

IMPACT REPORT

2015

SALT LAKE COUNTY

ABOUT EXTENSION

Utah State University Extension is a network of available local experts who bring relevant information, education and solutions to individuals, families and communities. USU Extension offers online research-based information and live programming in gardening, family finance, relationship education, food safety, emergency preparedness, agriculture, natural resources and 4-H and youth programs.

The Utah State University Extension office in Salt Lake County is a partnership between USU Extension and Salt Lake County Government. Employees and programming in Salt Lake County work to “IMPROVE LIVES AND COMMUNITIES” by conducting workshops, trainings, mass media demonstrations, 4-H youth projects, consultations, groups collaborations and by providing educational resources. All services offered are research based and scientifically sound.

The following impacts represent a small portion of the overall work we do in Salt Lake County.



GARDENING



FOOD AND NUTRITION



4-H AND YOUTH



BUSINESS



NATURAL RESOURCES



FINANCE



HOME AND FAMILY



URBAN AGRICULTURE

4-H AND YOUTH

SITUATION

According to The Utah Food Bank, 423,000 Utahns, which equates to 1 in 7 people, are at risk of missing a meal each day. Even more alarming is that 1 in 5 Utah kids are unsure of where their next meal is coming from.



1 IN 7 UTAHNS
are at risk of missing a meal each day.



1 IN 5 UTAH KIDS
are unsure of where their next meal is coming from.



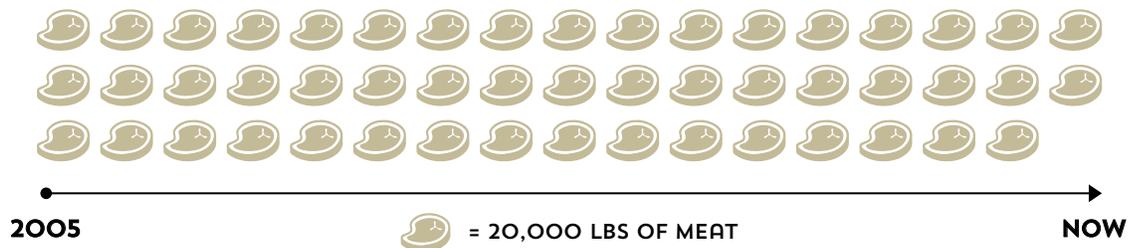
USU EXTENSION'S RESPONSE

The 4-H Donated Meat Program was founded in 2005 to help mitigate the food insecurity issues facing our population. The program began when a 4-H lamb club in Farmington donated a few hundred pounds of meat as a service project, and it has expanded from there.

Each year, corporate and private donors raise enough money to purchase most of the 4-H livestock sold at county and state fair auctions throughout the course of the summer. The auction price goes to the 4-H participants, and the meat goes to Utah Food Bank. Participating counties include: Cache, Davis, Morgan, Rich, Salt Lake, Tooele, Wasatch, and Weber, with Salt Lake County providing the largest donation. Volunteers, 4-H youth, and local businesses sort the donated food for distribution via the food banks.

IMPACT

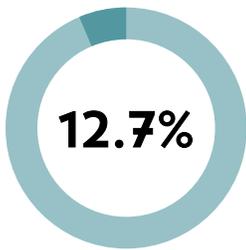
In total, over 1 million pounds of meat have been donated since the program began in 2005. This equates to approximately 4 million meals provided to hungry people across Utah. Additionally, the funds for purchasing these animals go directly to 4-H youth to assist them with future livestock endeavors, future schooling, etc.



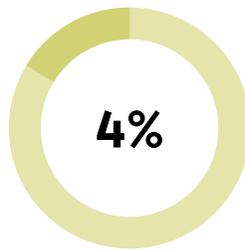
FINANCIAL LITERACY

SITUATION

According to the U.S. Census , 12.7% of the Salt Lake County population is living below the poverty level. The challenge faced by households in saving for the future is directly linked to income, financial literacy and habits. While data are difficult to obtain at the state level and below, national trends do not paint a very good picture. Less than half of employees in private industry contribute to retirement plans, and only 4% of Utah children have college savings through the Utah Education Savings Plan. Financial literacy is critical for success of these populations. Source: United Way of Salt Lake.



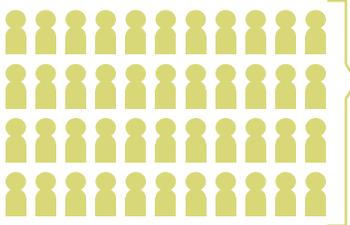
12.7 % of the Salt Lake County population is living below the poverty level.



4% of Utah children have college savings through the Utah Education Savings Plan.



Less than half of employees in private industry contribute to retirement plans.



USU EXTENSION'S RESPONSE

528 adults and youth in Salt Lake County received financial management education in 2015. Topics ranged from improving credit, banking, stress management related to money, general finance classes, to planning and preparing to pay for college.

 = 12 ADULTS AND YOUTH

IMPACT

Two particularly noteworthy examples of impacts came from two women who attended all of the credit classes. One of them went home and made a plan to pay off \$1,600 in consumer debt by February of the following year. In November, three months before her personal deadline, she had already paid off \$600 by making changes to her household spending habits and budgets.

The other woman was quite fearful of credit from her previous experiences working for a debt collector, but she realized that she could responsibly handle a credit card. She used it once or twice every few months and paid it off in full to start establishing a positive credit history.

Both women have also started researching scholarships and have starting making plans to pay for their educations along with their children's educations.

Two of the Spanish speaking adults in the scholarship class ¿Cómo puedo prepararme? have applied for FAFSA and one is enrolling in college.

Two students opened bank accounts with money they earned from their parents for good grades. One student reported he has saved \$25.00 since opening his account in October.

FOOD \$ENSE NUTRITION EDUCATION

SITUATION

While some chronic diseases are declining or becoming better controlled, type 2 diabetes is increasing steadily in Salt Lake County. 7.3% of Salt Lake County residents have been diagnosed with diabetes, and Utah Department of Health estimates that another 2.7% have diabetes but are not yet diagnosed. Obesity is a closely related issue. Although Salt Lake County as a whole has a 25.4% rate of obesity, which is lower than The Healthy People target rate of 30.6%, six areas within county limits have a higher rate, with Magna being the highest at 35.6%. For childhood obesity, Utah has set a target of 10%, but Salt Lake County boys in grades 3, 5, 9, 11 and 12 have higher obesity rates than the target.



Obesity rate in a small community in Salt Lake County (Magna)

USU EXTENSION'S RESPONSE



The Utah State University Food \$ense Nutrition Education Program (SNAP-Ed) provides nutrition education to food stamp (SNAP) recipients and eligibles. Food \$ense (SNAP-Ed) offers a variety of classes to expand participants' knowledge of nutrition, budgeting, cooking, food safety, and physical activity. These hands-on classes are taught by Nutrition Education Assistants (NEAs), who are trained through the National Nutrition Paraprofessional Certification Program, created by Food \$ense of Utah.

Food \$ense connects program participants with the knowledge and skills they need for continual access to safe and healthy foods. Participants learn how to cook healthy meals on a budget, buy and prepare whole foods, read food labels, practice safety in the kitchen, and much more.

In 2015, the Food \$ense Nutrition Program provided 560 classes, reaching 3,155 adults and 2,841 youth. An additional 9,104 people were reached at 190 farmers markets, food pantries, and health fairs.

IMPACT

FOOD SECURITY

Before Food \$ense classes After Food \$ense classes



Food \$ense Participants: Usually or always stretched food dollars through the end of the month.

EATING AS A FAMILY

Before Food \$ense classes After Food \$ense classes



Food \$ense Participants: Usually or always ate together as a family (which has greater medium- and long-term impacts, such as children perform better in school, are less likely to abuse substances, and are less likely to engage in sexual activity out of wedlock).

PHYSICAL ACTIVITY

Before Food \$ense classes After Food \$ense classes



Food \$ense Participants: Usually or always got at least 30 minutes of physical activity at least 5 days a week (which leads to greater medium- and long-term impacts of less risk of developing chronic diseases).

HEALTHY FOOD

Before Food \$ense classes After Food \$ense classes



Food \$ense Participants: Usually or always chose whole foods based on MyPlate (which leads to greater medium- and long-term impacts of less risk of developing chronic diseases).

MEALS PLUS HARVEST GARDEN

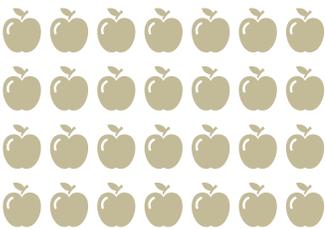
SITUATION

An increasingly urgent issue facing older adults today is meeting everyday nutritional needs. The availability of fresh produce to homebound seniors is often low due to access and/or resources. Many homebound seniors receive nutritious mid-day meals through Salt Lake County's Meals on Wheels program, but do not have easy access to, or cannot afford fresh fruits and vegetables for meals and snacks. According to a survey facilitated by Aging and Adult Services, **80% of Meals on Wheels clients want fresh produce on a weekly basis.**

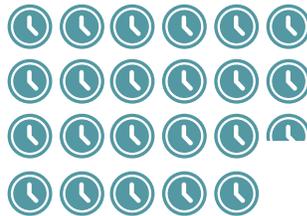


USU EXTENSION'S RESPONSE

In 2014, USU Extension and other community organizations began a partnership with Salt Lake County Aging and Adult Services to provide fresh, local produce to Meals on Wheels clients. The .125 acre Meals Plus Harvest Garden was developed to provide weekly shares of produce to be delivered to approximately 160 homebound Meals on Wheels clients. The USU Extension horticulture agent and volunteers plant, care for, harvest, and package produce which is then delivered to seniors by SL County Aging and Adult Services staff. In 2015, these efforts amounted to 54 volunteer events, 552 volunteer shifts, 1,659 hours of donated time, and a value of \$38,000 in-kind contribution. The Meals Plus Harvest Garden is also used as a teaching tool for the public and the USU Extension Master Gardener Program.



552
volunteer
shifts
🍏 = 20



1,659
hours of
donated
time
🕒 = 75



\$38,000
in-kind contribution
💵 = \$2,000



IMPACT

In total, over 10,000 pounds of fresh produce was donated to the Meals Plus Program in 2015, with an estimated value of over \$27,500. One-fifth of this donation came directly from the Meals Plus Harvest Garden.

2015

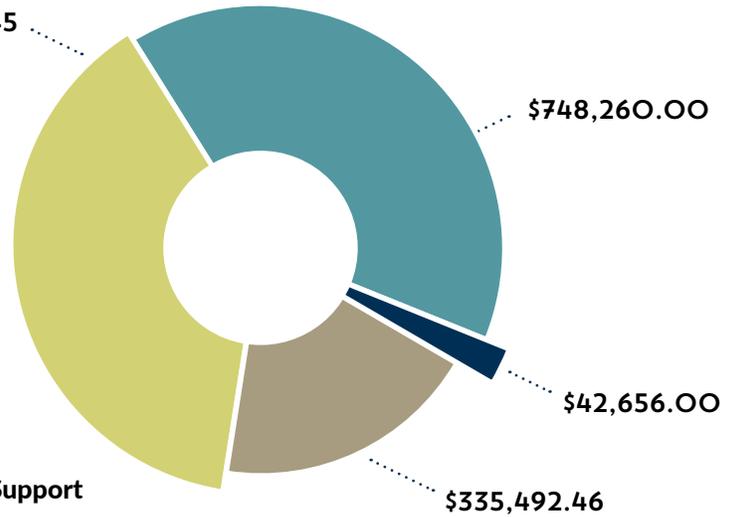
10,000
POUNDS OF
FRESH PRODUCE

ESTIMATED
VALUE OF OVER
\$27,500

BUDGET INFORMATION

For every \$1 in funding provided to USU Extension in Salt Lake County, an additional \$1.50 is provided as match via university funds or external grant funding. USU Extension in Salt Lake County is an investment worth making.

- Salt Lake County Authorized Budget
- External Grant Funding
- Extension Faculty Salaries and Benefits
- Additional University Funded Program Support



SALT LAKE COUNTY *Team*

| | | | | |
|--|---|---|--|---|
| ANDREE' WALKER BRAVO Urban Extension Director |  | KATIE WAGNER Horticulture Faculty |  | CATHY HASHIMOTO 4-H Youth Programs Educator |
|  | MELANIE JEWKES Family & Consumer Sciences Faculty |  | MARILYN ALBERTSON Family & Consumer Sciences Faculty |  |
| JAYDEE GUNNELL Regional Horticulturist Faculty |  | VERNON PARENT 4-H Youth Programs Faculty |  | EXTENSION. USU.EDU/ SALT LAKE |