



UNIVERSITY OF MISSOURI EXTENSION

# St. Francois County



# 2024 Annual Report

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**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

Kendra Graham  
Extension Engagement Specialist

Kayce Amsden  
4-H Youth Program Associate

Alyssa Bowyer  
Nutrition Program Associate

Janet Braun  
Field Specialist in 4-H Youth Development

Jane Epstein  
County Office Support Staff

Michael Graham  
Field Specialist in Livestock

## Other faculty serving St. Francois County

Brianna L. Anderson  
Field Specialist in Human Development and  
Family Science

Sarah Barks  
Field Specialist in Community Health

Gatlin Bunton  
Field Specialist in Agronomy

Charlie Ellis  
Field Specialist in Agricultural Engineering

Sarah Higgins  
Field Specialist in Natural Resources

Rachel Hopkins  
Field Specialist in Agriculture and  
Environment/Ag Business

Kate Kammler  
Field Specialist in Horticulture

Matt Herring  
East Central Regional Director

## Council members

Jim Howard, Chairman, District 1

Eric Davis, Vice-chairman, District 1

Misty Castleberry, Secretary, District 1

Savannah Newhouse, Treasurer, Appointed-MFA

Shelby Davidson, District 2

Harold Gallaher, Appointed-County Commission

Bandon Hampton, Appointed-4-H

Dolores Howard, District 1

Isabelle Owens, Youth Member

Nathan Peterson, District 2

Keith Schweigert, District 1

Chris Spurgin, District 2

Amanda Stegall, District 2

Tracy Stroud/Renee Baird, Appointed-Farm Bureau



## County commissioners

Harold Gallaher, Presiding Commissioner

Kary Buckley, District 1

David Kater, District 2

# Budget and more

## Appropriations budget

<b>Income</b>	
County Appropriations	\$ 84,390.00
Council Funds	\$ 10,541.15
<b>Total Income</b>	<b>\$ 94,931.15</b>
<b>Expenses</b>	
Salaries/Benefits	\$ 75,904.75
Non-Payroll Salaries	\$5,078.00
Travel	\$6,344.80
Postage	\$2,085.20
Advertising	\$445.00
Office Supplies/Service	\$1,327.06
Insurance	\$2,347.00
Miscellaneous	\$25.00
Repairs/Maintenance	\$1108.99
Election	\$265.35
<b>Total Expenses</b>	<b>\$94,931.15</b>



## St. Francois County partners

- Natural Resources Conservation Services
- St. Francois County United Way
- Parkland Beekeepers
- Habitat for Humanity
- Parkland Master Gardeners
- Farmington and Park Hills Senior Centers
- Missouri Forage and Grasslands Councils
- Farmington Head Start
- Farmington Community Garden
- St. Francois County Women, Infants, and Children
- Farmington Public Library
- Local Food Banks
- St. Francois County Farm Bureau
- East Central Cattlemen Association
- Community Partnership
- Mizzou Alumni Association
- Shared Blessings Homeless Shelter
- Bonne Terre Chamber of Commerce
- Desloge Chamber of Commerce
- Farmington Chamber of Commerce
- Park Hills - Leadington Chamber of Commerce
- East Missouri Action Agency
- Convoy of HOPE

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



## Local Support

Did you know you can donate directly to St. Francois 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.

# 2024 MU Extension Reach Report St. Francois County



The MU Extension offers programs in **four key areas** to support communities across the state:

- **4-H** empowers youth with hands-on learning experiences that build essential leadership, citizenship, and life skills, ensuring they are prepared for success in school, careers, and life.
- **Agriculture and Environment** focuses on producing food and increasing profits while sustaining farms and natural resource management.
- **Business and Communities** builds ecosystems that support local workforce growth, business development, and thriving communities.
- **Health and Human Sciences** promotes wellness and educates Missouri citizens and decision-makers to improve the quality of life for individuals and families.

Each area is designed to address local needs and strengthen Missouri's communities.



Population: 66,864



## Agriculture and Environment

### 906 contacts

- 171 Animal Health & Production Contacts
- 104 Plant Production & Technology Contacts
- 631 Natural Resources



## Business and Community

### 429 Contacts

- 429 Business Development Contacts



## 4-H Youth Development

### 505 participants

- 8 chartered clubs
- 77 volunteers



## First Responder Education

### Fire Rescue Training Institute (FRTI)

- 78 Number of Students



## Health and Human Sciences

### 17,726 Contacts

- 13,959 Nutrition and Health Contacts

# UM System County Impacts

## Friend of 4-H

Maddie Erwin has been a tremendous asset to St. Francois County 4-H over the past few years. Through her dedicated efforts with the 4-H and BSA Afterschool STEM Club, she has significantly increased volunteer participation and youth engagement, leading to the program being recognized as a Farmington School District Heartland Hero.

In addition, Maddie has played a vital role in the Girl Powered STEM Day Camps where she successfully connected 4-H with the SFC Rotary Club. Her ability to recruit both volunteers and participants has been instrumental in the success of these initiatives, further enhancing the educational opportunities available to local youth. Maddie's commitment and hard work have truly made a difference in our community, and her contributions are greatly appreciated.



## Century Farm

The Missouri Century Farm program, administered by University of Missouri Extension, awards certificates to persons owning farms that have been in the same family for 100 years or more. The line of ownership from the original settler or buyer may be through children, grandchildren, siblings, nieces or nephews, including through marriage or adoption. The present farm shall consist of no less than 40 acres of the original land and shall make a financial contribution to the overall farm income.



Peter Bookholtz, Dan Filer's great grandfather, purchased 52.9 acres north of Hwy Y in French Village September 26, 1917. Since then, Dan & Peggy have added adjoining acreage to the family farm bringing the total acreage to 778 acres where they raise cattle, hay and row crops. They look forward to the family's continued ownership of the property for the next 100 years.

Front: Angela Filer Second row: son Andrew, daughter Meagan, Dan and Peggy Filer, and daughter Katie.

## Low Family Chosen as the St. Francois County State Fair Farm Family

Marilyn Lowe and family of Farmington were among the families honored during the 67th annual Missouri Farm Family Day, Aug. 12 at the Missouri State Fair.

The Lowe family was selected as the St. Francois County Missouri Farm Family by University of Missouri Extension in St. Francois County and the local Farm Bureau. The family includes Bella, Joshua, Gabriel, Nathan, Zachary and Abigail.

Each year, the fair sets aside a day to recognize farm families from across the state that are active in their communities, involved in agriculture, and/or participate in local outreach and extension programs such as 4-H or FFA. The Lowe family operates a 125-acre cow/calf operation south of Farmington.



**St. Francois County State Fair Farm Family**  
Front row: Abigail, Bella, Nathan, Zachary, Gabriel  
Second row: Josh & Marilyn

# 4-H Youth St. Francois County

A community of 522 youth building life skills, contributing to their community and becoming college and career ready.

## Local Impact

Janet Braun, Field Specialist in 4-H Youth Development

4-H programs are grounded in the belief that youth learn best by doing. Through hands-on projects like science, health, agriculture, and civic engagement in a positive environment, youth receive guidance from adult mentors and are encouraged to take on proactive leadership roles. Youth can concentrate on one focus area, or they can try a variety of programs throughout their 4-H experience.

St. Francois County served youth through six community clubs, SPIN Clubs, and After-school 4-H Clubs offering long-term educational experiences in which members learn life skills such as decision making, public speaking, and working with others.

- There were 522 members in the community clubs, SPIN clubs, and afterschool 4-H clubs in St. Francois County during the 2023-2024 4-H Year.
- Over 98% 4-H members were engaged in science related projects and experiences.
- Collectively youth participated in 1687 hours of community club work in St. Francois County.
- Over 500 hours of community service projects were completed by 4-H members and volunteers during the 2023-2024 4-H Year.

## 4-H members have demonstrated learning through the following activities:

- 266 building exhibits were entered, and 148 animals and cured meats were sold at the 2024 St. Francois County Fair by 4-H members and FFA members, who are also supported through youth programming. The livestock sale held during the fair brought in \$234,891 for the local youth.
- St. Francois County youth also exhibited exhibits in the 4-H Building and livestock shows of the Missouri State Fair.
- 2 youth from St. Francois County participated in the State Shoot events.
- As responsible citizens, we promote generosity and community strengthening through service. **408 meals were donated in St. Francois County through the 4-H Feeding Missouri Initiative in 2024.**
- The Winter Warm Up Event was held February 24<sup>th</sup>. This event was very well attended, with 72 members and their parents attending. During the event, the members had the opportunity to participate in team building activities, line dancing, creating crafts, playing games, and meeting the 4-H Regional Ambassador. They also participated in the 4-H Feeding Missouri food drive by bringing **340 pounds of soup cans** to the event.



# 4-H Youth St. Francois County

Adult volunteers serve as mentors for our youth, helping them transition into caring, healthy adults who contribute back to their communities, which is priceless.

## Local Impact

Kayce Amsden, 4-H Youth Program Associate

### 4-H Volunteers

- St. Francois County 4-H members were supported by 62 enrolled, screened, and oriented adult volunteers supporting the development of youth in 2024.
- Volunteers contributed 6100 hours to the St. Francois County 4-H program valued at \$193,980.

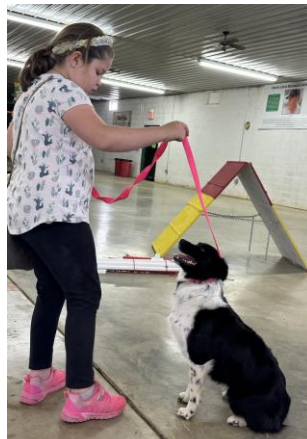
### Livestock Education

SFC 4-H provided 4-H members with opportunities to learn about raising livestock. These opportunities included 5 Hot Topic meetings, Sheep Day, a steer and heifer fitting clinic, and chicken project meetings.



### Promoting 4-H to New Audiences

In 2024 SFC 4-H provided information about 4-H and educational activities to over 2000 youth and adults in the county at health fairs, the Missouri Crunch Off, and at special events for WIC and the Southeast Missouri Family Violence Council. These activities ensure that residents in our county know about 4-H clubs and Extension services.





# 4-H Youth St. Francois County

4-H Clubs offer in-depth educational experiences in which members learn life skills such as decision making, public speaking, and working with others.

## Local Impact

*St. Francois County 4-H brought in over \$20,000 for additional summer programming through grants to our county. Thanks to the DESE Summer Enrichment grant, the Missouri 4-H Foundation, and the St. Francois County Rotary Club, St. Francois County 4-H reached over 850 youth beyond our traditional clubs.*

### 4-H STEM 2 GO

St. Francois County 4-H and the Farmington Public Library worked together to create 23 STEM backpacks that can be checked out from the library. Backpacks were designed for two different age groups covering various STEM topics. Each backpack included science books and hands-on projects and experiments. Over the summer 210 youth used these bags and reached over **550** youth in 2024.

### 4-H Summer Coding Clubs

St. Francois County 4-H offered two coding clubs at the Farmington Public Library. The **32** youth in the Summer of STEM Coding Clubs learned about computer science, made new friends, and got to take home resources to continue learning.

### Girl Powered 4-H Coding Camp

SFC 4-H hosted another successful Girl Powered STEM day camp. This year **17** girls took their computer science skills to the next level. Participants built and coded their own robot pets, learned about binary code, the importance of nutrition and exercise, and coded Spheros to roll through a maze.

### 4-H STEM 2 GO Take & Make

SFC 4-H created and distributed **150** Take & Make STEM projects through the Farmington Public Library, 3rd and 4th graders at Bismarck Public School and Lincoln Intermediate in Farmington.

### Bismarck 4-H SNAC Lunch Club

**Fifteen** youth met at the Bismarck First Baptist Church to learn about nutrition and new cooking skills. Participants prepared a healthy meal each session and got to take groceries home to practice their new cooking skills and create meals for their family. During the last meeting, participants prepared bags of food for other youth in their community. Each family got 50 pounds of food and cooking tools, recipes, and a note from the participants. Over **2,250** pounds of food was distributed in the Bismarck community with this program provided by the SFC Extension Council and the Farmington Christian Church.



# Livestock St. Francois County

## Agriculture and Environment

### Local Impact

#### Teaching the Next Generation

Agriculture is still the number one employer in the United States. However, for most people when we talk about agriculture they think of the farmer, the person who supplies our nation with food. That number is less than 2% of the nation's population!

As that percentage continues to decrease, it is critical that we educate individuals on where their food comes from and why we have farms. As part of a program designed to expose and educate young people to agriculture, and what the safety considerations are around agriculture, **250** students participated in and had hands-on learning for animals commonly found on a farm. Students had the opportunity to look at and ask questions related to several domestic animals and learned more about our food chain. They gained an appreciation for the animals that we use to feed our society.

**Michael Graham**

Field Specialist in Livestock



#### The Show-Me-Select Replacement Heifer program

Created in 1998, the three objectives for the Show-Me-Select Heifer program are: 1. Improved heifer development through a Total Quality Management strategy. 2. Increased marketing opportunities for adding value for Missouri-raised heifers. 3. Creating reliable sources of quality replacement heifers based on management, reproduction, and genetics. This program utilizes a collaborative effort between the producer, the MU extension livestock specialists, and local veterinarians to create a reliable source of replacement heifers in terms of genetics and management.



- Two sales were held in St. Francois County in 2024 at the Farmington Regional Stockyards. 228 total heifers sold from 15 producers.
- Gross revenue from the Farmington Show-Me-Select sales were \$692,775.00 in 2024.



# Livestock St. Francois County

## Agriculture and Environment

### Local Impact

#### Black Vultures in Missouri

The Black Vulture Program updated livestock producers in southeast Missouri on the birds, as well as to inform all in attendance about black vultures and the potential impact they could have on producers' livestock. The program was in conjunction with the USDA APHIS division, Dan McMurtry from USDA, St. Francois County Farm Bureau, as well as the University of Missouri Extension. Dan provided appropriate examples of black vultures vs. young turkey vultures, what an effigy is and how to display them, as well as some strategies that producers can implement to decrease the opportunities that Black Vultures have for predation on young animals. Those in attendance received some plans to try to implement on their home farm to help prevent the black vultures in presence as well as to minimize the chance these birds of prey might have to kill young domestic animals during and shortly after

birth. Black vultures seem to be on the rise in prevalence in and around the southern part of Missouri as well as extending to the west of their "home range". Therefore, producers that once didn't worry about, or even understand, these migratory birds, now must deal with these animals in a way that helps give their herding animals the best possible chance of success during and shortly after having offspring from falling to predation.



#### Shielded Metal Arc Welding (SMAW) program

Although sometimes not typically thought of in the realm of livestock, it is never a bad idea to expand farmer's knowledge with welding metal. Any farm has numerous opportunities for fusing metal together and if a producer knows how to weld, that is one more thing they can do themselves instead of outsourcing it.

- Eight producers signed up for a two-evening course.
- 100% of the attendees learned new welding skills or honed existing skills.

The Objectives included:

- Safe operation of the shielded metal arc welder.
- Setting the welder for the size metal needing to be fused
- Understanding and utilizing the electrode numbering system
- Learning by hands-on application

# St. Francois County

## Agriculture and Environment

### Local Impact



Teaching about pumpkins, squash, and gourds at the State Women in Ag Conference.

**Katie Kammler**

Field Specialist in Horticulture

### 2024 HORTICULTURE AT A GLANCE

- **1961 direct contacts** through programming where participants are actively engaged in the learning process. Programs included home vegetable gardening, commercial organic specialty crop production, Garden Hour with MU Extension, bug bingo, plant diseases, pumpkin production, weed control, and many more.
- **610 requests** for horticulture information through calls, emails, walk-ins or site visits from **28 counties** and **4 states**.
- **2,310+** subscribers to the monthly Garden Spade newsletter with a **5%** increase in subscriptions during 2024. Topics include insects, weeds, landscape plants, trees, fruit, vegetables and much more.
- **36,700+** views of horticulture MU IPM YouTube videos for commercial producers.

### KEY SUCCESSES

- ✓ Participants in pesticide safety programs increase their knowledge on pesticide handling, safety, restricted use, disposal, contamination, understanding labels, and guides.
- ✓ Plant identification can help determine edibility, control strategies, and possible issues for animals and people.
- ✓ Youth and adults learned about pest versus beneficial insects, and how to identify common insects by playing bug bingo.
- ✓ Participants in the hydroponic workshop learned basic terms, hydroponic systems, problem solving, and growing.
- ✓ Many soil tests results have excess phosphorus and potassium. Provide clients education on “loving” their plants to death—soil tests save clients money and the environment by not over applying fertilizers, manures, composts, & organic matter.



Bug Bingo is a fun way for youth and adults to learn insect identification and pests vs. beneficial insects.

# St. Francois County

## Agriculture and Environment

### Local Impact

Covering Franklin, Gasconade, Osage, Maries, Miller, Pulaski, Phelps, Dent, Crawford, Washington, St. Francois and Ste. Genevieve Counties

**Rachel Hopkins**  
Field Specialist in Ag Business

### 2024 AT A GLANCE

- **757** direct contacts in Beef Production Systems.
- **42** Lenders attended 'What Lenders Need to Know in 2025 in Jefferson City. Lenders heard from presenters discussing Market Outlooks, Policy Updates, MASBDA and Farmland Values and Rental Rates.
- **115** attendees at the Farm Tax Workshops held in December, both in-person and online. Rachel presented on Conservation Tax Implications for this workshop.
- **97** mid-Missouri farmers and ranchers attended the Central Missouri Forage & Beef Conference in Maries County.
- **22** local producers attended the Wurdack Producer Field Day in October to hear about local applicable topics.
- **6** attendees at the Succession Planning in Ste. Genevieve
- **66** producers attended three Grazing Schools where Financial Aspects of Grazing were taught.



The cannulated bovine is always a memorable time with the FFA students.

## 1678 DIRECT CONTACTS

## 3447 INDIRECT CONTACTS



Producer Field Day at Wurdack is a great way to reach local producers. The topic this year was the financial aspects of Native Grass.

### KEY SUCCESSES

- ✓ **Monthly emails** out to subscribers letting them know of upcoming Extension programs in the region.
- ✓ Presented at the **Missouri Livestock Symposium** on the Beef Feeding Profitability Tool, G462.
- ✓ **Rural Safety Day** educates 3<sup>rd</sup> graders in Washington County of hazards they might encounter and thus preventing traumatic injuries.
- ✓ **Tax Workshops** educate participants on timely tax issues and how they can better manage tax liability.
- ✓ **Wurdack FFA Day** provides a learning opportunity for 9<sup>th</sup> graders on different fields in agriculture and exposes them to new ideas and concepts.

# St. Francois County

## Agriculture and Environment

### Local Impact

Covering Bollinger, Butler, Cape Girardeau, Carter, Crawford, Dent, Dunklin, Howell, Iron, Jefferson, Madison, Maries, Mississippi, New Madrid, Oregon, Pemiscot, Perry, Phelps, Pulaski, Reynolds, Ripley, Scott, Shannon, St. Francois, Ste Genevieve, Stoddard, Texas, Washington, and Wayne Counties

**Sarah J. Higgins**  
Field Specialist in Natural Resources



### 2024 In Review

This year saw the expansion of natural resources programming to many of my counties. I'm happy to report some highlights of 2024:

- Forest Health Field Day in the Shoal Creek Watershed in Crawford County
- Invasive Plant Workshops in Dent and Texas Counties
- Revival of Missouri Women Owning Woodlands (WOW) program
  - Monthly virtual Zoom meetings featuring women natural resources professionals connecting with women woodland owners over topics of interest.
- Youth programming: 4-H soil and water experiment and watershed curriculum
- Keep Your Forest in the Family Legacy Workshop

It was great getting to connect with everyone in person and over Zoom. I will continue to offer virtual natural resources programming as it's the best way to reach all my counties. I will also continue to bring in-person programming to more counties as well. Thank you all for your support in 2024.

### Stay Up-to-Date on Natural Resources Programming

Follow our newsletters to receive information monthly about our upcoming programs & learn more about Missouri's natural resources:

#### MU Extension Natural Resources Newsletter



[bit.ly/MU-Ext-Natural-Resources](https://bit.ly/MU-Ext-Natural-Resources)

#### Women Owning Woodlands Newsletter



[bit.ly/missouri-wow](https://bit.ly/missouri-wow)

### Looking at 2025

Here are a few programs to keep an eye out for in 2025.

- Women Owning Woodlands Monthly Zoom meetings
- WOW Chainsaw Safety Courses
- Invasive Plant Workshops
- Tree identification hikes
- Forest Management field days and tours
- Natural Resources youth programming

Let me know what you'd like to see in your county- looking forward to engaging with everyone in conservation next year!

# St. Francois County

## Agriculture and Environment

### Local Impact

Serving Bollinger, Iron, Madison, Reynolds, St. Francois, and Washington Counties

**Jerry Richards**  
Cooperative Feral Hog Outreach Educator



### 2024 Impact

The Missouri Feral Hog Elimination Partnership (MFHEP) had a very productive year!

We have eliminated about 5000 feral hogs in the state in the past 12 months. This compares to 2023 when we removed a little less than 8000 swine. The fact that this number is down is a very positive sign. It indicates that there are fewer hogs on the landscape causing damage to our public and private lands....evidence of the success of our program. When there are fewer hogs to be eliminated, our efforts will yield results that reflect this decrease.

In December, aerial operations began with our USDA helicopter. We have been fortunate to have the full-time use of a more powerful helicopter this year, which allows for increased performance and safety when engaged in the process of getting as close to the hogs as possible during elimination efforts. The educators such as myself can participate as part of the "ground crew" during aerial ops.

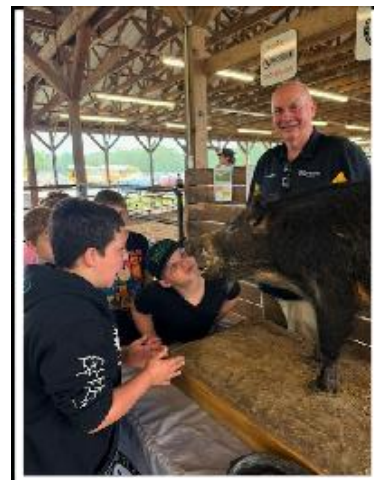
We have partnered with local Soil and Water Conservation Districts to provide equipment such as harrows and no-till drills. Landowners with damage caused by the swine can use this equipment free of charge. The availability of this equipment represents incredible cost savings for individuals who otherwise would have to produce it on their own.

This past year I traveled extensively to bring our message to County Commissions, Farm Bureaus, SWCDs, MU Extension Offices, schools, community meetings, agricultural conferences, career days, feed stores, equipment dealers, powersports dealers, etc.



MFHEP Outreach Educator Jerry Richards delivers equipment to Bollinger County

“One particularly gratifying thing I have experienced in the past few years is that students who have heard my presentation in one year are willing and eager to share our message and strategies with their classmates when we return to their schools. They are absorbing and sharing why we do things the way we do.”



Elementary students have fun with Jerry and the mounted feral hog

# Nutrition St. Francois County

## Health and Human Sciences

### Local Impact

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. ***There were 13,657 direct and indirect contacts were made in St. Francois County.***

### Expanded Food and Nutrition Education Program - 4-H Student Nutrition Advisory Council (SNAC)

The Expanded Food and Nutrition Education Program (EFNEP) brought \$1,624,777 federal funds to Missouri. These funds were used to enroll 559 limited-resource families in nutrition education and meal preparation classes, representing 2,068 family members. Additionally, 2,864 youth were enrolled in EFNEP classes. **41** of these youth participants reside in St. Francois County.

Participants in SNAP-Ed and ENFEP 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.

These vital programming efforts also reduce healthcare costs over the participant's lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums.

In addition to the numbers, **Alyssa Bowyer, Nutrition Program Associate**, shared one of several success stories demonstrating local impact:

While teaching a 6-lesson series in a kindergarten classroom, a long-term substitute told me that I had her grandson in another kindergarten classroom. During our previous lesson I had brought bell peppers to taste. Her grandson requested bell peppers that night and started bringing them in his lunch! Since the substitute had seen multiple lessons with me, she could explain the program to her daughter. Her daughter said, "That is so cool! I've never been able to get him to try bell peppers!"

Class tastings are so important for food behavior changes! They affect not only the student but the whole family.



**Alyssa Bowyer**  
Nutrition Program Associate



# Health St. Francois County

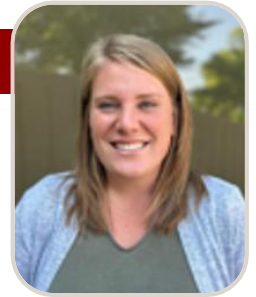
## Health and Human Sciences

### Local Impact

Serving Bollinger, Iron, Madison, St. Francois, Ste. Genevieve, Washington Counties

**Sarah Barks**

Field Specialist in Community Health



Since starting with MU Extension in April I have been very busy! I completed the MO-RE course which assisted in creating a Strategic Plan for my regions. Part of this course included conducting a Community Voices survey in which all Missourians were given a chance to have their voices heard.

**Eighty-six** respondents across my regions fully participated. The findings are insightful and helped identify and prioritize my focus areas. In East Central and Southeast Regions of Missouri, the three priority areas were identified as heart disease, poor mental health and lung cancer. Much of my time is spent doing work in these counties with the focus of these priority areas.



CHEO team at Strategic Planning

I attended coalition meetings in each county, participated in Sequential Intercept Mapping and helped develop a Community Health Improvement plan. I achieved certification in WeCanPropser Resiliency Training and have since offered this course five times. I have presented my regional needs assessment findings to MU Extension councils and community partners including coalitions. I recently presented about the Recovery Friendly Workplace Initiative. In August, I was trained in Strengthening Families Program 10-14 and assisted facilitating the training to a local coalition.

**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.



# St. Francois County



University of Missouri System

COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

## UM System Footprint in the county in 2024



### FY24 county students

**242 students**

- 191 Undergraduates
- 51 Graduate and professional students
- 172 Full-time students
- 70 Part-time students
- 52 Pell grant recipients (aid year 2024)



### County employees and retirees

**23 people employed by UM**

- 17 Campuses
- 6 MU Health Care (includes additional employees gained via the recent integration of Capital Region Medical Center)

9 UM retirees and beneficiaries  
 UM salary and retirement income: \$872,630  
 UM state tax revenue: \$22,776  
 UM federal tax revenue: \$113,503



### County alumni

**Selected school alumni**

- 33 Medicine
- 100 Nursing
- 81 Health Professions
- 16 Dentistry
- 6 Pharmacy
- 7 Optometry
- 18 Veterinary Medicine
- 95 Agriculture
- 215 Engineering
- 24 Law

**Alumni teaching K-12**

- 50 teachers
- 6.7% of all district teachers
- 3 principals and administrators
- 8.6% of all district principals and administrators



### County breakdown

**MU**

- 119 students
- 620 alumni
- 13 employees

**UMKC**

- 13 students
- 82 alumni
- 0 employees

**Missouri S&T**

- 47 students
- 220 alumni
- 0 employees

**UMSL**

- 63 students
- 507 alumni
- 4 employees



### County properties and offices

MU Extension in: St. Francois County



County population: 66,864



### County services provided

**Health care (FY24)**

- 358 in-state patients seen at MU Health Care, with \$191,026 of uncompensated care
- 3 in-state patients seen at UMSL Center for Eye Care with a statewide average of \$32.18 per patient in uncompensated care
- 4 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 220 visits to 147 patients having ZIP codes associated with the county

**Extension (2023)**

- 15,418 Total educational contacts from MU Extension to residents of the county, including:
- 906 contacts related to productive farming, better gardening, and managing natural resources
- 13,959 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- 429 contacts related to starting businesses, developing community leaders, or renewing the local economy

# St. Francois County



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

## UM System Statewide Footprint

### Economic and Community Development Highlights

- In FY23, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 98,527 jobs.



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 FY18 and FY23, UM System brought Missouri more than \$1.58 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



In FY24, UM System was issued 29 patents and filed 69 new U.S. patent applications.

- In FY24, the UM System awarded 707 design and construction project contracts throughout Missouri, for a total investment of \$287.3 million in the state.



In FY24, to improve access to medical and health related services, MU Health Care's Missouri Telehealth Network's Show-Me ECHO program provided 16,687 hrs of case-based instruction to 3,113 learners located in 105 of 114 Missouri counties and the city of St. Louis.

### Education and Training Provided



40,542 police, fire fighters, and medical professionals attending continuing education (2023)



Agriculture and natural resource programs served 369,077 farmers and related businesses (2023)

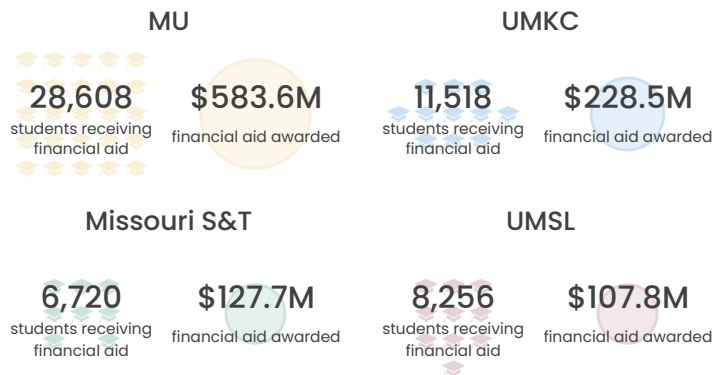


210,577 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2023)

### Education Highlights

#### FY24 Financial Aid Awards

In FY24, 69.7% of the UM System's 79,014 students received financial aid totaling \$1.048 billion



UM System's MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 58 higher education institutions (230,000 students), 484 K-12 school districts (830,000 students) and 134 public libraries (serving nearly 3 million Missourians) in 2023.

- UM System awarded 50.5% of the 31,689 Bachelor's or higher degrees awarded by Missouri four-year public institutions in 2023-24.
- UM System awarded 35.0% of the 1,776 research doctorates and 26.8% of the 3,796 professional doctorates awarded by Missouri public and not-for-profit private institutions in 2023-24.
- In FY24, UM System's \$30.7 million in National Science Foundation (NSF) grants represented 96.9% of all NSF grants made to Missouri public colleges and universities.
- In 2024, over 12,400 Missourians accessed mobroadband.org, part of the UM System Broadband Initiative which helped the statewide build-out of high-speed internet infrastructure.

**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 2024, 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

