

OUTCOMES & IMPACT QUARTERLY – FALL 2023

INTRODUCTION

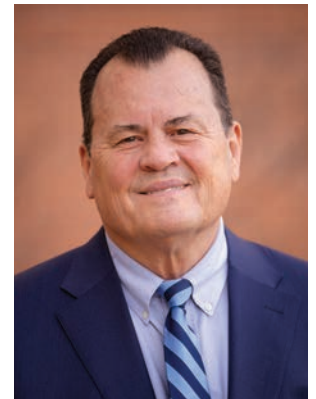
As we transition from the warmth of summer to the crispness of autumn, we reflect on the impacts we've made, the issues we work to address, and the exciting prospects that lie ahead. In the articles below, you will find a wide range of outcomes and impacts from the USU Extension programs throughout the state.

Please enjoy this issue of *Outcomes & Impact Quarterly* highlighting some of our core programming areas - food production and gardening, substance abuse reduction, and youth development.

Sincerely,

Kenneth L. White

Dean, College of Agriculture and Applied Sciences; Vice President, Extension and Agriculture



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— CREATE HEALTHY GARDENS: EVALUATION OF A SNAP-ED AND — MASTER GARDENER COLLABORATION

Emma Parkhurst, LaCee Jimenez, Sheriden Hansen, Kristi Strongo, and Heidi LeBlanc

According to Feeding America, more than 10% of children in Davis County were food insecure in 2020. There were also 11 low-income census tracts in Davis County, meaning individuals had low access to food due to limited access to grocery stores.

To address these issues, USU Extension's Create Better Health (SNAP-Ed) program partnered with the USU Extension Master Gardener program to establish the Davis County Create Healthy Gardens (CHG) program. The program provides participants with nutrition education to teach them how to prepare healthy foods while providing them with the gardening education and tools needed to grow healthy foods.

The CHG team used the evaluation results to write a new curriculum, Create Healthy Gardens, which was also adapted for rural and Latinx participants. The new curriculum is available statewide and is currently implemented in Davis, Cache, and Millard counties to 75 participants across six garden sites. The CHG program will help more Utahns with low incomes improve their access to fresh produce and help reduce disparities caused by diet-related chronic diseases.



Evaluation results indicated that participants:



Had access to over 275 pounds of fresh produce.



Increased fruit and vegetable consumption.



Increased knowledge and confidence in gardening.



Increased knowledge and confidence in food preparation.

— URBAN HOMESTEAD EDUCATION FOR BACKYARD GARDENERS —






Andree' Walker Bravo



USU Extension faculty recognized a need for more research and literature regarding urban agriculture. They saw the need to assist backyard urban homesteaders who wanted to grow more than a traditional home garden but didn't care to learn about advanced agricultural production. Another challenge was that most Extension professionals are trained to support rural farming and are often located physically distant from urban centers.

To help fill this need, the USU Extension Urban Homestead Expo was developed and implemented in 2018. It was designed to assist individuals and families interested in maximizing their self-sufficiency while living in an urban setting and providing information for those wanting more than basic gardening classes.

Workshops include:

-  Backyard chickens
-  Fruit production
-  Water-wise irrigation
-  Beekeeping
-  Water harvesting
-  Pest management

Expo from 2018 - 2023:

300+ attendees in 2018.

4,905 attendees since 2020.

Moved to a free, online format in 2020.

2023 expo survey results from 113 respondents:

89%

plan to implement the instructors' recommendations.

80%

plan to attend the 2024 expo.

ADDRESSING THE OPIOID CRISIS: AN EVALUATION OF THE COMMUNITY OPIOID EDUCATION PILOT PROGRAM

Gabriela Murza, Cris Meier, Lily Ward, Sydney O'Shay, Dru Faldmo

The opioid death rate in Utah has decreased since 2017; however, progress was hindered by the COVID-19 pandemic when prescription misuse increased. To address this, a one-time 60-minute webinar, the Community Opioid Education Program, was delivered via Zoom during the summer of 2021 to improve knowledge and confidence among health and behavioral healthcare professionals.

An evaluation assessed the effectiveness of the program, and results indicated positive changes in participants' confidence and knowledge regarding opioid treatment options, misuse, and connecting individuals to resources. As stigma among health-care professionals plays a role in an individual's recovery success, this pilot will help program creators provide trainings focused on using stigma reduction strategies in professional settings.

The objectives of the webinar were to:

- 1 Develop a basic understanding of opioids and how dependency occurs.
- 2 Reduce stigma by altering language and improving perceptions of people who use substances.
- 3 Raise awareness of the various treatment options available.
- 4 Raise awareness of local and state resources.



IMPACT OF AN OPIOID HARM REDUCTION CONSORTIUM: EMERGENCY AND JUSTICE ENGAGEMENT

Maren Wright Voss, Gabriele Ciciurkaite, Matthew Huntington, Melissa Flint, Emily Hamilton, Jennifer Peatross

In 2017, Tooele County had the second-highest opioid overdose fatality rate in Utah, with few treatment options available locally. In addition, there were concerns with the under-use of crisis services and slow response times for individuals in need of help.

To assist in improving these services and programs, the Tooele Opioid Response Network (TORN) was created in 2019 under the leadership of the USU Health Extension: Advocacy, Research, and Teaching (HEART) initiative. Since its inception, TORN has expanded its agency membership from six to 20 agencies.

TORN team members:
Trained **200+** first responders,
which resulted in an **87.5%** increase in knowledge related to harm reduction.

The Tooele Opioid Response Network:



Partnered with the sheriff's office

to provide 400 naloxone kits and training to incarcerated persons at discharge and grant-writing support for funding.



Facilitated the acquisition of \$90,000 in funding

for jail-based opioid medication.



Supported increased awareness of Mobile Crisis Outreach team services

showing a 24% increase in use by conducting promotional campaigns.



Conducted three first responder training summits

to provide an overview of data trends as well as an introduction to harm reduction treatments, including naloxone, syringe services, and more.



PREPARING YOUTH FOR CIVIC LIFE AND LEADERSHIP: EVALUATING THE 4-H YOUTH OFFICER PROGRAM

Paul A. Hill & Katarina J. Aikens

Many youth need more knowledge and skills to participate fully in civic life. This is especially true for students in grades 6 to 8 who are at a critical stage in their development as citizens. Unfortunately, many schools do not provide adequate instruction in civics, leaving youth unprepared for the challenges of citizenship in the 21st century.

The Washington County 4-H Youth Officer Program was designed to address youth preparedness for civic life in a democratic society. The program emphasizes experiential learning, which allows youth to learn by doing as they deliver public speeches, visit with elected officials, and facilitate business meetings.

Program participants said they were empowered to become actively engaged in positive change in their communities, which will help ensure a brighter future for them and society.



Evaluation results showed:

24 youth participants completed the program over two years.

Participants significantly improved citizenship knowledge and skill levels.

100%

of youth participants indicated the information provided was either good or very good.

85%

of participants said the program was very organized.

96%

of participants felt the tour and meetings at the State Capitol were very good.

