

SANPETE COUNTY HIGHLIGHTS 2021



Extension
Utah State University



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INTRODUCTION

Utah State University Extension provides research-based programs and resources with the goal of improving the lives of individuals, families, and communities throughout Utah. USU Extension operates through a cooperative agreement between the United States Department of Agriculture, Utah State University, and county governments. The partnership between USU Extension and Sanpete County contributes to the development of quality research-based educational programs that address the needs of Sanpete County individuals and families. With the support of Sanpete County funding, USU faculty and staff have played an important role in identifying and addressing community needs for individuals and families affected by the issues and current outcomes of the pandemic.



INCREASING POSITIVE EMOTION REGULATION SKILLS AMONG 4-H AFTERSCHOOL YOUTH

Social and emotional learning (SEL) is the process through which youth acquire the knowledge, attitudes, and skills needed to recognize and manage their emotions. To address the emotion regulation domain, all youth participated in a pre and post-test.

Pre-Test Results

38.3% of youth reported that they cannot control their

anger when disagreeing with others (12.33% completely agree they cannot control their anger + 26.03% agree they cannot control their anger).

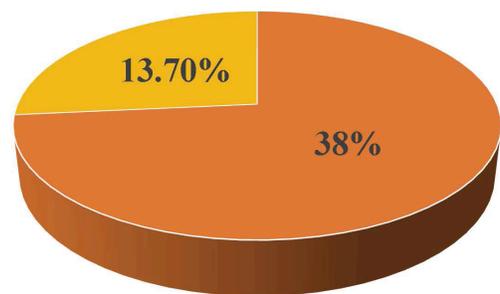
Afterschool team members met to discuss pre-test results and worked together to design a plan to focus on emotion regulation, particularly introducing evidence-based techniques for controlling anger. The action plan was implemented with 73 elementary-aged afterschool participants at four schools in Sanpete County for 6-weeks.

Post-Test Results

13.7% (8.22% completely agree they cannot control their anger + 5.48% agree they cannot control their anger)

Results of the posttest indicated that the action plan had been successful with a reduction in negative, risky behaviors by 25%. Furthermore, 90% of afterschool educators reported a decrease in impulsivity among youth and an increase in youth applying positive techniques for controlling their emotions, resulting in positive changes in daily afterschool environments.

Emotion Regulation: Ability to Control Anger



- Pre-Test Results: I have trouble controlling my anger when disagreeing with others: Completely agree/Agree
- Post-Test Results: I have trouble controlling my anger when disagreeing with others: Completely agree/Agree

COVID-19 VACCINATIONS FOR LARGE SCALE AG OPERATIONS IN CENTRAL UTAH

The COVID-19 pandemic and its associated economic impacts have had negative implications for agriculture, food, and rural America.

Outbreaks of COVID-19 in agriculture operations have reduced food products, which leads to food shortages. Agriculture workers who are exposed or infected by the virus cannot work and may experience decreased income. Many agriculture employees on large-scale agriculture operations come from minority populations that have an increased risk of complications from COVID-19 infections. Furthermore, many of these workers face time constraints and/or lack the means to travel to a public vaccination clinic.

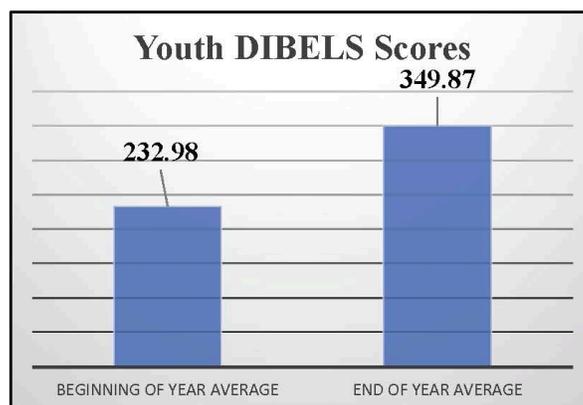
Agriculture Extension Agents from Sanpete, Juab and Millard County received a grant from High Plains Intermountain Center for Agriculture Health and Safety for \$24,556 to hold vaccination clinics at large-scale agriculture operations in Central Utah.

We utilized grant funds to bring the Central Utah Public Health Department in to conduct vaccination clinics at the Pitman Farms turkey processing facility. These clinics helped 40% of their employees receive full vaccination and aided in keeping the farm facilities open and the workers healthy.



IMPROVING YOUTH READING SCORES (EPHRAIM, MANTI, FAIRVIEW, MT. PLEASANT)

North Sanpete and South Sanpete School Districts use DIBELS (Dynamic Indicators, of Basic Early Literacy Skills) as the main testing source to assess K-6 literacy. The program assesses skills such as phonemic awareness, alphabetic principle, accuracy, fluency, and comprehension. Beginning of the year (BOY) scores identify youth who need additional assistance with reading and are used to monitor the effectiveness of intervention strategies, such as targeted tutoring and reading in the afterschool program. The data shows a 67% increase in scores among youth at all four afterschool sites due to intentional, targeted tutoring in the afterschool program.



REDUCING FOOD INSECURITY AMONG LOW-INCOME YOUTH AND FAMILIES

Sanpete County has a child food insecurity rate of 16.3%, meaning 1,260 youth experience hunger on a regular basis (Feeding America, 2019). Food insecurity can also lead to detrimental effects on interpersonal skills and self-control. As a community partner, USU Extension has provided resources and expertise to aid in the distribution of weekend backpacks for youth and families facing food insecurity. Throughout 2021, approximately 9,000-weekend backpacks were distributed to low-income elementary, middle, and high school youth throughout Sanpete County. Kid Packs are estimated to have a retail cost of \$10.00 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. In 2021, the Kid Pack program reduced food insecurity during weekend hours and saved Sanpete County families approximately \$90,000 in grocery purchases.

(9,000 kid packs distributed x \$10.00 retail cost per pack = \$90,000 in savings)

The partnership with the local food pantry has also proven beneficial for 4-H Afterschool youth and families. With over 61% of youth participating in afterschool programs eligible to receive free/reduced lunches, weekend meals have aided in the reduction of hunger and grocery purchases.



4-H STATE AMBASSADORS FROM SANPETE COUNTY



Christian Olsen



Sarah Everitt

This past year has been monumental for 4-H Leadership in Sanpete County. We have had two youth that were selected to be Utah 4-H State Ambassadors. As part of the selection process, they completed a three-month service project, submitted a lengthy application and endured a three-day interview process where they were required to present three public speeches, lead workshops and show their leadership abilities. Sarah Everitt and Christian Olsen, both of Ephraim, were selected to be ambassadors in April of 2021 and will serve a term of 15 months. They have been planning and serving in the 4-H State program non-stop. As part of their benefits as ambassadors, they receive a \$10,000 scholarship to Utah State University.

SANPETE COUNTY BIRDS AND BUNNIES PROGRAM

The Small Animal Livestock program has been running in Sanpete County 4-H for the past 2 years. Members learn about rabbits and poultry in club meeting held April through September. This past year, members were able to demonstrate their showmanship skills at the Small Animal Show held during the Sanpete County Fair. They were judged on their fitting and grooming as well as the visual presentation of their animals. The program is becoming very popular amongst Sanpete County youth and grows each year. This program expands the junior livestock program to kids that may not have the resources to raise larger animals by giving them the responsibility and skills to raise and show their project animal.



SANPETE COUNTY OUTDOOR RECREATION CLUB

The Outdoor Rec Club continues to grow in popularity in the county. The club is running at maximum capacity and filled up within a week of opening enrollment.

This year, the activities are based on what members want to learn. Calendared activities include trap and snare building, astronomy, leathercraft, fire starters, fishing, outdoors cooking and much more. Members, leaders and parents attended their first club campout in October and are traveling to Southern Utah for a second this month. Our future goal for this program is to have multiple clubs in the county so that more youth can enjoy the benefits of the program.



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