



UNIVERSITY OF MISSOURI EXTENSION

Howard 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

OFFICE OF THE VICE CHANCELLOR
FOR EXTENSION AND ENGAGEMENT
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Columbia, MO 65211
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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

Howard County Extension Council

Tracy Johnmeyer, Chairman

Cassandra Frink, Vice-chairman

Chris Rohlfing, Secretary

Barbara Cook, Treasurer

Therese Stevens

Amanda Wies

Jeff Stockhorst



PRESIDING COMMISSIONER
Jeramiah Johnmeyer

ASSOCIATE COMMISSIONER EAST
DISTRICT
Matt Freese

ASSOCIATE COMMISSIONER WEST
DISTRICT
Jeff Stockhorst



The Keller Building

Who we are



Jim Meyer

EXTENSION ENGAGEMENT
SPECIALIST
MU Extension in Ralls County



Liz Harrison

FIELD SPECIALIST IN NUTRITION AND
HEALTH EDUCATION



Heather Conrow

FIELD SPECIALIST IN
LIVESTOCK



Marilyn Dilts

COUNTY OFFICE SUPPORT
STAFF



Charles Holland

DIRECTOR OF FAMILY IMPACT
CENTER



Christina Edholm

FIELD SPECIALIST IN HUMAN
DEVELOPMENT



Marsha Moore

Small Business
Development Center
Business Counselor



Jeremiah Terrell

Field Specialist in Human
Development



Todd Lorenz

FIELD SPECIALIST IN
AGRONOMY



Kathi Mecham

FIELD SPECIALIST IN
HORTICULTURE



Kelly Dyer

BUSINESS DEVELOPMENT



Letitia (Tish) Johnson

COUNTY ENGAGEMENT SPECIALIST
IN COMMUNITY ECONOMIC
DEVELOPMENT

Budget and more

Appropriations budget

Income

County Appropriations 34,190

Total Income 34,190

Expenses

Personnel: wages

Payroll expenses

Non-payroll salaries 25,700

Travel 2,340

Postage 500

Telephone: local 1,500

Advertising 300

Publishing/printing 500

Copy services 1,900

Supplies & services 500

Insurance 750

Miscellaneous 100

Furniture & equipment 100

34,190

Bookkeeping 3,840

Total Expenses 38,030

Howard County partners

Howard County
Commissioners

4-H Senior Council

Soil & Water Board

Fair Committee

Livestock Committee

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



Local Support

Did you know you can donate directly to *Howard* 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.



Howard County

UM System Footprint in the county in 2023



FY23 county students

78 students

- 65 Undergraduates
- 13 Graduate and professional students
- 54 Full-time students
- 24 Part-time students
- 21 Pell grant recipients (aid year 2023)



County employees and retirees

249 people employed by UM

- 116 Campuses
- 127 MU Health Care
- 6 UM System

162 UM retirees and beneficiaries

UM salary and retirement income: \$16.0 million

UM state tax revenue: \$463,720

UM federal tax revenue: \$2.1 million



County alumni

Selected school alumni

- 5 Medicine
- 27 Nursing
- 49 Health Professions
- 3 Dentistry
- 5 Pharmacy
- 11 Veterinary Medicine
- 148 Agriculture
- 41 Engineering
- 12 Law

Alumni teaching K-12

- 30 teachers
- 24.0% of all district teachers



County breakdown

MU

- 62 students
- 542 alumni
- 116 employees

UMKC

- 7 students
- 20 alumni
- 0 employees

Missouri S&T

- 2 students
- 16 alumni
- 0 employees

UMSL

- 7 students
- 12 alumni
- 0 employees



Construction projects

- \$17,336 remitted to 1 county vendor, for 1 project



County properties and offices

Horticulture and Agroforestry Research Center

MU Extension in: Howard County



County population: 10,147



County services provided

Health care (FY23)

- 5,722 in-state patients seen at MU Health Care, with \$2.0 million of uncompensated care
- 4 in-state patients seen at UMKC School of Dentistry with a statewide average of \$43.61 per patient in uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 1,058 visits to 721 patients having ZIP codes associated with the county

Extension (2022)

- 633 Total educational contacts from MU Extension to residents of the county, including:
- 29 contacts related to productive farming, better gardening, and managing natural resources
- 604 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development



Howard County

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

27,256

students receiving financial aid

\$536.0M

financial aid awarded

UMKC

11,859

students receiving financial aid

\$217.3M

financial aid awarded

Missouri S&T

6,748

students receiving financial aid

\$117.7M

financial aid awarded

UMSL

8,489

students receiving financial aid

\$102.8M

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.

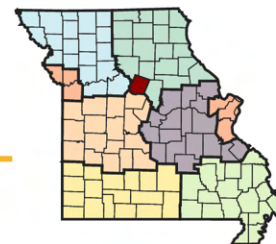
Supporting the University of Missouri is an investment in the future of Missouri.



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

Missouri Grand Challenges: Local Solutions



HOWARD COUNTY

Knowing Missouri's Needs

MU Extension asked Missourians to share the greatest challenges they and their communities face.

We heard that feedback and made big changes in the way we work with council and local partners to improve lives. Locally, a network of county engagement and subject matter specialists now share MU's knowledge, research and engagement, targeting programs, information and assistance in:

- agriculture and environment
- youth and family
- business and community
- health and safety

For each grand challenge, MU Extension and Engagement targets a specific gain by 2023:



Economic opportunity

Increase MU Extension and Engagement's economic impact to the State of Missouri from \$1 billion to \$1.5 billion overall, and from \$88 billion to \$100 billion in agriculture, the top economic sector



Educational access and excellence

Increase participation in postsecondary education from 66% to 70%



Health and well-being

Improve Missouri's health ranking from 40th to 35th in the nation

Knowing Local Challenges



CHALLENGE 1: Economic Opportunity: *Labor Market*

Average Earnings per Job

Average earnings per job can reflect the type of economy, skill of employees, and availability of jobs and workers in an area. Average earnings is calculated by dividing total full-time and part-time employment by total earnings. Earnings is the sum of three components of personal income--wages and salaries, supplements to wages and salaries, and proprietors' income. Full-time and part-time jobs are counted at equal weight. Both employment for wages and salaries and proprietors employment are included, but the employment of unpaid family workers and volunteers is not included. Average earnings per job is a measure of the wages paid at jobs in the county not the earnings of people who live in the county. The dollar figures shown are not adjusted for inflation.

2022 Average Earnings (\$)

\$37,630

Howard



Missouri \$62,528 🙄

Labor Force Participation

The labor force participation rate is a measure of an economy's active workforce and includes people who are employed and those seeking employment. According to the 2017 – 2021 American Community Survey, of the 8,167 persons of working age in the report area, 55.77% are included in the labor force. This rate falls short of the Missouri labor force participation rate of 62.82%.

Labor Force Participation Rate

55.77%

Howard

Missouri

62.82%

Data Source: US Census Bureau, [American Community Survey](https://www.census.gov/data/tables/2019/acs/american-community-survey.html). 2017-21.

Data Source: US Department of Commerce, [US Bureau of Economic Analysis Regional Economic Accounts](https://www.bea.gov/data/gdp/regional-economic-accounts). 2007-2022.



CHALLENGE 2: Educational Access and Excellence: *Early Childhood Education*

Access to Early Childhood Education

Head Start is an early childhood education program for at-risk children through age 5. Families utilizing Head Start have better success meeting developmental goals and achieving economic stability. In 2018, there were 2 Head Start programs in the report area, or 33.5 per 10,000 population. Access to head start is higher in this area than in the state.

Head Start Programs, Rate (Per 10,000 Children Under Age 5)

33.5

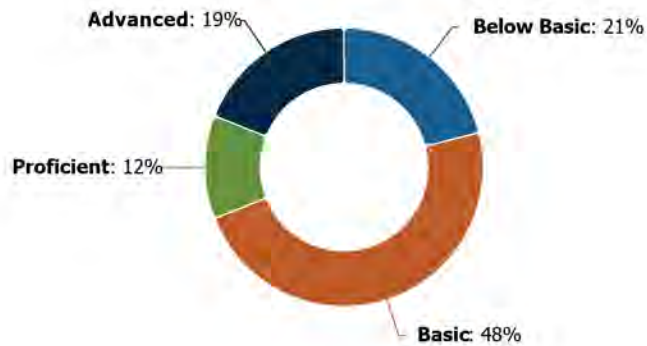
Missouri 11.76

Howard

Data Source: US Department of Health & Human Services, [HRSA - Administration for Children and Families](#), 2022.

English Language Arts Proficiency

Starting in the 4th grade, public schools emphasize proficiency in reading and reading comprehension. The ability to comprehend becomes the foundation to find and process information in later years and it is important to prevent children from falling behind. Of the 118.00 fourth graders tested in 2018, the known total number of students who had a basic level of English Language Arts was 48.00. The number tested as below basic was 21.00, basic was 48.00, proficient was 12.00, and advanced was 19.00.



Data Source: [Missouri Department of Elementary & Secondary Education](#), 2022.



CHALLENGE 3: Healthy Futures: *Mental Health*

Deaths of Despair

Untreated mental health conditions, substance abuse, and stress have caused an epidemic of "deaths of despair" across the United States. Research shows that deaths due to suicide, alcohol-related disease, and drug overdose have caused the first decreases in U.S. life expectancy in the 21st century. Within the report area there were an estimated 35 deaths of despair, or 49.55 deaths per 100,000 population between 2011 and 2017. This rate is lower than the state rate of 52.01 per 100,000, and represents an increase of 60.2% since the 2001-2007 report period.

Mortality Rate, 2014-2020

49.55

Missouri 52.01 🟡

Howard



Data Source: Centers for Disease Control and Prevention, [CDC - National Vital Statistics System](#). Accessed via [CDC WONDER](#). 2014-20.

Poor Mental Health Days

Self-reported mental health status is a widely used measure of health-related quality of life. In 2020, adults in the report area averaged of 5.0 mentally unhealthy days per month, which is higher than the state average of 4.9. This measure of mental health status has worsened since 2016, when adults in the report area averaged 4.4 mentally unhealthy days per month.

Average Poor Mental Health Days per Month, 2020

5.0

Missouri 4.9 🟡

Howard



Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Accessed via [County Health Rankings](#). 2020.

CHALLENGE 4: Agriculture: *Value Added from Agriculture*

Value-added agriculture refers to production or manufacturing processes, marketing, or services that increase the value of primary agricultural commodities. In 2021, the total value-added derived from agriculture, forestry and related economic activity was an estimated \$34.9 billion. Meat processing, food processing, animal and pet food manufacturing, and crop production and related industries are Missouri's top value-added products: \$9.5 billion and 155,425 jobs from livestock production and related industries alone. [Learn more about Missouri Agriculture's Economic Impact.](#)

Percent of Total Value Added from Agriculture

18.30

Howard

Missouri

21.98

Data Source: Missouri Department of Agriculture, [Missouri Agricultural and Small Business Development Authority](#). 2021.



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

Missouri 4-H for ages 8 – 18



4-H In-school clubs meet during the school day. Members participate in projects that supplement their existing lessons. Clubs may meet for short periods or span the full 4-H program year. Members can elect officers and plan learning activities with options of public speaking, community service and links to career readiness.



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.



Missouri 4-H Agriculture and STEM programs employ hands-on activities that foster problem-solving, creativity, critical thinking and exploration in engineering and technology. Agriculture programming emphasizes biology, environmental science, agri-science, veterinary science and engaging activities such as animal care and agronomy. STEM programs delve into computer science, robotics, aerospace, physics, chemistry and veterinary science.



Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Howard County

Missouri 4-H

Local Impact

Howard County

Missouri 4-H

Profiles and Stories





MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**
 through credible programs
Agriculture and Environment



MU Extension specialists

play an important role in addressing emergencies and disasters. MU Extension specialists swiftly distribute information so farmers and ranchers can make timely decisions that safeguard their enterprises.



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 Show-Me-Select Replacement Heifer Program

strives to enhance beef herd reproductive efficiency, boost farm income and establish dependable sources of quality replacement cows in Missouri.



Since its inception more than 900 FARMS have enrolled, with an estimated statewide impact of \$200 MILLION.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**
through credible programs
Agriculture and Environment



Legend



Agricultural Growth
& Stewardship



Economic
Opportunity



Educational
Access &
Excellence



Health
& Well-Being

Howard County

Agriculture and Environment

Local Impact



Teaching Basic Genetics and Lockbox Genetics Puzzles

Howard County

Agriculture and Environment

Local Impact



MO BEEF MO KIDS

Distribution of
donated beef to the
local schools



Category Report

Kathi Mecham
Field Specialist in Horticulture
660-542-1792
mechamk@missouri.edu

2023 YEAR IN REVIEW

Covering Counties in Northwest, Northeast and West Central Regions

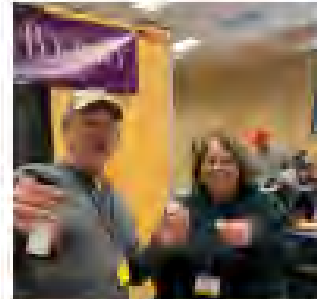
STATE-WIDE HORTICULTURE PROGRAMS

HORTICULTURE TOWN HALL

MU Extension specialists address lawn, garden, disease and insect questions during the free hour-long virtual sessions every week. Listeners submit questions and hear brief sessions on timely gardening topics.

GARDEN SPADE NEWSLETTER

Over a 1000 residents receive the monthly horticulture newsletter. MU specialist contribute timely articles addressing topics pertaining to the home-gardener.



Taste testing elderberry juice with a Missouri Grower at the conference

GREAT PLAINS GROWERS CONFERENCE

Small fruit and vegetable growers conference held in St Joseph. For over 25 years MU Extension specialist have teamed with five other states to bring participants the most up-to-date research and practical knowledge from experienced growers. Participants and exhibitors return every year to see old friends and make new ones. There were over 250 attendees in 2023. Topics include-

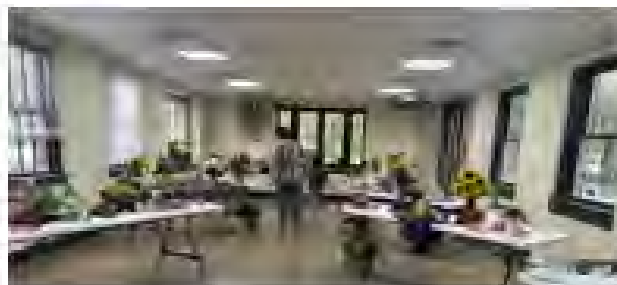
- Tree and Small Fruits
- Organic Production
- Business Development
- Cut-flower Production
- High Tunnels
- Pest Management

Missouri Extension Master Gardener Training

The course was offered in Cass, Johnson and Lafayette counties. Graduating interns learned about soils, insects, vegetable & fruit production, lawn care, and more. They will become active in local chapters and contribute to the program's mission, "Teaching Other to Grow"

Migrant Farmworkers Assistance Fund Container Gardening for Women's Program in Lafayette County

Education, demonstration, and resources were brought to women attending the program. Each participant received a large container, soil, plants and seeds to get started on their container garden.



FLOWER SHOW – CARROLL COUNTY FAIR

Over 100 people viewed the 2nd Annual Flower Show at the County Fair. Carroll County residents submitted flowers, arrangements and fairy gardens for fair goers to admire.

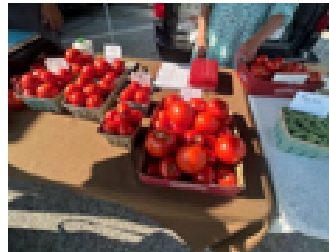
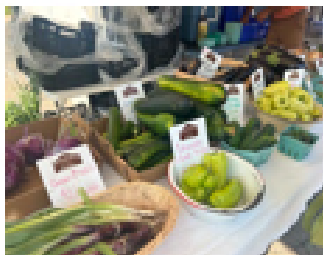
Category Update

Covering Counties in Northwest, Northeast and West Central Regions

MONTH YEAR

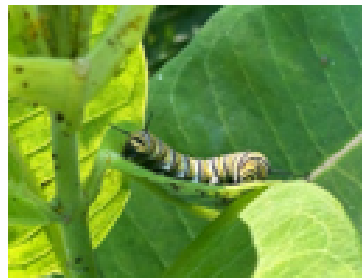
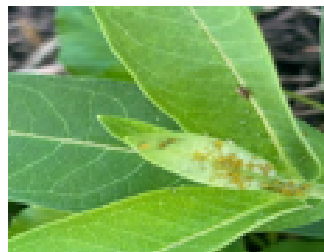
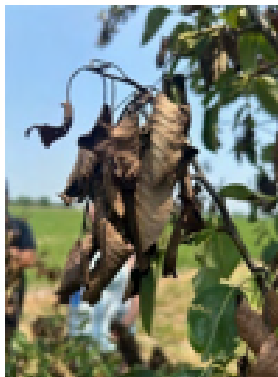
FARMERS MARKET GRANT

MU Extension partners with Missouri Department of Agriculture to collect price data across the state for Missouri growers to compare what prices are in their area and in other regions. I visit markets in Johnson, Pettis, Lafayette, Saline, Ray and Carroll countries every year.



HORTICULTURE INSECTS & DISEASE IDENTIFICATION

- Through pictures, discussion and site visits, I answer the question, 'what's wrong with this plant/?' throughout the year.



Upper left - fireblight on pear tree,
Upper right -aphids on a milkweed plant,
Lower left - tomato with herbicide damage.
Lower right – monarch caterpillar sunning itself on a common milkweed plant.

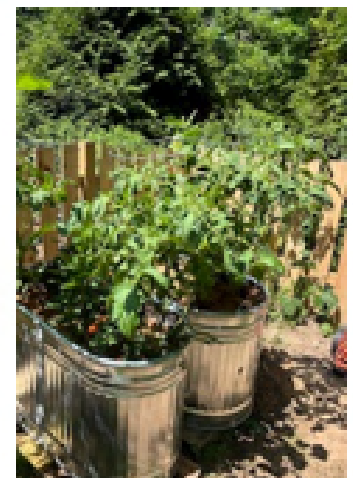
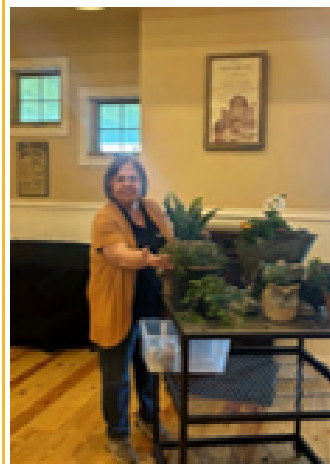
PROGRAM HIGHLIGHT

MASTER GARDENER PROGRAM

The mission of the Missouri Master Gardener Extension Program is "helping others learn to grow." The Master Gardener program provides in-depth horticultural training to individuals throughout Missouri who then volunteer their time applying what they have learned to help others in their communities to learn about gardening and environmental education.

MASTER POLLINATOR STEWARD

The Missouri Master Pollinator Steward program was developed to educate the general public about the plight of pollinators and teach them steps they can take to benefit pollinators. The curriculum covers five chapters of information on insects, pollination, honey bees, native pollinators and conservation, and includes several hands-on activities.



Johnson Co. Extension Master Gardener hosted a Gardening Seminar. Raised bed gardening was one topic.

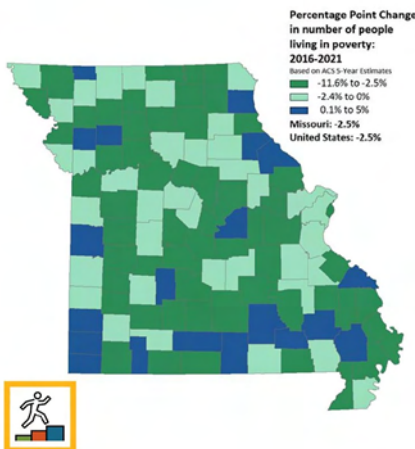


MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible programs **Business and Community**



Missourians from all walks of life celebrated the **2023 Missouri Good Neighbor Week**, Sept. 28 to Oct. 4, by completing and reporting neighboring acts and nominating others as the most engaged neighbors in their counties.

In 2023, the goal was to document 15,000 acts of neighboring. That goal was surpassed with 19,752 Missourians being positively affected during MISSOURI GOOD NEIGHBOR WEEK.



The **Missouri Economy Indicators (MEI)** series explores business, industry and workforce topics that affect Missouri's economy. The data is shared through newsletters and on social media. MU Extension faculty and staff receive talking points and collateral to share with local stakeholders.

In 2022, MEI published 15 issues, and MEI online resources were accessed MORE THAN 5,000 TIMES. Two out of five MEI newsletter recipients reported using the information to help guide policy or decision-making in their work.



DEMOGRAPHIC, ECONOMIC AND WORKFORCE DATA TRAINING

MU Exceed offers customized data training. Participants learn how to use public data through hands-on exercises and demonstrations.

In 2022, Exceed provided data training to MORE THAN 200 MISSOURIANS. 95% of the attendees said that the information they learned was useful to their work.



Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Howard County

Business and Community

Local Impact

Extension Tax Schools

University of Missouri Extension ag economics department and ag business specialists worked together to coordinate one summer and three fall tax schools. The summer school was in person and live online. Fall schools were in Columbia and Springfield and in addition a was online. The schools were designed for those who prepare taxes including enrolled agents, tax preparers, CPAs, individuals, and attorneys.

The training included updates on legislation, rulings and cases, individual taxpayer issues, agricultural and natural resources topics, ethics, trusts and estates, agriculture and natural resource tax issues, business tax issues, business entity tax issues, IRS issues, penalties and defenses, form 4797 sales of property, retirement tax issues, like-kind exchange issues. The schools were approved for 8 and 16 hours of continuing education credit by the IRS, Missouri Bar and for CFP continuing education. Total continuing education hours reported to IRS for the schools was 3,336 hours.

The teaching teams included a CPA and former IRS stakeholder liaison, an IRS certified retired ag economics professor, an attorney, Missouri Department of Revenue and extension ag business specialists.

The trainings received positive evaluations and planning is underway to offer trainings in 2024. Local county residents benefit when local tax preparers have the opportunity to gain knowledge, which benefits their clients and communities. The tax schools are a program of the ag business and policy program of MU Extension, coordinated by Mary Sobba with help from a team of ag business specialists throughout the state.

The resources for the schools included the IRS, the National Income Tax Workbook from the Land Grant University Tax Education Foundation, and materials written by the instructors.

The 2023 school attendance totaled three hundred twenty-seven people. The participants were from throughout Missouri. Howard County had 2 attendees.



Profiles and Stories

Farm Succession Planning Workshops

This past summer MU Extension partnered with Missouri Department of Agriculture (MDA) to offer succession planning for Missouri farm families. MDA received federal funding to perform mediation services for agricultural producers. Farm succession disputes were listed as an eligible category for mediation services. To increase awareness of mediation services and provide families with tools needed to navigate family conflict, MDA partnered with the University of Missouri Extension to host basic farm succession planning workshops for Missouri farm families. The workshops were designed to share tools and resources and to educate participants on the importance of the following four core concepts:

- Navigating family roles and business roles to prevent conflict
- Improving communication within the family farm business
- Sharing farm management decision-making with family during short-term crises
- Organizing a plan to transition farm ownership and management responsibilities to the next generation

A series of five workshops across Missouri reached a total of 177 attendees. There were four in-person workshops (Hannibal, Marshfield, Nevada and St. Joseph) and the fifth class was held online via Zoom. The total number of participants was 177.

Participant Feedback

A total of 92 evaluations were returned. Participants were satisfied with the program. All respondents said they would recommend the training workshop to others. On a scale of one to four, with four being very satisfied, the workshops were ranked 3.6 or higher across five satisfaction categories. No participant said they were “not satisfied” with any part of the training.

Participants reported gaining new knowledge

The workshops were successful at helping participants gain new knowledge in the four key subjects. Survey respondents were asked at the end of each session to rate their knowledge on four concepts before the training (pre-test) and after the training (post-test). Participants were offered a 1 to 5 scale and asked to rate their knowledge from 1 (very low) to 5 (very high). After the training, participants offered an assessment of a 3.9 or higher indicating they felt their knowledge on the concept was “high”. This assessment was higher than their perceived level of knowledge before the training began in all four categories.

One of the most discrete learning topics in the workshop was centered on using the Short-Term Operating Plan to begin a conversation around farm succession planning. Knowledge of this tool increased the most.

Howard County

Business and Community

Profiles and Stories

More than half of all respondents indicated the intention to act

The workshops focused on providing tools to assist farm families in preparing to start farm succession planning. Practical handouts were created for each of the four core concepts and were provided in print to attendees, or electronically to Zoom registrants. In addition, the presentation named a series of suggested next steps to again encourage farm families to act. Through the evaluation summaries, more than half of all respondents indicated they intend to start addressing farm succession planning by taking one of four next steps (1) start a plan to adjust roles on the farm in the next five years, (2) schedule a family council meeting, (3) use a short-term operating plan, (4) tell someone about MDA's ag mediation services.

Farm succession planning benefits individuals and families by increasing the understanding and knowledge, leading to improved communication, and eventually leading to transitioning farm businesses. Succession planning builds stronger families. Farm businesses that successfully transition to the next generation contribute to the local tax base and contribute to vibrant and strong rural economies.





MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible programs **Community and Professional Health Education**



Continuing Education for Health Professions offers diverse programming for professional development, some of which includes continuing education credits. Opportunities have included Recovery Ally Training, Shatterproof Just Five, How to Save a Life with Naloxone, Substance Use Disorder 101, Mobile Health Unit Training Resource, Mobile Health Unit Community Education, Strategic Prevention Framework, Rural Health: Integrating Community Into Practice and the Rural Resilience Lecture Series.

92% OF PARTICIPANTS found the information presented in the **RURAL RESILIENCE LECTURE SERIES** to be useful. More than 125 people have participated in the live series so far.



The **Rural Immersion Program** is a four-day nonclinical experience for medical students interested in working in rural areas. Group activities and meetings with community leaders in business, government, education, health care and natural resources give students a preview of life in a rural area.

All of the 2023 participants agreed that the Rural Immersion Program significantly contributed to them **FORMING INSIGHTS** on the suitability of living and working in a rural community, both personally and professionally.



PROSPER — Promoting School-Community-University Partnerships to Enhance Resilience — is a research-supported approach that decreases risky behaviors in teens while fostering family unity.

A PROSPER team includes a partnership between MU Extension and local communities. This team supports delivery of Strengthening Families Program for Parents and Youth 10-14 and Botvin LifeSkills Training.

The World Health Organization named the Strengthening Families Program the **NO. 1 PREVENTION PROGRAM** out of 6,000 programs for long-term reduction of drug use.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**
 through credible programs
Health and Human Sciences



Preschool through junior high youths learn how to maintain healthy lifestyles through information about nutrition, food safety and physical activity. **Show-Me Nutrition** classes support Missouri's Show-Me education standards for health and physical education and the state's School Wellness Policy.

"We have struggled with our daughter's picky eating for years and have tried so many techniques to try and get her to eat new foods. Your influence on her has worked magic this year. She has come home so excited about trying new foods and has now become not only willing but excited to try new things."

Parent of a Show-Me Nutrition participant



Stay Strong, Stay Healthy teaches older adults easy yet powerful exercises to boost strength, balance and daily life capabilities. Participants also gain insights into nutrition for healthy aging and active living.

After eight weeks, Stay Strong, Stay Healthy participants significantly IMPROVED their STRENGTH, BALANCE and SLEEP QUALITY.



Divorcing or separating parents encounter distinct challenges when living apart. **Focus on Kids** guides parents in fostering effective co-parenting strategies to support their children through this process.

"Understanding that divorce doesn't ruin children, but parents can significantly influence positive outcomes through good communication, was invaluable."



Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Howard County

Health and Human Sciences

Profiles and Stories

Nutrition and Health Education – Annual Report 2023: Howard County (Liz Harrison)

Educational sessions

- 37 direct education sessions
- 2 Our Community, Our Health Project events

Educational contacts

- 295 from direct education
- engaged with 52 individuals for Our Community, Our Health Project, 49 completed surveys

Stay Strong, Stay Healthy program offered (twice):



Stay Strong, Stay Healthy teaches older adults easy yet powerful exercises to boost strength, balance and daily life capabilities. Participants also gain insights into nutrition for healthy aging and active living.

After eight weeks, Stay Strong, Stay Healthy participants significantly IMPROVED their STRENGTH, BALANCE and SLEEP QUALITY.

Economic Indicators:

10 completers (at least 12 of 16 sessions) x \$1,024 = \$10,240 in estimated annual medical cost savings

Feedback and Participant Outcomes:

- I wanted to let you know that my sciatic nerve flared up after the spring class ended. I was in such pain and had to use walking sticks and a cane on my vacation. I noticed I had way less back pain than I've had in a long time while taking the class. Thank you for offering it again, I'm ready to get back to it! – return participant, class 1
- I have had extensive health issues and had to have a pacemaker installed over the summer. This class is what motivates me to keep exercising and improving my health. I need this. – return participant, class 1
- (Participant) was singing your praises and that of this class during our city Chamber of Commerce meeting this week. They encouraged everyone to come when Extension and specifically you offer events. – participant during class
- "My leg weights get delivered today and my hand weights later this week. I'm excited to continue on my own!" – participant during class 14
- I have more endurance for daily chores. – post-survey
- (this program) motivates me to exercise regularly. – post-survey
- I am more confident in ability to maintain independence in aging process. – post-survey

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Profiles and Stories

- (this program) made me stronger, feel better, move around better and I'm not so stiff. – post-survey
- I feel stronger and breathe better. – post-survey
- (this program has improved my life) I have gotten stronger in my legs, arms and back. Movability is better. - post-survey

17 of 29 participants completed SSSH Pre and Post Fitness Assessments based on the standardized Senior Fitness Manual, Edition 2, as well as standardized balance testing (Tufts University):

- 15 of 17 improved or stayed the same in the Chair Stand Test, which assesses lower-body strength and endurance needed for activities such as climbing stairs; walking, and getting up from a seated position
- 13 of 17 improved or stayed the same in the Chair Sit-and-Reach Test, which assesses lower-body flexibility important in joint pain control and needed for activities such as putting on socks and shoes, dressing and using stairs
- 12 of 17 improved or stayed the same in the Back Scratch Test which assesses upper-body and shoulder flexibility needed for activities such as combing hair, dressing and reaching
- 12 of 17 improved or stayed the same in the 8-Foot Up-&-Go Test which assesses the agility and balance needed for activities such as standing quickly from a seated position and walking
- 13 of 17 improved or stayed the same in the Balance Assessments which indicates reduced risk of falling and continued independent living

After Participating in Stay Strong, Stay Healthy:

- 4 of 5 first time participants rated their knowledge skills and understanding of strength training exercise as “excellent” or “good”
 - 4 of 5 first time participants reported participating in more days and/or minutes per week of strength training
 - 3 of 5 first time participants reported participating in more days or minutes per week of other types of physical activity
 - 4 of 5 first time participants felt their overall health was somewhat better
 - 3 of 5 first time participants reported feeling somewhat physically stronger
 - 5 of 5 first time participants reported sleeping somewhat or a great deal better
-

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Health and Human Sciences

Profiles and Stories

Cooking Matters program offered:



Cooking Matters teaches shopping strategies, using nutrition information to make healthier choices and to learn how to cook delicious, affordable meals at home.

"We prepared barley jambalaya in class and one participant mentioned she had never tried barley before. She tried the jambalaya and really enjoyed it. A few days later she excitedly said she made the recipe at home and her whole family enjoyed it!"

Cooking Matters facilitator about a class participant

Feedback and Participant Outcomes:

- "I'm proud. I am learning how to cook." - participant
- "This was yummy. I like cooking with you." - participant

Participant surveys indicated:

- 4 of 5 feel very confident or somewhat confident they can feed their family healthy foods with available money.
- 4 of 5 feel very confident or somewhat confident they can provide healthy drinks.
- 4 of 5 feel very confident or somewhat confident they can provide healthy foods with available time.
- 4 of 5 feel very confident or somewhat confident they can find additional resources.
- 5 of 5 said over the next 7 days they would use something they heard or learned in this class about recipes at least once, most days, or every day.
- 4 of 5 said over the next 7 days they would use something they heard or learned in this class about time-saving tips at least once, most days, or every day.
- 5 of 5 said over the next 7 days they would use something they heard or learned in this class about money-saving tips at least once, most days, or every day.
- 5 of 5 said over the next 7 days they would use something they heard or learned in this class about food preparation skills at least once, most days, or every day.
- 5 of 5 said they would like to attend more Cooking Matters classes

Profiles and Stories

Our Community, Our Health Project

In March 2023, Nutrition and Health Education Specialist, Liz Harrison, collaborated with Our Community Our Health Project (OCOH); Drs. Everett and McElroy Family and Community Medicine Department research faculty and co-principal investigators. OCOH project is a multistate initiative, funded by CDC, to improve COVID-19 vaccination rates. One component of this initiative is asking community members about their perception of COVID-19 and getting vaccinated. From April through July, 12 extension faculty collected 1086 surveys and engaged in conversations about COVID-19 among our constituents. Liz collected 151 surveys at 11 events from March 4 to June 26, 2023 and interacted with 246 community members (61% response rate); on average 38 surveys per month. Event locations and survey takers included communities in Boone, Howard, Moniteau, and Morgan counties.

Food Pressure Gauge Testing Day

Tested 8 pressure canner gauges for a member of the community. 6 of 8 gauges needed to be replaced due to reading more than 2 psi higher or lower than the master gauge or damage to the gauge.

Several recommendations were made for safety of the canner: replacing the canning rack, tightening handles, replacing handles, and replacing the sealing gasket. Most of the 8 canners were recommended to have intensive cleaning in order to provide food safe products.



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UNIVERSITY OF MISSOURI EXTENSION

Impact Update



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Fourth Quarter 2023 Adair, Audrain, Chariton, Clark, Knox, Lewis, Linn, Macon, Marion,
Monroe, Pike, Putnam, Ralls, Randolph, Schuyler, Scotland,
Shelby, & Sullivan Counties

ENGAGEMENT WORK

- Attended Monroe County Extension Center Open House in Paris, MO
- Completed a five-session Tackling the Tough Skills program at the Moberly Correctional Center in Moberly, MO.
- Completed a four-session Taking Care of You program in Macon, MO
- Completed a three-session Building Strong Families program in Hannibal, MO
- Attended Extension & Engagement Week in Columbia, MO
- Completed a three-session Making Money Count program in Kirksville, MO
- Completed a six-session Boost Your Brain & Memory program in Kirksville, MO
- Completed a six-session Boost Your Brain & Memory program in Macon, MO
- Completed an eight-session Matter of Balance program with Carrie Elsen in Paris, MO
- Complete a six-session Making Money Count program in Moberly, MO
- Completed three Focus on Kids programs in Bowling Green, MO
- Completed three Focus on Kids programs in Moberly, MO

KEY OUTCOMES

- ✓ Provided programming in Adair, Macon, Marion, Monroe, Pike, & Randolph Counties
- ✓ Partnered with nine different community agencies for program delivery
- ✓ 376 direct contacts with program participants
- ✓ Provided Treatment Court programming in two circuits

Program Participant Quote

"You are a God send. You helped me to open my perspective about how I can view the world and operate in this new environment." –Tackling the Tough Skills participant at Moberly Correctional Center

Partner Agency Quote

"After partnering with Extension to provide Building Strong Families program, we are interested in future programming opportunities." –Hannibal Clinic

UPCOMING EVENTS

- Tackling the Tough Skills in Macon, MO
- Anger Management in Moberly, MO
- Chronic Disease Self-Management in Hannibal, MO
- Fatherhood program in Kirksville, MO
- Focus on Kids in Bowling Green, MO
- Focus on Kids in Moberly, MO
- Making Money Count program in Moberly, MO
- Tackling the Tough Skills in Moberly, MO

ACTION ITEMS FOR COUNCIL

Identifying and connecting organizations for programming throughout the county

Howard County

Health and Human Sciences

Profiles and Stories



Cooking Matters with Endless Options
We made Veggie Wraps



October is National Farm to School Month! We are celebrating by crunching into local Missouri produce and participating in the Mountain Plains Region Crunch Off

Our Council and Commissioners celebrating October's Crunch Off

