



UNIVERSITY OF MISSOURI EXTENSION

Morgan/Moniteau County 2024 Annual Report

100 E Newton, 4th Floor
Versailles MO 65084
573-378-5358

**SERVE
MISSOURI.**

**DELIVER
MIZZOU.**

 **Extension**
University of Missouri

an equal opportunity/ADA institution



December 2024

Dear county commissioners, elected leaders and friends of MU Extension and Engagement,

As we reflect on the past year, I want to express my deep gratitude for your support of MU Extension and for your partnership in enhancing the lives of Missourians.

Your support for MU Extension fuels Missouri's agriculture, strengthens families, prepares our youth and promotes the health, well-being and vitality of our communities. Over the past year, our programs have focused on addressing key needs throughout the state:

- **Expanding access to 4-H:** To make 4-H more accessible, we've introduced more in-school and after-school clubs, reducing barriers and creating opportunities for young Missourians to develop essential skills and leadership abilities.
- **Supporting agriculture and land stewardship:** We're addressing critical issues such as succession planning for family farms, rural mental health, agricultural business management and land stewardship. These initiatives are helping Missouri's farmers plan for the future and preserve the health of our land for future generations.
- **Advancing health initiatives:** Our team of community health field specialists, covering every region of the state, works directly with local leaders to assess health needs and bring UM System resources and expertise to these communities, supporting healthier lives and stronger communities.
- **Promoting economic development:** MU Extension is helping to create economic opportunities by working with individuals, supporting businesses in their growth and collaborating with communities to enhance local vibrancy. Through these efforts, we help bring new jobs, skills and possibilities to Missourians across the state.
- **Providing essential training:** Our continuing education programs prepare Missouri's firefighters and health care workers to meet the demands of their roles with the latest skills and knowledge, ensuring they are well-prepared to serve our communities.

As you read through this annual report, I hope you feel as proud as I do of the accomplishments we've achieved together. The dedication and professionalism of MU Extension's faculty and staff are inspiring, and I am grateful to work alongside them—and each of you—as we make Missouri a stronger, healthier and more vibrant place. Thank you for your continued support and partnership. Together, we are serving Missouri by delivering the University *for* Missouri.

Warm regards,

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

Who we are

Faculty and staff



Elaine Anderson
Extension Engagement Specialist



Joni Harper
Field Specialist in Natural Resources



Landon Bax
Field Specialist in 4-H



Morgan Ream
Nutrition Program Associate



Laura Baepler
Youth Program Associate Moniteau



Gabrielle Branstetter
Youth Program Associate Morgan



Bobbie Kroeschen
Office Manager

Other Specialists Serving the Counties

- Ramón Arancibia, Horticulture Specialist
- Amie Breshears, Agriculture Business Special
- Ashley Allen–Brown, Economic Development Specialist
- Tina Edholm, Human Development Specialist
- Alex Freeburger, Nutrition and Health Specialist
- Todd Lorenz, Agronomy Specialist
- Gene Schmitz, Livestock Specialist

Council members

Morgan County

- Marcel Guhr, Chairman
- Marsha Nelson, Vice-chairman
- Angie Story, Secretary
- Diann Holsten, Treasurer
- Marcel Guhr
- Wiesje Guhr
- Peggy Huhmann
- Norman Kilmer
- Randy McCain
- Jenny Richens
- Tony Stephens
- Nora Lee Waisner

Moniteau County

- Mac Finley, Chairman
- Don Basinger, Vice-Chairman
- Dawn Cook, Secretary
- Julie Berendzen
- Barb Denker
- Sandy Deraps
- Darell Hendrickson
- Clint Hoellering
- Kenny Kunze
- Chuck Massengill
- Sheila Moon

County commissioners

Morgan County

- Tony Stephens, Presiding Commissioner
- Brian Lehman, Eastern Commissioner
- Ryan Hoffa, Western Commissioner

Moniteau County

- Joe Lutz, Presiding Commissioner
- Clint Hoellering, Northern Commissioner
- Rick Messerli, Southern Commissioner

Budget and More

Dear Friends of Extension,

In 1992, the extension councils of both Morgan and Moniteau agreed to house the extension center for both counties in the Morgan County Courthouse. Since that time, the University of Missouri Extension has provided researched-based information and education programs to improve the lives of residents in both counties.

This unique partnership and cooperation of the two counties is a model for others in the state. Both councils and extension staff appreciate the continued support of the county commissioners: Tony Stephens, Ryan Hoffa and Brian Lehman from Morgan County and Joe Lutz, Clint Hoellering and Rick Messerli from Moniteau County.

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.

This annual report highlights a few of the programs that made a difference in 2024. We look forward to a continued partnership

County Appropriations and Expenditures

Income

County Appropriations	\$67,700
Total Income	\$67,700

Expenses

Office Staff	\$30,242
4-H YPA Salary	\$16,882
Office Temp	\$ 1,087
Travel	\$ 4,408
Postage	\$ 1,719
Telephone	\$ 1,948
Advertising	\$ 1,055
Supplies	\$ 8,130
Insurance	\$ 1,169
Miscellaneous	\$ 294
Council Elections	\$ 251
Repairs	\$ 277
Furniture/Equipment	\$ 1,241
Total Expenses	\$67,700

Local Support

Did you know you can donate directly to Morgan/Moniteau 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

Moniteau and Morgan Counties



University of Missouri System

COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

UM System Footprint in the area in 2024



FY24 area students

students

- 24 Pell grant recipients (aid year 2024)



Area employees and retirees

256 people employed by UM

- 73 Campuses
- 182 MU Health Care (includes additional employees gained via the recent integration of Capital Region Medical Center)
- 1 UM System

52 UM retirees and beneficiaries

UM salary and retirement income: \$13.1 million

UM state tax revenue: \$398,500

UM federal tax revenue: \$2.0 million



Area alumni

Selected school alumni

- 9 Medicine
- 36 Nursing
- 80 Health Professions
- 8 Dentistry
- 13 Pharmacy
- 12 Veterinary Medicine
- 224 Agriculture
- 111 Engineering
- 29 Law

Alumni teaching K-12

- 43 teachers
- 11.5% of all district teachers
- 3 principals and administrators
- 12.0% of all district principals and administrators



Area breakdown

MU

- students
- 742 alumni
- 72 employees

UMKC

- students
- 80 alumni
- 0 employees

Missouri S&T

- students
- 60 alumni
- 0 employees

UMSL

- students
- 38 alumni
- 1 employee



Area properties and offices

MU Extension in: Moniteau and Morgan Counties



Area population: 36,733



Area services provided

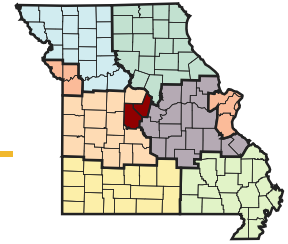
Health care (FY24)

- 12,249 in-state patients seen at MU Health Care, with \$4.7 million of uncompensated care
- 10 in-state patients seen at UMKC School of Dentistry with a statewide average of \$52.57 per patient in uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 2,603 visits to 1,542 patients having ZIP codes associated with the area

Extension (2023)

- 2,788 Total educational contacts from MU Extension to residents of the counties, including:
- 1,278 contacts related to productive farming, better gardening, and managing natural resources
- 291 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- 761 contacts related to starting businesses, developing community leaders, or renewing the local economy

Missouri Grand Challenges: Local Solutions



MONITEAU AND MORGAN COUNTIES

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

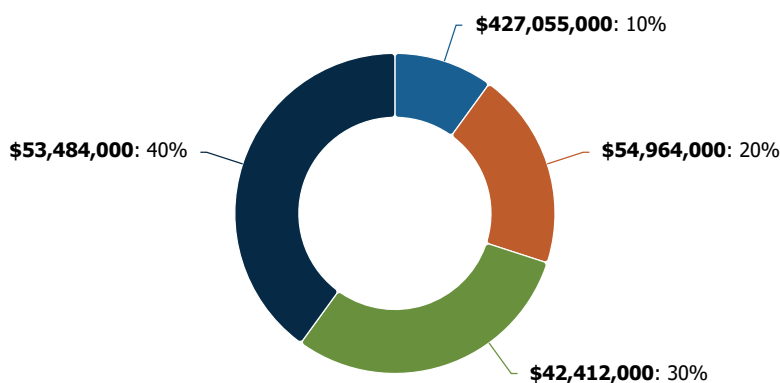
Knowing Local Challenges



CHALLENGE 1: Economic Opportunity: *Agricultural Economics*

Leading Agricultural Products

Total Rank (Sales): \$10



Data Source: US Department of Agriculture, National Agricultural Statistics Service, [Census of Agriculture](#). 2022.

Net Farm Income

Net farm income (total sales, government payments, and other farm-related income minus total farm expenses) reflects the strength of the local agricultural community and can be an important measure for lenders and policy makers. The report area had a combined net farm income of \$251,622,000 in 2017, an average of \$140,649 per farm. This compares favorably to the statewide average farm income of \$56,606.

Report Area	Total Farms	Average Farm Income
Report Location	1,789	\$140,649
Moniteau	918	\$76,550
Morgan	871	\$208,207
Missouri	87,887	\$56,606

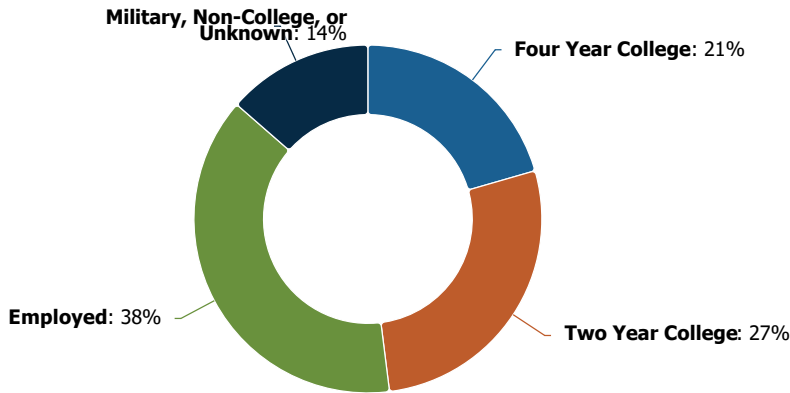
Data Source: US Department of Agriculture, National Agricultural Statistics Service, [Census of Agriculture](#). 2022.



CHALLENGE 2: Educational Access and Excellence: *College and Career Readiness*

Post High School Report

The 12-month post-graduation activity of recent high school graduates can inform communities about postsecondary education, career readiness, and characteristics of the future workforce. In 2022, of 302 graduates surveyed in the report area, 62 went to a four-year college, 83 to a two-year college, 116 directly entered the job market. The remaining 41 are reported as in the military, not in college, or unknown.



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



CHALLENGE 3: Healthy Futures: *Healthy Weight*

Obesity (Adult)

This indicator reports the number and percentage of adults aged 20 and older self-report having a Body Mass Index (BMI) greater than 30.0 (obese). Respondents were considered obese if their Body Mass Index (BMI) was 30 or greater. Body mass index (weight [kg]/height [m]²) was derived from self-report of height and weight. Excess weight may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.

Note: In 2021, the CDC updated the methodology used to produce estimates for this indicator. Estimated values for prior years (2004 - 2017) have been updated in this platform to allow comparison across years. Use caution when comparing with saved assessments generated prior to November 10, 2021.

Percentage of Adults Obese, 2016

31.7%

Report Location



Moniteau	28.5%	🟡
Morgan	33.9%	🟡
Missouri	33%	🟡

Data Source: Centers for Disease Control and Prevention, [National Center for Chronic Disease Prevention and Health Promotion](#). 2021.

Physical Inactivity

Within the report area, 6,378 or 21.5% of adults aged 20 and older self-report no active leisure time, based on the question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?" This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as obesity and poor cardiovascular health.

Note: In 2021, the CDC updated the methodology used to produce estimates for this indicator. Estimated values for prior years (2004 - 2017) have been updated in this platform to allow comparison across years. Use caution when comparing with saved assessments generated prior to November 10, 2021.

Adults Age 20+ with No Leisure Time Physical Activity, Percent

21.5%

Report Location

Moniteau	20.5%
Morgan	22.2%
Missouri	21.4%

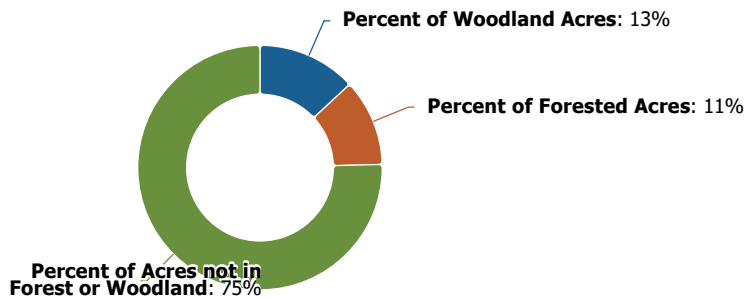
Data Source: Centers for Disease Control and Prevention, [National Center for Chronic Disease Prevention and Health Promotion](#). 2021.



CHALLENGE 4: Agricultural Growth & Stewardship: *Land Use*

Forested, Woodland & Non-forested Acres

Sustainable management of forests and woodlands and harvesting of mature trees support the state's \$10.3 billion forest products industries. Forests have a closed canopy (>80% cover) permitting little light to penetrate to the ground below. They consist of several overlapping layers of trees, with a mid-story and understory comprising a variety of shade-tolerant shrubs and a sparse layer of soft-stemmed plants. Woodlands have a more open canopy (30-80% cover), and their sparse, woody mid-story allows more sunlight to reach the ground. This light permits the growth of a dense ground cover containing a variety of wildflowers, grasses and sedges. Fire plays a large role in maintaining woodland habitats.



Data Source: Multi-Resolution Land Characteristics Consortium, [National Land Cover Database](#).

Recreational Land Acres

The recreational land use data documents Missouri land under federal, state or local government control with open or restricted access to the public. Land with no access is not included.

Acres in Protected Area

158

Moniteau	87
Morgan	71
Missouri	1,791,829

Report
Location

Data Source: [United States Geological Survey \(USGS\) Protected Areas Database](#). 2023.

Local Impacts

Moniteau County Century Farms



State Fair Farm Families



Morgan County
Fred and Donna Smiley and Family



Moniteau County
Jeff and Michelle Wilfong and Family



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

Missouri 4-H for ages 8 – 18



Community clubs are organized by volunteer club leaders and teams of recognized volunteers. Members attend club meetings, elect officers, enroll in projects and plan learning and community service activities. Some clubs opt to be single-project clubs, where all members focus on the same project.



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.



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

Morgan/Moniteau County

Missouri 4-H

Local Impact

A community of 1353 youth building like skills, contributing to their community and becoming college and career ready. 278 youth ages 5-18 and 82 volunteers enrolled and participated in Moniteau and Morgan County 4-H community club programs in 2024. Thirteen community 4-H clubs offer long term education experiences where members learn life skills such as decision making, public speaking and working with others. Members learn by doing under the guidance of adult volunteers, who teach projects ranging from computers and arts to animal science and healthy living. Clubs also involve youth in community service, camping and educational trips.

Missouri 4-H has shown 4-H inspires kids to do more, grow true leaders, builds leadership and communication skills, social and emotional skills. 4-H is the only youth development program with direct access to technological advances in agriculture, life sciences, engineering, learning technologies and social sciences from the university system. This brings relevant science content and hands-on learning that helps youth thrive (Arnold, Bourdeauk, & Nott, 2013).



Morgan/Moniteau County

Missouri 4-H

Profiles and Stories



Moniteau County Honoring our Hero's

A group of 11 teens from each of Moniteau's traditional clubs coordinated an Honoring our Hero's Ceremony in California, MO at the Latham Memorial Park. 4-H youth that participated in the celebration had a sense of pride and brought the community together. Their celebration had brought in nearly 200 attendees with tremendous support from the local community.



4-H Feeding Missouri

For the third year in a row Moniteau County has won the 4-H Feeding Missouri Food Drive contest. County clubs host food drives to support the meals donated along with earning community service hours to help support the initiative.

Morgan County Project Night

Clubs in Morgan County Come together to put on a project night. Participants were able to apply hands on skill to create their own array of projects. Projects include wood, food preservation, arts and crafts and much more.





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

“A lot of veterans come right out of the service and may feel disconnected and may be struggling with finding job opportunities. The Heroes to Hives program offers a diversion as well as opportunities.”

Eric Work, Heroes to Hives participant



Heroes to Hives offers free professional training in beekeeping to veterans, promoting financial and personal wellness through community development. Missouri’s Heroes to Hives group has trained more than 1,200 veterans since 2021. It is the nation’s largest agriculture training program for U.S. military service members.



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 2023, almost 4,000 Missouri Extension Master Gardeners completed over 149,000 VOLUNTEER HOURS throughout the state.



Women make up a growing portion of private forest landowners, and their knowledge and confidence in managing their land is invaluable. **The Women Owning Woodlands program** empowers women landowners to take action to secure the future of their land.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Morgan/Moniteau County

Agriculture and Environment

Profiles and Stories



Feedlot School

Participants learned about: Why Feed Cattle in Missouri; Feedlot Performance Expectations; Fat Cattle Marketing; MU Extension Feedlot Budgets; Health Management; Diet Formulation; and more. In addition, two farm tours (picture above) were held and one industry representative discussed future cattle harvesting facilities in Missouri.



Teaching Youth about Natural Resources

Natural Resources Specialist, Joni Harper, provides educational programs for youth emphasizing the critical importance of protecting natural resources. She has educated hundreds of youths about the role of healthy soil in filtering and purifying water. These programs have helped young learners understand the significance of maintaining safe and healthy water systems, fostering awareness and responsibility for natural resource conservation.

Learn how to find food and make money in the woods.

Forest Farming Workshop

took place at the Land of the Osage Research Center and featured expert instruction from MU Extension, Center for Agroforestry, and Missouri Department of Conservation. A total of 34 participants attended gaining knowledge about sustainable forest farming practices and resources to enhance income. On small acreages. Attendees also had the opportunity to learn how to inoculate mushrooms logs and took home their own inoculated log as part of the hands-on experience.



Morgan/Moniteau County

Agriculture and Environment

Local Impact

Show-Me-Quality Assurance Training

Youth participating in 4-H Market animal projects are required to take the SMQA training throughout their show careers. Participants learn livestock management skills related to the production of 4-H market animal projects. Emphasis is placed on animal welfare, proper use of animal health products, food safety, and exhibiting good character traits while showing their livestock projects. A total of 60 youth in Benton, Cooper, Moniteau, Morgan, and Pettis counties received training in 2024. Moniteau County reported “The highlight of the evening was when Gene gave a sick banana a shot with a subcutaneous or intramuscular injection and then dissected the banana to determine if the injection was correctly administered.”



Ozark Prairie Master Gardener Chapter

In 2024, the Ozark Prairie Chapter put in over 2,200 volunteer hours in various service activities such as grapevine pruning workshop, yard of the month, multiple public outreach events, plant sale, fall field day, and more. That is \$73,678 back to the community.

Activity Highlight

Plant Propagation - The Lake of the Ozark Chapter sponsored this hands-on workshop. Twenty-seven participants learn about seed and cutting propagation with demonstration and hands-on activities after each presentation. This was a big success with all the participants that were looking to expand their plant collection or just to help protect plant diversity.

Private Pesticide Applicator training certifies producers for purchasing restricted use pesticides. Pests limit yields nationally by approximately 30%; safely controlling them using integrated pest management maintains economic value while protecting the environment.

There were **97** producers from Morgan/Moniteau County who attended the Pesticide Applicator Program this year.

391 producers from Morgan/Moniteau submitted soil samples through the University laboratory.





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AMERICA'S
SBDC
MISSOURI

CLIENT HIGHLIGHT



LOCS
— OF —
GLORY

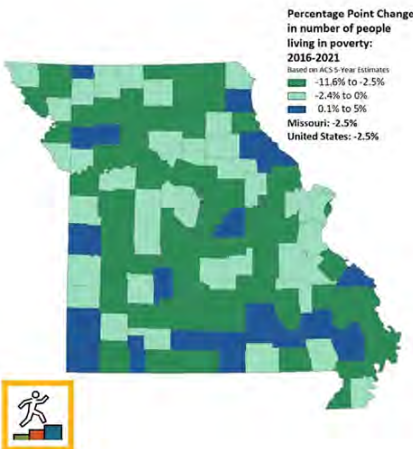
The **Missouri Small Business Development Centers** (SBDC) provide professional training and customized one-on-one counseling to small businesses across the state. Working with the Missouri SBDC helps business owners make confident decisions.

FY2020-2022, Missouri SBDC ASSISTED 878 STARTUPS and helped Missouri small businesses earn more than \$440 MILLION.



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.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Moragn/Moniteau County

Business and Community

Profiles and Stories



Empowering Entrepreneurs

Startup Moniteau, our dynamic entrepreneurial program, has been a beacon of innovation and collaboration since its inception in 2017. As we reflect on the past year, we celebrate the remarkable achievements and partnerships that have fueled our mission to nurture local businesses.

Program Components

Business Mixers: Our vibrant networking events bring together seasoned entrepreneurs, aspiring business owners, and industry experts. These mixers foster connections, spark creativity, and ignite collaborations that transcend traditional boundaries.

LaunchU: The heart of Startup Moniteau, LaunchU provides intensive training, mentorship, and resources to budding entrepreneurs. This year, four tenacious individuals completed the program, emerging as confident leaders ready to transform their ideas into reality.

Pitch Competition: The adrenaline-filled climax of our program! Entrepreneurs pitch their business concepts to a panel of judges, vying for recognition and seed funding. The energy in the room is palpable as dreams take flight.

Impact and Milestones

This year, our Pitch Competition awarded a total of \$13,000 in seed money to deserving entrepreneurs. Their compelling business pitches ranged from eco-friendly fashion to cutting-edge software solutions. We believe in nurturing these seeds of innovation, knowing they will blossom into economic vitality for our community.

To date, Startup Moniteau has guided 30 visionaries along their entrepreneurial journey. Alumni from Startup Moniteau continue to make waves as they become sustainable local businesses.

As we look ahead, Startup Moniteau remains committed to fostering creativity, resilience, and economic empowerment. Together, we build bridges to a brighter future—one startup at a time.



FY'24 Startup Moniteau LaunchU Sponsors





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



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 recognized as "Full Plus," the highest status given by the CDC and is provided by licensed lifestyle coaches to prevent type 2 diabetes. Through lifestyle changes 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.



Resilience is the capacity to adapt when faced with adversity. **WeCanPROSPER Resilience Training** is a 2.5 hour training for participants to evaluate their personal resilience, tap into resources and create an action plan to enhance their resilience. Upon completing the training, participants can attend a facilitator session, enabling them to deliver the content within their communities and strengthen resilience within their networks.

100% of participants indicate that the skills and techniques they learned will help them become MORE RESILIENT.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



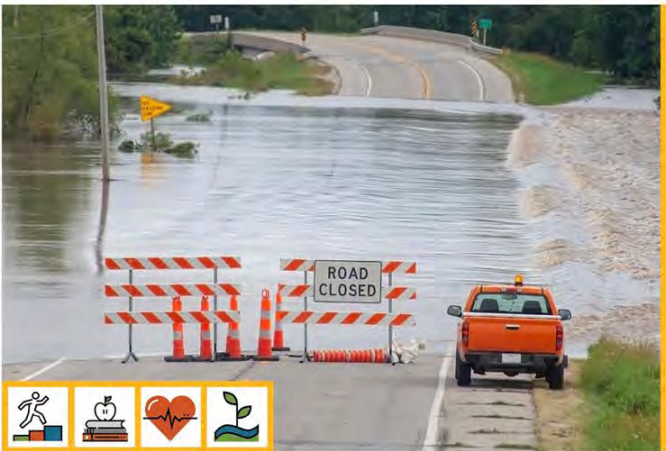
Health & Well-Being



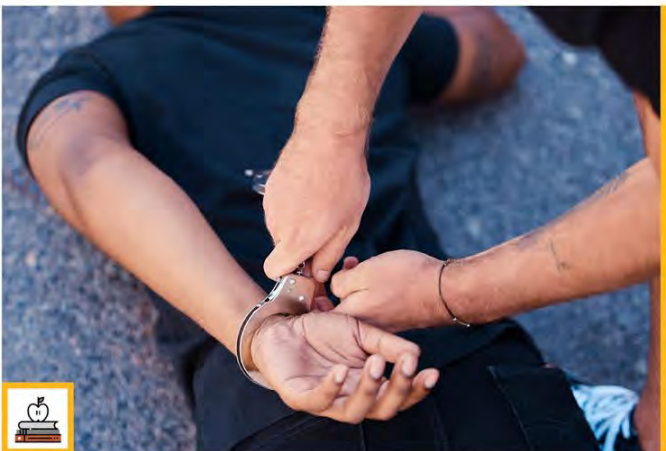
MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Continuing Education**



The programming from the **MU Fire and Rescue Training Institute** (FRTI) is available to all qualified fire and emergency first responders. Seventy percent of courses are held at the local departments or agencies. With most of the state's fire service personnel considered volunteer or part-time, this local access and flexibility assures training opportunities for all firefighters and emergency responders.



The **Missouri Extension Disaster Education Network** provides education and technical assistance to individuals and families, local governments, schools and organizations so they can prepare for and respond to natural and man-made disasters. Because of the unique relationship it maintains with each community, MU Extension is a key resource for the public, emergency services and public officials.



The **Law Enforcement Training Institute** (LETI) offers advanced training on a wide variety of topics, including defensive tactics, firearms, use of force and de-escalation. LETI offers customized programs for all required continuing education areas of concentration.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being



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



Mental Health First Aid equips people to recognize and respond to signs of mental illness and substance use challenges.

Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people (ages 12-17) facing mental health or addition challenges while the adult version focuses on adults aged 18 and older. Participants learn how to offer initial assistance and guide individuals toward the care they need.

In Missouri, approximately 1 MILLION ADULTS and 72,000 ADOLESCENTS suffer from MENTAL HEALTH ISSUES.*

*Missouri Department of Mental Health 2020 Status Report



Stay Strong, Stay Healthy teaches older adults basic exercises to boost strength, balance and overall daily functionality. Participants also gain insights into nutrition and wellness for healthy aging and active living.

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



Building Strong Families

Studies show that people with strong family bonds tend to have lower stress levels. Building Strong Families helps families deal with disagreements, manage stress and show their love for one another.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Morgan/Moniteau County

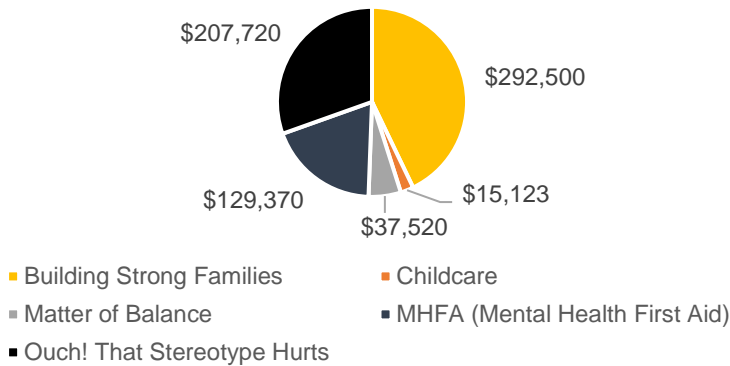
Health and Human Sciences

Profiles and Stories

In 2024, a single Building Strong Families session helped a father reconnect with his teenage son after months of conflict. This is just one of the 3,257 lives impacted across Missouri through programs addressing mental health, youth resilience, and family communication, generating an economic impact of over \$682,232. From Saline County youth learning resilience at summer camp to Boone County families strengthening self-esteem, these programs create lasting positive change in Missouri communities. By fostering mental wellness, strengthening families, and empowering youth, these programs create long-term benefits for Missouri communities. Continued support ensures these efforts grow, transforming even more lives in the year ahead.



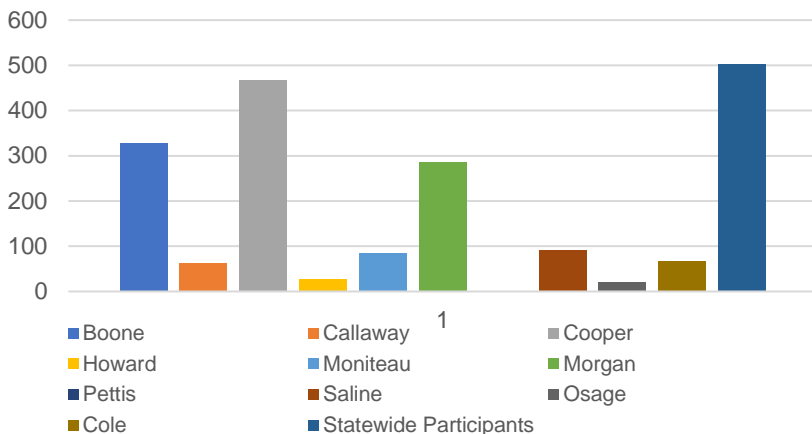
Economic Impact by Program 2024



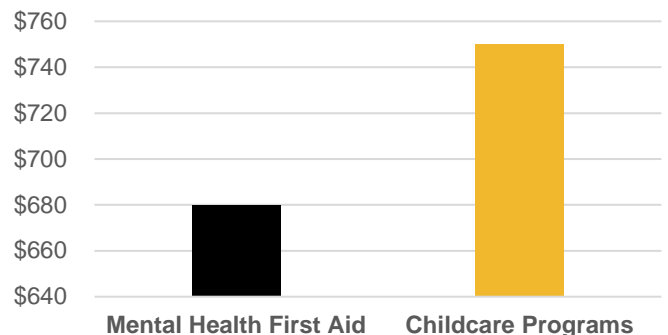
58%

of ag community members accessing teletherapy in 2024 were from Boone, Cooper, Howard, Moniteau, and Morgan counties. Free One-On-One Counseling Build coping skills with confidential counseling from a trusted source who knows ag.
573-882-4677

Participants By County 2024



Economic Impact in Moniteau



Morgan/Moniteau County

Health and Human Sciences

Local Impact

Stay Strong Stay Healthy

I have successfully taught multiple Stay Strong Stay Healthy (SSSH) classes. SSSH is weight training program for older adults, where they can improve their strength, balance, flexibility, and coordination. Roughly 74 individuals across multiple classes/counties have participated in the program.



SNAP-Ed Public Value Statement 2024

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$11,145,237 in federal funds to Missouri. The funds support engagement with 74,864 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri who learned about being active and healthy eating on a budget. This year we had 1,164,143 indirect educational contacts through newsletters, health fairs, food pantries, and the Show Me Nutrition helpline.

6,995 direct and indirect contacts were made in Morgan 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.





Extension

University of Missouri



MU Extension of Morgan/Moniteau County
100 E Newton, 4th Floor
Versailles MO 5084

573-378-5358

morganco@missouri.edu

moniteauco@missouri.edu



Extension
University of Missouri

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