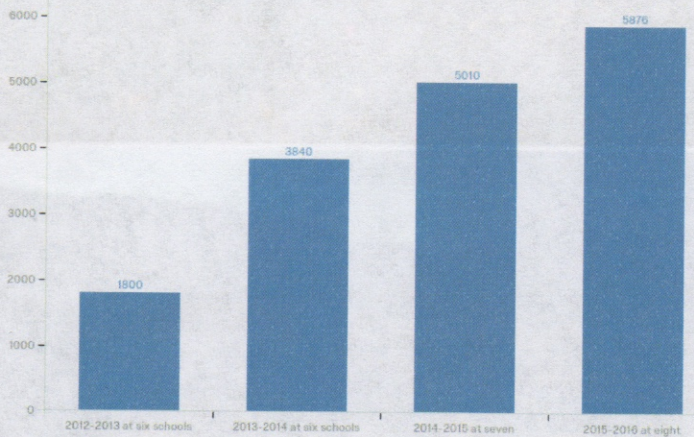
4-H AFTERSCHOOL

4-H youth development programs engage youth in positive activities that foster growth and life skills development. 4-H programs empower youth to reach their full potential, working and learning in partnership with caring adults by employing the 4-H Essential Elements: Belonging, Mastery, Independence, and Generosity. In addition, participation in quality 4-H afterschool programs in the company of competent, caring adults contributes to children's academic and social success, while keeping children safe during unsupervised, non-school hours.

Knowledge of the 4-H program and USU Extension has increased through the formation and implementation of 4-H afterschool clubs. Afterschool clubs provide underserved elementary school-aged youth with the opportunity to participate in 4-H projects and activities in a safe, inclusive environment with caring adult mentors. Through participation in 4-H Afterschool activities, youth have gained valuable life skills to become active, productive members of their respective communities by engaging in service-learning activities, educational lessons, and various physical activities.

Sanpete County 4-H Afterschool programs continue to grow and develop as we have secured additional external grant funds from the Department of Workforce Services totaling \$499,651 for the 2014-2017 school years. Grant monies have provided the means to recruit, train, and compensate 24 part-time positions over the next three years to deliver quality afterschool educational programs for Sanpete County youth. As shown in Graph 1, the total attendance of 4-H Afterschool program meetings has grown notably due to the increased grant funding.

Graph 1
ATTENDANCE OF 4-H AFTERSCHOOL PROGRAMS
(Yearly Totals)



Graph 1: Total attendance of 4-H Afterschool programs by Sanpete County youth during the 2012-2013 (1,800 youth), 2013-2014 (3,840 youth), 2014-2015 (5,010 youth), and 2015-2016 (5,876 youth) school years.

AGRICULTURE



Agriculture producers and land managers are in need of improved agricultural practices to continue to be a viable industry in Sanpete County. Cash receipts from farming account for \$147 million in Sanpete County, which is the 6th best when compared to the other counties of Utah. To help the agriculture industry remain viable in Sanpete County, we developed five educational programs reaching over 203 agriculture producers. These programs were very impactful reaching farmers, ranchers, state and federal agencies, and county and state elected officials.

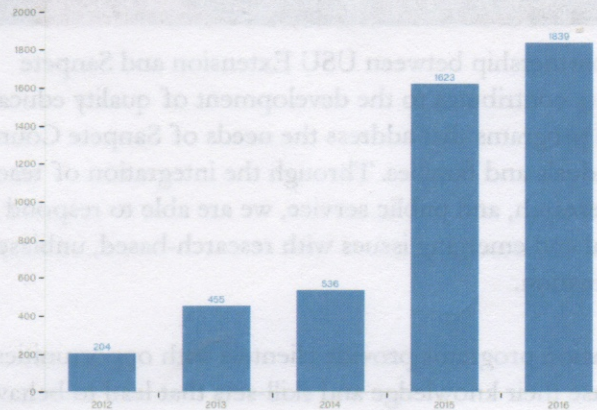


4-H FAMILY FUN NIGHTS

4-H Family Fun Nights serve as a promotional tool to introduce and educate Sanpete County residents about the 4-H program, as well as provide a venue in which parents and children work together to complete educational hands-on activities. Through partnerships with elementary schools and community agencies, we have successfully established 4-H Family Fun Nights to educate Sanpete County residents about the 4-H program. The development of 4-H Family Fun Nights has allowed for the delivery of 4-H programs to a larger audience throughout the county, increasing the number of families that are involved in positive youth development activities.

Graph 2.

NUMBER OF FAMILY FUN NIGHT PARTICIPANTS
(Yearly Totals)



Graph 2: Total number of Sanpete County individuals who participated in 4-H Family Fun Night programs during 2012 (204 individuals), 2013 (455 individuals), 2014 (536 individuals), and 2015 (1,623 individuals), 2016 (1,839 individuals).

4-H FAMILY FUN NIGHT EVALUATION

In order to gauge the impact of Family Fun Night activities, An IRB approved Qualtrics survey was emailed to 86 parents who had youth enrolled in the 4-H Afterschool program. Survey responses resulted in a 49% response rate with 42 parents completing the evaluation.

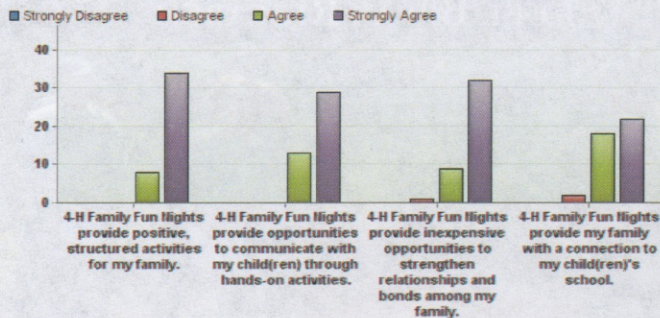
Survey statements intended to gauge parental experiences included:

- 1) 4-H Family Fun Nights provide positive, structured activities for my family.
- 2) 4-H Family Fun Nights provide opportunities to com-

4-H FAMILY FUN NIGHTS (CONTINUED)

- municate with my child(ren) through hands-on activities.
- 3) 4-H Family Fun Nights provide inexpensive opportunities to strengthen relationships and bonds among my family.
 - 4) 4-H Family Fun Nights provide my family with a connection to my child(ren)'s school.

4-H FAMILY FUN NIGHT IMPACTS



- 81% of respondents strongly agreed that 4-H Family Fun Nights provided positive structured activities for their family.
- 69% of respondents strongly agreed that 4-H Family Fun Nights provided opportunities to communicate with their child(ren) through hands-on activities.
- 76% of respondents strongly agreed that 4-H Family Fun Nights provided inexpensive opportunities to strengthen family relationships and build family bonds.
- 52% of respondents strongly agreed that 4-H Family Fun Nights provided a connection to their child(ren)'s school.

Additionally, two open-ended questions provided qualitative data from parents that aimed to determine the reasons for family participation in the events, and to determine if any positive changes had occurred within their families due to participation. Reasons for participation resulted in a reoccurring theme that focused around family togetherness and bonding. Parent responses included:

- “We enjoy the time together. It gives us somewhere positive to go.”
- “My children love it and it’s a safe place for them to feel independent.”
- “To spend some fun and quality time with my child while participating in wholesome (non-electronic) activities.”

Parents also shared many positive changes that had occurred within their family due to participation in 4-H Family Fun Night events. Responses included:

- “Our kids have developed friendships and have expanded their talents.”
- “I have gained more patience with my children and let them have more hands on with other activities and they take turns more, and get along better.”
- “As a family, we have learned some new things, strengthened our ties to each other and to other families in the community.”

HORTICULTURE



There are over 10,000 homes in Sanpete County. These homes have on average ¼ acre of irrigated landscapes surrounding the home. This accounts for close to 2500 acres of lawns and gardens in Sanpete County that are managed by the owner. Many managers of these properties struggle with little education and knowledge about proper gardening practices and tend to spend a great amount of time and money with unsuitable lawn and garden management methods.

HORTICULTURE (CONTINUED)

To help the home owners, we developed 10 workshops reaching 262 residents and a radio program on KMTI addressing important lawn and garden management issues that will save managers time and money while saving water resources and reducing pesticide abuse. I expanded the garden workshops this year from Mt. Pleasant to the Ephraim area. This greatly increased the reach of these educational programs.

SANPETE COUNTY KID PACK PROGRAM



Due to the high poverty rate of Sanpete County youth, there is a need to ensure that children are receiving adequate amounts of nutritional foods over the weekends when school breakfast and lunches are not available. The Kid Pack program provides nutritious meals and snacks for elementary-aged children throughout Sanpete County who experience food insecurity and hunger within their households. Kid Packs are distributed to children by pantry volunteers, in partnership with local elementary schools, on Friday afternoons to alleviate inadequate food intake over the weekends. As a result of secured grant funding, local donations, and volunteer support, the Kid Pack program currently produces 424 packs to youth throughout Sanpete County with nutritional meals each week for consumption over the weekend, thus mollifying the effects of hunger for county youth.

ECONOMIC IMPACTS OF SANPETE COUNTY'S KID PACK PROGRAM

Weekly Kid Packs are estimated to have a retail cost of \$15.00 per pack, resulting in a considerable savings of grocery purchases per month for families participating in the program during the school year, thus reducing the stress and burden that poverty and food insecurity creates for Sanpete County families. Table 1 shows the monthly grocery savings over the life of the program.

Table 1.

MONTHLY SAVINGS FOR KID PACK PARTICIPANTS

Year	Number of Kid Packs per Month	Total Savings per Month
2013	40	\$600.00
2014	175	\$2,625.00
2015	325	\$4,875.00
2016	424	\$6,360.00

Table 1: Monthly savings for Kid Pack recipients during 2013 (40 packs x \$15.00 per pack = \$600.00), 2014 (175 packs x \$15.00 per pack = \$2,625.00), 2015 (325 packs x \$15.00 per pack = \$4,875.00), 2016 (424 packs x \$15.00 per pack = \$6,360.00)

FUEL BREAK RESEARCH



Government Agencies have utilized state and federal funds to clear trees and brush around homes and recreational property to reduce the risk of wildfire damage. In Utah many of the fuel breaks in gamble oak dominated sites are difficult to maintain due to rough terrain. Regeneration of gable oak and increased production of fine fuels can make the area more vulnerable to wildfire. Some fuel break maintenance options include herbicides and/or mechanical brush removal requiring yearly investments of time and money. The financial burden can become difficult for landowners when public funding sources are depleted. Livestock grazing is another method to maintain fuel breaks. If fencing and livestock water points are provided, the land owners receive income from livestock grazing fees instead of yearly fire break maintenance expenses. This project is set up to determine the effectiveness and impacts of grazing as a viable option to maintain fuel breaks in oak woodlands.

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