



OUTCOMES & IMPACT QUARTERLY – FALL 2022

INTRODUCTION

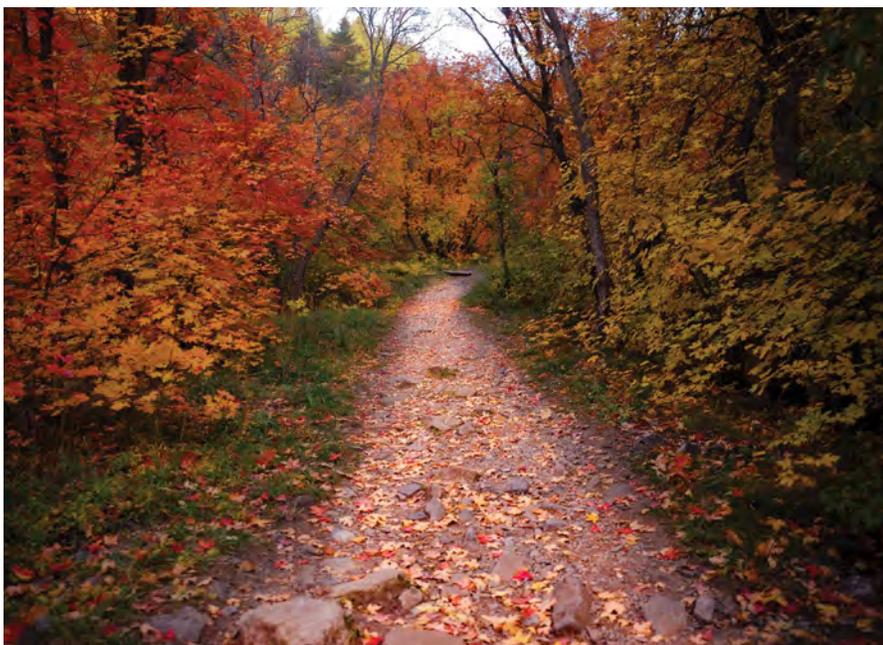
The primary responsibility of Utah State University Extension is to implement relevant programs to address the needs of individuals and communities. The articles in this fall issue of *Outcomes & Impact Quarterly* show our efforts are making a difference in the lives of individuals across the state of Utah. This issue highlights how our Extension programs have impacted individuals in a broad range of areas including healthy eating, mental well-being, and suicide prevention.

I invite you to read on to learn more about our phenomenal programs and resources focusing on the mental and physical health of individuals in Utah.

Sincerely,

Kenneth L. White

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



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PREVENTING MASTER GARDENER VOLUNTEER INJURY

Gabriela Murza



25 survey respondents reported that they:



4 workshops held (3 in person/ 1 virtual)

3 urban county locations (Utah, Salt Lake, and Weber)

53 Master Gardener volunteers and staff trained

Gardening has many health benefits, especially in older adults, but injuries are common. Repetitive strain injuries that affect hands, back, knees, and ankles can be caused by unsuitable movements, positions, and tool use. Master Gardener volunteers often participate in physically demanding service activities that can put them at risk for injury. Although the possibility of injury is small compared to other activities, recovery and treatment can take time away from this beneficial activity.

Educating gardeners on proper posture and tool use can help prevent or minimize injury. *Adaptive Gardening and Minimizing Injury with Tools, Techniques, and Stretches* was developed as a 90-minute interactive workshop that combines classroom instruction and hands-on practice to teach participants best practices, proper postures, and correct tool use.

While Master Gardener volunteers were the primary audience, the content and format of the workshops may also benefit anyone active in gardening. Therefore, plans are in place to incorporate demonstration videos to reach a wider audience and improve accessibility to the content.

“FOOD AS MEDICINE” WEBINARS HELP INCREASE DIABETES AWARENESS, PREVENTION, AND MANAGEMENT

Cindy Jenkins, Carrie Durward, April Litchford, Catherine Hansen, Annette Prall & Caitlyn Jasumback

180,000+

Utahns have been diagnosed with diabetes.

38%

of adults in Utah have pre-diabetes.

In 2020, only

12,859

people with diabetes participated in a Diabetes Self-Management Education and Support program.

Of the estimated

652,000

adults with pre-diabetes,

~1,500/YR

complete the National Diabetes Prevention Program.

The Centers for Disease Control and Prevention identified low awareness of available programs as a reason for lack of participation in diabetes self-management programs.

USU Extension and key partners developed the “Food as Medicine” webinar series aimed to increase awareness and enrollment in public diabetes programs and provide information about beneficial lifestyle changes. The program highlights three initiatives: the National Diabetes Prevention Program, the Diabetes Self-Management Education and Support Toolkit, and the Walk with Ease program. Webinars were conducted through Zoom from November 2021 to January 2022 with three in English and one in Spanish. They were promoted through social media and provided nutrition and health information, a demonstration of a healthy recipe, and information about public diabetes programs in Utah.

The webinar series provided information to 247 people—124 were live participants and 123 viewed recorded sessions. Based on the evaluation, participants were more likely to enroll in diabetes programs due to their increased awareness. They most enjoyed the cooking demonstrations, which will likely lead to them using new recipes, cooking techniques, or healthy ingredients at home. Survey respondents indicated they were very likely to refer the webinar series to others, showing that this type of class is a suitable format to educate the general public.



CELEBRATING WOMEN CONFERENCE: PROMOTING WELL-BEING AMONG UTAH WOMEN

Emma Parkhurst, Lisa Schainker, & Naomi Brower

Mental health concerns such as anxiety and depression often disproportionately affect women, and Utah consistently ranks higher than the national average for depression.

In response to the need for mental health resources for women, USU Extension formed a committee of female faculty from the Home and Community Department with expertise in

mental health and other aspects of wellness to plan the Celebrating Women Conference (CWC). The educational content was designed to address various areas of wellness and cultivate balance to promote optimal mental health.

The conference was adapted to an online format in 2020 due to COVID-19 and has remained virtual to meet the needs of women across the state, specifically in underserved rural areas. In 2021, 139 registered participants represented 13 counties in Utah, from Box Elder in the north, to Washington in the south. There were also seven participants from other states including Arizona, California, Washington, Oklahoma, Texas, and Idaho.

The CWC team plans to collaborate with other USU Extension programs that focus on mental health to ensure that women living in underserved rural communities can benefit from this critical information.



Conference participants responded:



reported their knowledge of overall health and wellness improved because they participated in the conference.



reported their knowledge of healthy ways to manage stress improved.



reported they were "likely" or "very likely" to make a positive change in their lives after the conference.



reported their knowledge of caring for their body in a positive way improved.



reported their knowledge of creating a positive outlook improved.

NEEDS ASSESSMENT SHOWS MENTAL HEALTH/YOUTH DEVELOPMENT HIGH PRIORITIES IN SUMMIT COUNTY

Jared M. Hawkins & Lendel K. Narine

A needs assessment was conducted in Summit County to identify the most pressing social issues in the areas of home and community. Interviews were conducted with 31 county stakeholders, including leaders in government, healthcare, education, religion, and community. Stakeholders represented diverse cultural groups, ages, and geographic areas in Summit County.

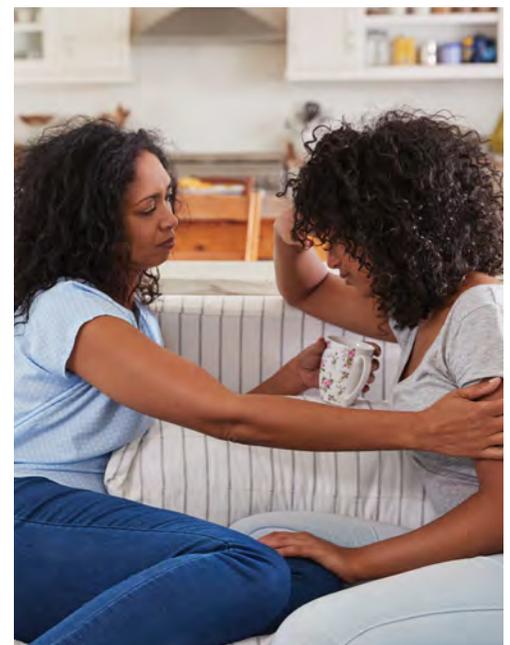
A survey was also used to gather data from Summit County residents (139 respondents). USU Extension will use the results of this needs assessment to develop and implement programs that target the groups' high-priority issues, including mental health and youth development.

Top five themes identified by Summit County stakeholders:

- Mental health
- Substance use
- Family issues
- Economic stress
- Lack of resources for Latinx and rural residents

Top five themes identified by Summit County residents:

- Youth mental health
- Mental health
- Youth stress management
- Drug and alcohol abuse
- Healthy relationships for youth



SUICIDE PREVENTION TRAINING FOR THE DAVIS COUNTY WORKFORCE

Emma Parkhurst



According to the CDC, suicide among the U.S. working-age population (16-64) is trending upwards. Suicide was selected by community partners and leaders as the top health issue in Davis County for the second time; first in 2013 and again in 2018. Davis County is ranked higher than the U.S. average, and between 2015 and 2017, males accounted for two out of every three suicides in Davis County, and three out of every four in Utah.

In partnership with Davis Behavioral Health, a cohort of certified trainers led by USU Extension provided virtual sessions in Davis County to workplace administrators and employees, human resources and wellness program managers, and general supervisors/managers. The training was open to everyone, but the target audience was working men since suicide rates are higher among males than females in the county. Training sessions were open to the public and provided privately for individual agencies.

The positive outcomes of the training demonstrate a significant step toward reducing suicide rates within the county among the working population. USU Extension will continue the partnership with Davis Behavioral Health to target individual cities participating in Communities That Care coalitions and construction companies within Davis County. These partnerships will enable both in-person and virtual training to increase training accessibility. It will also expand the number of trainings to other agencies outside of Davis County in partnership with the Utah Suicide Prevention Coalition.

Training participants respond:

89%

increased their knowledge related to suicide and suicide prevention in the workplace following the training.

92%

improved their level of confidence in talking to someone about getting help following the training.

88%

agreed they would be able to apply the information they learned in their place of work.

One of the most commonly reported concepts learned was to be direct when asking about suicide.

In 2017

~38,000

people in the U.S. died by suicide.

Suicide Prevention Training in 2021 included:

10

virtual training sessions

87

participants

A few of the agencies or employees who completed the training:

Davis School District

Centuri Construction Group

Layton City

Children's Service Society of Utah

