



UNIVERSITY OF MISSOURI EXTENSION

Shelby County 2023

Annual Report

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**SERVE
MISSOURI.**

**DELIVER
MIZZOU.**



Extension
University of Missouri

an equal opportunity/ADA institution



Office of Extension
and Engagement
University of Missouri

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FOR EXTENSION AND ENGAGEMENT
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December 2023

Dear county commissioners and friends of MU Extension and Engagement,

Thank you for your important partnership with the University of Missouri Extension this past year.

I want to highlight three areas that address needs you helped us identify.

You may recall that the FY 23 state budget provided a one-time \$5 million infusion to MU Extension for growth. Of that, we allocated about \$3 million for field faculty in the areas of agriculture, 4-H, health/human development and business and community development.

Through a dedicated hiring effort, and thanks to that allocation, we have hired 168 new employees since November 2022. That includes 72 academic/faculty members, most of whom are field specialists in a priority area noted above, and 96 staff members (e.g., office administrators, youth and food and nutrition associates, etc.).

We also returned more faculty to local program delivery that best serves your county's needs, while preserving the partnership and relationship building work you value. Our extension and engagement specialists focus full-time on that work as they serve their assigned multi-county groups. Currently, 19 have been hired, with two more in the pipeline.

Finally, we are prioritizing our work with county extension councils. In the new role of partnership and council development director, Lorin Fahrmeier focuses on strengthening council representation and governance. This role will build stronger links with regional, educational and campus leadership to better identify and address local priorities.

At the UM System level, our engagement work across four universities and with leaders across the state makes a difference in areas of greatest need: broadband, workforce development, health access, food security and healthy futures for our youth.

Your county annual report shows what we are accomplishing together as we Serve Missouri and Deliver Mizzou. We look forward to strengthening that partnership with county commissioners and community stakeholders in the coming year.

Sincerely,

Chad Higgins, PhD
Interim Vice Chancellor, MU Extension and Engagement
Chief Engagement Officer, UM System

Who we are

Faculty and staff



Carrie

Carrie Elsen
Nutrition & Health Specialist



Jeremiah

Jeremiah Terrell
Human Development & Family Science Specialist



Becky

Becky Vanskike
Office Support

Michael Krauch
Northeast Regional Director

James E. Meyer
Extension Engagement Specialist

Lisa Doster
Extension Engagement Specialist

Those serving Shelby County from other locations

Russell Schleiermacher
4H Specialist

Justin Keay
Horticulture Specialist

Nick Wesslak
Agronomy Specialist

Brenda Schreck
Livestock Specialist

Mary Sobba
Ag Business Specialist

Amanda Lehenbauer
Nutrition Program Associate

Deann Turner
NE Region Food Nutrition Program Coordinator

Kent Shannon
Engineering Specialist

Council members

Officers

Kevin Kattelman
Chairman

Troy Renner
Vice-chairman

Melissa Ellyson
Secretary

Debra Barrick
Treasurer

Members

Kathleen Wilham
Dave Barton
Terry Mefford

Tom Plumb
Gina Pollard
Pat Greenwell

Kenny Wilson
Erin Maubach
Mark Wilson
Duane Wright

County commissioners

Terry Helmich
Presiding Commissioner

Terry Mefford
Western District Commissioner

Tom Shively
Eastern District Commissioner



Budget and more

Appropriations budget

Income

County Appropriations	\$45,270.00
Total Income	\$45,270.00

Expenses

Salaries/Benefits	\$28,070.00
Youth Program Associate	\$5,000.00
Travel	\$2,160.00
Machine Rental and Lease	\$1,670.00
Telephone	\$900.00
Office Supplies/Service	\$2,300.00
Utilities	\$3,500.00
Insurance	\$900.00
Advertising and Elections	\$210.00
Repairs	\$250.00
Professional Org.	\$310.00
Total Expenses	\$45,270.00

Great News for 2024

Gina Pollard has joined our team as the 4H Youth Program Associate.

Lisa Doster will now serve as Extension Engagement Specialist for Shelby County.



MU Extension is a unique funding partnership.

Extension funding is a three-way partnership of federal, state and county government. Federal and state money, through the University of Missouri system, pay professional staff salaries, training costs, computers and communication equipment. County funds support the local office, secretarial and youth assistant salaries, staff mileage and council expenses.

The Shelby County Extension Council, faculty and staff would like to express our appreciation to the Shelby County Commissioners for their continued support of extension programs.

Local Support

Did you know you can donate directly to Shelby County Extension with a gift to be used immediately or as an endowment contribution for long term efforts. Monies put into the endowment are left forever to earn interest with the county office benefiting each year. You can also direct your donation to a specific program such as 4-H or Master Gardeners.

Shelby County



University of Missouri System
COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

UM System Statewide Footprint

Economic and Community Development Highlights

- In 2022, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 81,645 jobs.

\$3.1
billion

For every dollar invested from 2019 to 2021, the MU Extension Business Development Program has returned \$133 in economic impact for its clients by increasing sales more than \$1.6 billion. For a total impact of \$3.1 billion, the program has generated more than 37,000 jobs and attracted nearly \$451 million in capital investments and \$1.5 billion in government contracts.

- Between FY17 and FY22, UM System brought Missouri more than \$1.46 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



In FY23, UM System was issued 33 patents and filed 61 new U.S. patent applications.

- In FY23, the UM System awarded 805 design and construction project contracts throughout Missouri, for a total investment of \$279.2 million in the state.



In FY23, to improve access to medical and health related services, MU Health Care's Missouri Telehealth Network's Show-Me ECHO program provided 18,381 hrs of case-based instruction to 2,938 learners located in 112 of 114 Missouri counties and the city of St. Louis.

Education and Training Provided



41,992 police, fire fighters, and medical professionals attending continuing education (2022)



Agriculture and natural resource programs served 174,692 farmers and related businesses (2022)



311,749 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2022)

Education Highlights

FY23 Financial Aid Awards

In FY23, 67.3% of the UM System's 80,702 students received financial aid totaling \$973.7 million

MU		UMKC	
27,256	\$536.0M	11,859	\$217.3M
students receiving financial aid	financial aid awarded	students receiving financial aid	financial aid awarded

Missouri S&T		UMSL	
6,748	\$117.7M	8,489	\$102.8M
students receiving financial aid	financial aid awarded	students receiving financial aid	financial aid awarded



UM System's MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 58 higher education institutions (230,000 students), 485 K-12 school districts (832,000 students) and 132 public libraries (serving nearly 3 million Missourians) in 2022.

- UM System awarded 50.5% of the 32,098 Bachelor's or higher degrees awarded by Missouri four-year public institutions in 2022-23.
- UM System awarded 36.6% of the 1,935 research doctorates and 26.9% of the 3,593 professional doctorates awarded by Missouri public and not-for-profit private institutions in 2022-23.
- In FY23, UM System's \$37.9 million in National Science Foundation (NSF) grants represented 88.3% of all NSF grants made to Missouri public colleges and universities.
- In 2023, over 10,900 Missourians accessed mobroadband.org, part of the UM System Broadband Initiative which helped the statewide build-out of high-speed internet infrastructure. MU Extension also supported residents in making individual challenges to the FCC that resulted in \$810,000 in additional funding for the state of Missouri.

Supporting the University of Missouri is an investment in the future of Missouri.

The university advances Missouri citizens and communities through its mission of teaching, research, public service, and economic development across our four campuses and University of Missouri Extension.

Prepared in December 2023, based on the best available and most recent data. Data Sources include: Missouri Office of Administration • UM IR • MU Institute for Public Policy • Center for Applied Research and Engagement Systems (CARES) • MU • UMKC • Missouri S&T • UMSL • UM System • UM Health Care • MU Extension • US Census Bureau • US Dept. of Health and Human Services • National Science Foundation





MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs

Missouri 4-H for ages 8 – 18



4-H Natural Resources programs employ hands-on activities in climate science, environmental sustainability, renewable energy, sportfishing and wildlife conservation. The **Shooting Sports program**, which teaches marksmanship, safe firearm use, hunting and archery principles, is a prime illustration of how 4-H programs promote holistic youth development and responsible citizenship. Supported by caring adult leaders, these programs offer opportunities to cultivate life skills, self-worth and conservation ethics.



4-H's Healthy Living programming teaches skills for healthy choices and lifestyles, enhancing overall well-being and equipping youths to tackle life's challenges. Emphasizing social-emotional health, 4-H fitness, health, nutrition and safety programs cultivate confident, caring young leaders who prioritize mental and physical well-being.



4-H's College and Career Pathways program emphasizes the pivotal role of education in attaining career goals, creating paths to success through exposure to project areas and mentorship. In addressing workforce challenges, 4-H strives to equip young people with financial literacy and basic skills for productivity.



Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Shelby County

Missouri 4-H

Local Profiles and Stories

Shelby County 4-H had seventy-seven members in its four different clubs during the 2022-23 program year.

Members were enrolled in various projects totaling seventy-nine different project areas. Club members were involved in several community service activities including multiple trash pick-ups throughout the county, making Christmas center pieces and cookies for the nursing home, decorating the library park for Christmas, caroling at the nursing home and Villa, planting flowers at the library in the spring, and mulching the butterfly garden at Kessler Park. 4-H Council also applied for and received a \$1000 grant to help supply recycled rubber mulch at Kessler Park. Members & volunteers cleared part of the playground area and then spread the mulch.

4-H members experienced personal growth through other activities including the county wide Achievement Day in April. Over twenty members took part and were judged in several categories including public speaking, project demonstrations, table setting, photography, collection displays, and personal development interviews. There was also a food drive held, collected items were distributed to the Bethel and Shelbina food pantries.

The Shelby County Fair was held the week of July 9th-15th at the Shelby County Fairgrounds. After numerous hours of learning, preparing, and practicing members were able to showcase their projects to the public. Thirty exhibitors presented over 115 indoor projects in the 4-H building. There were 246 livestock

exhibits shown from Shelby County members as well as others from across the state at the various livestock shows. During these exhibitions, youth participants gained confidence in showing livestock in front of crowds, speaking with a judge, and learned, from winning or losing in the ring, ways to improve for next year. 4-H members concluded the week with the livestock sale and sold 122 exhibits for a total of \$116,750.

Also, during the summer 4-H camp was held in conjunction with Randolph and Macon Counties with older club members helping to plan and serving as camp counselors. Three members took part in the State Livestock Contest held in Columbia, MO in September and placed 10th overall as a team. Two of them placed in the top eight individuals in the 8–10-year-old division.

The annual Recognition Banquet was held in November to recognize members' achievements throughout the past year and thank volunteers for their service. With a fifth club being added at the end of the 2023-year, membership is expected to increase with even more project areas being offered to members in the coming year.



4H is so versatile. Activities from trash pickup, park refurbishing, bake sales and livestock shows promotes team work as well as individual accomplishments.





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Agriculture and Environment



MISSOURI AGRICULTURE,
 FOOD AND FORESTRY
 INNOVATION CENTER 



The Missouri Agriculture, Food and Forestry Innovation Center

(MAFFIC) helps Missouri farmers pursue value-added agricultural production and marketing. Partners in this statewide initiative include the Show-Me-State Food, Beverage and Forest Products Manufacturing Initiative, Missouri Agricultural and Small Business Development Authority and the University of Missouri.



Management-intensive grazing

involves dividing large fields into smaller paddocks and systematically rotating livestock among them. Producers who attend grazing schools learn how to reduce costs through improved livestock, grazing and pasture management while getting insights into fencing, watering systems and grazing system design.

The annual impact of management-intensive grazing is estimated to be \$125 MILLION per year in Missouri.



The Missouri Master Gardener program

enables people of all ages to get in-depth horticultural training and then apply what they've learned to improve their communities and educate others about gardening.



In 2022, almost 4,000 Missouri Master Gardeners completed over 133,000 VOLUNTEER HOURS throughout the state.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Shelby County

Agriculture and Environment

Local Impact

Private Pesticide Applicator Training

Nick Wesslak taught 30 participants for private pesticide applicator training (PPAT) in Marion County, 19 participants in Ralls County, 18 participants in Knox County, 19 participants in Shelby County, 33 participants in Lewis County, 28 participants in Clark County, 17 participants in Scotland County, and 33 participants in Monroe County. 197 total applicants were trained for PPAT licensing by Nick Wesslak in the Northeast Region.

Pesticide Safety Education

Nick presented at the 2023 Pesticide Safety Education ISE on the MU Extension Pesticide Safety Education Program's (PSEP) Vision of Excellence, in which he covered a short history of MU Extension's PSEP program including a current state of the program update, MU Extension's PSEP program goals, and metrics of how success could be measured for PSEP programming efforts. There was a total of 50 participants at this event, which was held in Columbia.

Nick taught youth pesticide safety programming to high school age children so they could learn safe usage of pesticides and other chemicals. The program aimed to help youth better understand why pesticides and other chemicals are important to human safety and food production, while also helping them to a better understanding of the risks involved with the use of these products. The ultimate goal was equipping the next generation with the knowledge necessary to reduce easily avoidable pesticide and other chemical exposures caused by misuse, improper storage, lack of personal protective equipment (PPE), and improper disposal. 240 students participated in this programming. Individual county attendance is as follows: Ralls: 37, Marion: 180, Monroe: 12, Lewis: 11.

Integrated Pest Management

Nick Wesslak participated in several activities regarding MU IPM (Integrated Pest Management) efforts in the field. Several photos and videos related to IPM were captured for later educational use during field activities. Lewis, Ralls, and Marion County were home to several activities including corn and soybean disease scouting and diseased tissue collection for an MU graduate student research project. Ralls and Marion County also held migratory insect trapping stations for the IPM Pest Management Network. This network served as an alert system for the entire northeast Missouri region and helped indicate to producers what species of migratory pests should be scouted for in the field.

Participants gained weekly knowledge of migratory pest levels to inform them on scouting decision thresholds and they also received by-weekly field disease updates. While only 13 people were directly communicated with regarding results of scouting and trapping efforts by the agronomist, 4396 individual subscribers received weekly trapping updates via the pest alert subscription service provided by MU IPM. Online views for individual insect count report pages not connected with subscriptions totaled 259, with the majority (169 visits) coming from the Japanese beetle reporting page (views generated from 120 users). For all MU IPM pest monitoring webpages, a total of 10,612 views were generated from 7,276 users from around the world.

Shelby County

Agriculture and Environment

Local Impact

Field Crop and Forage Chat

Nick served as an MU Extension IPM Scouting School (MU Extension in the Field Crop and Forage Chat) host and presenter in Marion County. The event was advertised directly in the immediate surrounding counties. The MU Extension in the Field Crop and Forage Chat was held in the Northeast Region in Marion County. There were 13 in person attendees. Media coverage of the event that date generated 10,000 media views based upon circulation numbers for the Quincy Herald Whig, which covers the Northeast region, specifically the counties of Clark, Knox, Lewis, Marion, Monroe, Pike, Ralls, Scotland, and Shelby. In person participants and article readers took from that day a greater understanding of MU in Field Research and drought mitigation strategies. Topics related to drought included toxicology, pasture recovery, alternative forage feed stuffs and corn silage considerations during drought. Dr. Mandy Bish

covered foliar diseases in soybean and corn and foliar fungicide strip trial results. Dr. John Lory covered nitrogen and cover crop MU Certified Strip Trials and in field research results. Dr. Tim Evans covered toxic plant concerns during drought conditions. Rusty Lee covered drought mitigation in relation to pasture recovery. Charlie Ellis covered drought mitigation in relation to alternative feed stuffs including cover crops and residues. Nick Wesslak spoke on corn silage considerations during drought as part of drought mitigation. Prior to the event, flyers were distributed locally, and promotional newspaper and radio interviews were conducted.



Women in Agriculture

Nick Wesslak presented on soil health and soil testing at the Women in Ag event held in Lewis County. Topics he discussed were focused on soil health and an in-depth discussion of soil test reports to answer questions that typically arise when a customer receives their soil test results. There was a total of 27 participants that day. Individual county attendance for that date was as follows: Adair had 4 participants, Clark had 2 participants, Cooper had 1 participant, Grundy had 1 participant, Knox had 3 participants, Lewis had 10 participants, Monroe had 1 participant, Schuyler had 1 participant, Scotland had 3 participants, and Shelby had 1 participant. Nick also conducted a similar presentation for a professional development activity for the Food and Nutrition Education Program associates to help get them ready for that year's programming. More heavy focus was placed on composting and weed management in the small garden setting for the FNEP group. This event was carried out in Lewis County and had a total of 11 participants.

Shelby County

Agriculture and Environment

Local Impact

Soils

The regional agronomist (Nick Wesslak) and regional horticulturalists (Justin Keay and Jennifer Schutter) oversaw the soil sampling program at the county level and made recommendations to clients based upon their soil sample results for the eight northeast counties of the state of Missouri. There was a total of 282 participants. Clark County had 11 samples processed, Marion had 58, Knox had 72, Lewis had 25, Monroe had 27, Ralls had 39, Scotland had 8 and Shelby had 42. Participants in the soil sampling program learned about their soil fertility levels and received research-based recommendations to achieve their desired yield goal of their particular crop(s) and were able to get more in depth recommendations from specialists, such as when a particular herbicide the producer was considering using had an application rate that was dependent upon soil texture and/or organic matter content of the soil. Marion County Extension donated a soil analysis to the Missouri Disabled Sportsmen organization and Nick aided in herbicide recommendations based upon those soil results and the sunflower crop being grown. This Missouri Disabled Sportsmen organization holds events such as dove hunts, for disabled veterans and children. The dove hunt that was conducted in 2023 occurred in Shelby County and saw close to 100 doves being collected.

Crop Consultations and Contacts

Nick Wesslak consulted with 596 different individual agricultural contacts on topics related to row crops, forage crops, and horticulture crops across his eight different assigned counties plus two outside counties. Only 35 contacts were related to horticulture. Individual contacts for counties were as follows: Boone had 4, Clark had 21, Knox had 17, Lewis had 62, Marion had 312, Monroe had 46, Pike had 7, Ralls had 75, Scotland had 17, and Shelby had 35.



Northeast Missouri Agricultural Connection

Nick Wesslak served as a team member of the NEMO Ag Connection Newsletter. At various times throughout the year, he served to help edit articles, and he also contributed 4 articles to the newsletter. His writings focused on MU's on farm research activities and drought related agronomy for corn silage and forages. The on-farm research articles focused on the MU Certified Strip Trial Program and the Insect Pest Monitoring Program. The other two articles explored corn silage as an alternative feedstuff during drought conditions and wintertime nitrate and prussic acid concerns in forages. Subscription numbers to the newsletter per month peaked at 2392 individuals throughout the northeast Missouri region. Of that total amount of subscribers for the entire northeast region, the counties of Monroe, Ralls, Scotland, and Shelby provided 5, 211, 1, and 116 subscribers, respectively.

Shelby County

Agriculture and Environment

Local Impact

Horticulture

- 6 Shelby County residents attended a class on seed saving and heirloom vegetables at the Shelbina library. 7 Shelby County residents attended a class on Growing Great Tomatoes at the Shelby County Extension Office. Attendees learned; how to save seeds from heirloom vegetable varieties and best practices and disease/insect management, variety selection, staking/pruning, and irrigation in home garden tomatoes.
- 6 Shelby County homeowners and fruit/vegetable farmers received 1 on 1 support to help them solve problems in their crops and landscape such as; how to take a soil sample and how to fertilize a vegetable garden, how to deal with pests on flowers and vegetables, and weed control in lawns. Students and residents received research-based information from MU Extension to help their gardens, landscapes and lawns thrive, while protecting the environment.
- 8 Shelby County residents subscribed to MU Horticulture Newsletters (Garden Spade Newsletter, Missouri Produce Growers Bulletin, and the MU Commercial Horticulture Video Newsletter) or attended the Live Garden Hour weekly town hall. Subscribers receive research-based information to help their gardens thrive, while protecting the environment.
- 4 Shelby County gardeners and produce growers had their soil tested and received detailed fertility recommendations, guidance, and support to help their gardens thrive, while protecting our state's waterways from nutrient pollution.

Shelby County AG Night

Shelby County AG Night was hosted on 2-9-2023 at the North Shelby High School. The main focus was on agriculture and anyone seeking to pursue areas in agriculture. Andrew Coon welcomed everyone and gave blessing. The Breakout sessions included Trends in Technology, Policy Changes, Livestock, Economics/Crop Science, and Women in Ag. The speakers for this event were Addie Yoder, Jim Lyon, Justin H. Keay, Greg Sharpe, Marcia Shannon, Kelly Nelson, Benjamin Brown, and Chris Chinn.



Total fundraiser and local support included - \$1650 in monetary donations and \$850 in donated gifts.

81 in attendance

Shelby County

Agriculture and Environment

Local Impact

Training and Certification for NE Youth in Agriculture

The Schuyler FFA Alumni Career Development Experience (CDE) was held on March 20, 2023. There were 17 schools with 195 students and 22 Vocational Agriculture teachers in attendance. Of the 195 youth participating, 9 were in Ag Sales which is a Leadership Development Experience (LDE) and 186 were in CDEs. Out of the 186 tested, 110 scored Proficient. Youth in vocational agriculture programs for three or more years are required by DESE to test at a certified site before graduation.

A total of 11 events were offered – Dairy Cattle, Dairy Foods, Horses, Livestock, Forestry, Entomology, Agronomy, Floriculture, Farm Business Management, Ag Mech, and

Ag Sales.

This opportunity is valuable for our youth since a growing number do not attend college or trade school. This gives them a chance to show employers their aptitude in the area they tested proficient. This experience helps youth explore potential careers in agriculture.



5 Participants from Shelby County

Agriculture Lenders' Seminars

Eighty-three lenders from 25 Missouri counties and 1 from Illinois attended this year's seminars held in Mexico and Brookfield. Lenders learned about Crop and Livestock Outlook, Macroeconomics, Rental Rates & Land Values, MU Budgets, Input Costs, Renewable Energy, FSA, and MASBDA Programs. Lenders in attendance managed over 6007 farm loans totaling more than \$105,020,500.

By attending University of Missouri's Agricultural Lenders' seminars, lenders are able to help their clients make better decisions based on risk management tools, budgets, and other resources provided. This benefits their portfolio of producers and landowners by an increased understanding of enterprise budgets, market outlook, and other decision influencing factors affecting families' and businesses' financial health.



6 Participants from Shelby County

Shelby County

Agriculture and Environment

Local Impact

Community Garden

MU Extension is leading the way with community gardening by engaging the community in healthy eating and physical activity while focusing on community activities such as nutrition education, food distribution, and even taste tests. Additionally, research shows community gardens increase socialization and cooperation among neighbors within communities. Together with Shelby County Extension Council, North Shelby FFA members, and community partners made these four raised garden beds available for the community. The raised bed gardens are tended this summer by Miley Bender and Evie Jones, North Shelby FFA members. The gardens produce includes peppers, cucumbers, herbs, tomatoes, and romaine lettuce for anyone to take and enjoy.



Left:
Miley and Evie
spreading the gravel
around the raised
beds.

Right: One of the
youngest Shelby
Countians to enjoy
the fruits of the
raised beds.





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 through credible statewide programs
Community and Professional Health Education



The **Missouri Research-Extension** (MO-RE) Protocol program focuses on strengthening the bridge between leading scientific research and community-based practice by creating a dissemination and implementation protocol that will facilitate acceleration of relevant knowledge into the most vulnerable Missouri communities through Community Health Engagement and Outreach.



MU **Continuing Education for Health Professions** (CEHP) provides evidenced-based, relevant and responsive learning activities designed to narrow professional practice gaps with respect to knowledge, competence, and performance of the healthcare team. A commitment to lifelong learning, in partnership with those we serve, contributes to excellence in practice and improved health outcomes.

CEHP provided 169 LEARNING ACTIVITIES which reached over 53,000 PROFESSIONALS across all Missouri counties.



The **Diabetes Prevention Program** is a CDC-recognized program provided by licensed lifestyle coaches to prevent type 2 diabetes. Through lifestyle coaching participants can achieve sustainable weight loss, increase in physical activity and learn coping skills to manage stress.

More than 1 IN 3 PARTICIPANTS have reached the 5 - 7% WEIGHT LOSS GOAL.



Legend



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Economic Opportunity



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Health & Well-Being

Shelby County

Community and Professional Health Education

Local Impact

Chronic Disease Self-Management

Several low-cost evidence-based programs show promise to help older adults with chronic illnesses to take control of their health (Centers for Disease Control and Prevention, 2011). The 6-week Chronic Disease Self-Management Program (CDSMP) developed at the Stanford Patient Education Research Center is one of the most well-studied evidence-based programs and has been selected for widespread national dissemination. This program is designed to address the complex array of health issues and self-management behaviors that cut across different chronic illnesses.

Through a statewide collaboration with the Regional Arthritis Centers RAC Tonia Schlecht, and MU Extension Nutrition & Health Specialists, Jennifer Eldridge, and Carrie Elsen partnered with the Shelby County Senior Center to deliver this program in person. Eight participants enrolled for 2.5 hours weekly to learn about topics and develop self-management skills such as problem-solving, communication, breathing techniques, healthy eating, physical activity, action planning, and more.

This program had a total of 48 contacts.

Weathering The Storm

Farming can be stressful. Challenges with machinery, weather, crops, animal health, finances, and the pandemic are all issues that farmers deal with daily and over which they may have little control. Developed by Michigan State University Extension, **Weathering the Storm in Agriculture** focuses on helping farmers and their families understand the effects of stress on the mind and body and how to manage it effectively during difficult times.

Participants reported the following after attending:

- To recognize the signs of stress in the body, mind, and behavior.
- To understand the root causes of stress or common stressors for farmers and their families.
- How stress affects the body.
- Practical coping skills and three strategies for managing stress.
- Helpful local and state resources.

This program had 15 contacts in Shelby County and was done in partnership with Shelby County Cares.



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 through credible statewide programs
Health and Human Sciences



Studies show that people with strong family bonds tend to have lower stress levels.

Building Strong Families helps families amplify their strengths, tackle challenges and make confident, informed decisions to build resilient family units.



Chronic Disease Self-Management programs offer evidence-based information for individuals and their caregivers to boost self-confidence in managing symptoms, enhancing quality of life and even reducing health care expenses.

These programs have undergone rigorous evaluation and are proven to be effective tools for individuals dealing with chronic conditions like arthritis, fibromyalgia, depression and diabetes.

“This course made me more self-sufficient and improved my family’s access to quality food.”



MU Extension offers research-based **home food preservation** courses and publications to help people cut food waste and save money.

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Health & Well-Being

Shelby County

Health and Human Sciences

Local Impact

Stay Strong Stay Healthy

A total of 6 SSSH courses were provided to the Shelby County residents both virtually and face to face. Stay Strong, Stay Healthy (SSSH) aims to provide inactive middle-aged and older adults with access to a safe, structured and effective exercise program capable of building muscle and increasing bone density, thus decreasing frailty, osteoporosis and the risk of falls. SSSH helps participants meet the Centers for Disease Control and Prevention's physical activity recommendations. SSSH challenges participants through incremental increases in exercise volume and intensity. Led Carrie Elsen, participants complete a warmup, a prescribed set of upper- and lower-body strengthening exercises and a cool-down at each class. Participants are made to feel comfortable regardless of their current fitness level so they can safely participate and gradually build the strength beneficial to health.

Customer quotes:

- 80-year-old female participant, *"Am more awake of the need to move more. I am more conscious of my surroundings and adjust to what I need to do not to fall."*
- 80-year-old female participant, *" I have improved in getting up and down and lifting objects."*
- 80-year-old female participant, *"This program helped me with core strength and I feel better."*
- A 90.5-year-old male participant said, *"My legs feel stronger and I walk more confidently."*
- 88-year-old female participant, *"I have improved my balance a lot and I walk better."*

This program obtained over one hundred contacts.



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Amanda Lehenbauer,
Nutrition Program Associate

Shelby County

Health and Human Sciences

Local Impact

Family Nutrition Education Programs Annual Report for Shelby County

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$10,874,798 in federal funds to Missouri. During FY2023, Missouri's SNAP-Ed program reached over 78,000 Missourians through direct classroom education. Each person participated in an average of 6 hours of education totaling over 15,000 hours. In addition, an additional 760,135 persons participated in indirect education. Direct and indirect education resulted in over 1.8 million total contacts with Missourians.

A total of 367 participants were from Shelby County.

Participants in SNAP-Ed learn the importance of making healthier meals and snack choices, eating breakfast more often, are more willing to try new foods, increase their physical activity, and make healthier food choices. Those who practice healthy eating and are physically active are more likely to contribute to a healthy labor force and enjoy a high quality of life throughout the lifespan. This vital programming effort also reduces healthcare costs over the participant's lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums.

Schools and agencies impacted include South Shelby Elementary, Shelby County Food Pantry, and Bethel Food Pantry.

SNAP-Ed Public Value Statement 2023

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$10,874,798 in federal funds to Missouri. During FY2023, Missouri's SNAP-Ed program reached over 78,000 Missourians through direct classroom education. Each person participated in an average of 6 hours of education totaling over 15,000 hours. In addition, an additional 760,135 persons participated in indirect education. Direct and indirect education resulted in over 1.8 million total contacts with Missourians.

Participants in SNAP-Ed learn the importance of making healthier meals and snack choices, eating breakfast more often, are more willing to try new foods, increase their physical activity, and make healthier food choices. Those who practice healthy eating and are physically active are more likely to contribute to a healthy labor force and enjoy a high quality of life throughout the lifespan.

This vital programming effort also reduces healthcare costs over the participant's lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums.



A total of 130 participants were from Shelby County.

Left: Amanda programming at South Shelby School



Extension
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