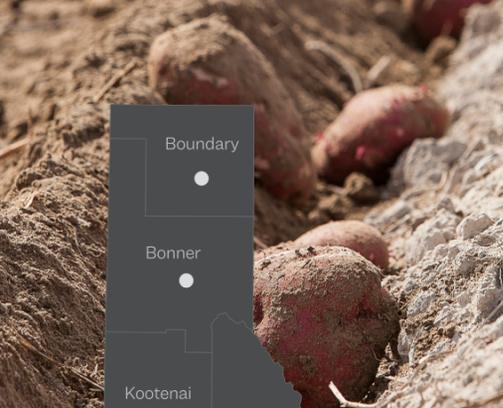


# Extension TRENDS

## 2018



Practical education you can trust.



### UNIVERSITY OF IDAHO EXTENSION ON THE MAP

- UI Extension County Office
- ▶ Federally-Recognized Tribes Extension Office
- ★ UI Research & Extension Center
- ★ UI Extension County Office and UI Research & Extension Center

[www.uidaho.edu/extension](http://www.uidaho.edu/extension)



## A Message from the Director

We believe the people of Idaho want

to make informed decisions that will improve their lives. University of Idaho faculty and staff consider it an honor to provide the citizens of Idaho with research-based information that can be used to create a better life.

We have taken steps to become more efficient with our time, talent and resources. We reorganized from 15 topic teams to **seven priority Extension themes**. We will focus on food production systems, forestry and natural resources, small farms and horticulture, water, health and wellness, community development, and 4-H youth development. Subscribe to our **quarterly e-newsletter** to stay up-to-date on our programs: [www.uidaho.edu/cals-newsletter](http://www.uidaho.edu/cals-newsletter).

Our **UI Extension Publishing catalog**, [www.uidaho.edu/extension/publications](http://www.uidaho.edu/extension/publications), has nearly **700 titles** available covering **65 broad topics**. Our most popular publication is Idaho's Noxious Weeds. Nearly 180,000 copies of this booklet have been sold in the past 25 years. In 2018 we added educational videos to our listings and we also have a social media presence on Facebook and Twitter.

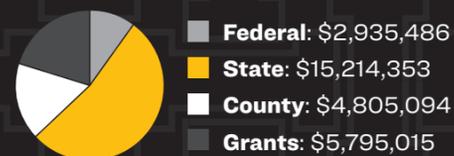
While these electronic resources are available any time, we enjoy connecting with the people of Idaho in person. In 2018, our UI Extension professionals recorded **426,281 face-to-face interactions**. These conversations help us learn about the issues you are encountering and the ways we can help.

Together, we are building a thriving, prosperous, healthy Idaho.

*Barbara Petty*

**Barbara Petty**  
Director, University of Idaho Extension

## FUNDING BREAKDOWN



# UI Extension

## BY THE NUMBERS

### FAMILY AND CONSUMER SCIENCES

**16** schools participated in Eat Smart Idaho's **Smarter Lunchroom Movement**.

**3** months of **community walking programs** resulted in **40** sessions, **153,344** steps and **22.13** hours of activity.

**1,114** adults participated in the **Eating Smart and Moving classes**.

### 4-H

**38k+** livestock projects.

**921** **4-H Clubs** across the state.

**1,600** Tribal youth who participated in **125 healthy cooking and lifestyle classes** reported selecting healthier foods and beverages in their diet.

### COMMUNITY DEVELOPMENT

**98%** of participants in a NIFA funded **entrepreneur workshop for Latinas** reported improved knowledge on writing a business plan.

**3 & \$8k** **3 food pantries** were opened and **\$8,000** raised for an **elementary school backpack food program** as the result of UI Extension partnerships.

### AGRICULTURE

**\$32 million**

worth of assets were protected by **farm succession planning workshop** participants.

**85,000**

people visited the **Idaho Landscape and Garden website**.

**49** **new small acreage producers** started their enterprises following UI Extension programs.

**229** individuals completed the **Produce Safety Alliance Grower Trainings**.

**20** counties held **Idaho Master Gardener** classes.

### NATURAL RESOURCES

**1,036** **foresters and natural resource professionals** attended UI Extension programs in the Idaho Panhandle.

**1,372** **continuing education hours** were presented to **188** Idaho Panhandle loggers.

**26** **multistate water resources organizations** partnered with UI Extension to develop interpretive stations and videos along a 60 mile multiuse trail.

## 2018 EXTENSION FACTS

<b>82</b> UI Extension Educators	<b>426,281</b> Face-to-Face Interactions
<b>41</b> UI Extension Specialists	<b>70</b> Peer-reviewed Publications
<b>707,267</b> Web Page Views	

## Practical Education You Can Trust

**University of Idaho Extension** improves people's lives by engaging the University and our communities through research-based education. Our areas of expertise are Agriculture, Community Development, Family and Consumer Sciences, Natural Resources and Youth Development.

[www.uidaho.edu/extension](http://www.uidaho.edu/extension)



## THE DIVERSITY OF RANGELAND

**In 2016, the University of Idaho entered into a partnership with the Wood River Land Trust and The Nature Conservancy to establish a research collaboration now known as the Rinker Rock Creek Ranch, a 10,400-acre ranch located near Hailey.**

Today, the U of I College of Agricultural and Life Sciences and College of Natural Resources lead efforts in the teaching, research and UI Extension activities taking place at the ranch.

Ongoing research activities are addressing:

- Interactions between livestock grazing and sage-grouse in important wet meadows habitats.
- Differences in nutrition and meat quality from cattle grazing on rangelands versus the irrigated pasture at the U of I Nancy M. Cummings Research, Extension and Education Center (NMCREEC) near Salmon.
- Electronic monitoring of cattle movements and grazing efficiency with GPS technology.
- Modeling of risk for weed invasion and early detection of invasive plant species.
- Real-time vegetation mapping using satellite imagery to develop computer and mobile apps for improved land and livestock management.

UI Extension beef specialist and NMCREEC superintendent John Hall is leading the research efforts comparing range-based and irrigated cow/calf systems. The project began in 2016 and examines the effects of the two different systems on animal performance and productivity from conception to consumption. Preliminary data suggests that calves from the range-based system are lighter at weaning than calves raised in the irrigated systems. Early data from heifers indicates there may be no difference in reproduction based on system.

This multi-year project will also investigate areas for improving management and sustainability in each system; fetal programming effects of each environment; genomic markers for adaptability; potential epigenetic effects; and impact of systems on final product.

As part of the university's land-grant mission to deliver knowledge and research to the people of Idaho, the ranch hosts Sagebrush Saturdays during the summer months and invites the public to learn about the ranch's history and the various components of life on the range that create healthy ecosystems. The ranch also offers internship opportunities, field experience, and a place to develop and explore rangeland research projects for U of I students.

Recreational opportunities remain available at the ranch as part of the university's research to understand the role and impact of recreation in the multiple use of rangelands.

**To learn more about Rinker Rock Creek Ranch, visit [www.uidaho.edu/rockcreek](http://www.uidaho.edu/rockcreek).**



## PROMOTING HEALTHY LIVING



**When teens in the UI Extension 4-H Health Advocates program noticed younger kids interacting with others via electronic devices rather than face-to-face, they wanted to help them learn better communication skills.**

The teens compiled social exercises from various sources into a series of 16 short activities promoting communication, awareness and respect.

“They called it C-A-R Chat because they saw the best time to talk to kids was in the car where they are a captive audience,” said Maureen Toomey, an area youth development educator for UI Extension.

As part of their mission to promote healthy living in their communities, the 4-H Health Advocates use C-A-R Chat to teach kids conversation starters, self-image and self-awareness, emotion identification and looking at scenarios from another’s point of view.

These advocates aren’t just sharing in Idaho communities. In 2018 and 2019 they presented workshops on C-A-R Chat at a National Youth Summit in hopes of inspiring similar activities in other locations. Their efforts have led to grants from the National 4-H Council and the Robert Wood Johnson Foundation to continue their work.

C-A-R Chat isn’t the only activity offered by advocates. Part of their year-long commitment involves a community service project. In 2018, participants at five county fairs created a picture food log with photos from food vendors. Advocates will add to the food logs in 2019 and analyze them as part of a University of Idaho research project.

Advocates also partner with UI Extension’s Eat Smart Idaho Food Smart Families program. They receive

training in general nutrition, food preparation and cooking skills, and facilitate activities like label reading, taste testing low-fat milk and identifying sweetened drinks. They run integrative Jeopardy boards at county fairs and the Caldwell Night Rodeo. In 2018, kids learned nutrition facts at the rodeo’s 4-H booth, coached by the teens to learn the correct answers.

The program is hoping to connect with even more community partners. Advocates can provide a variety of activities — healthy snack hints, My-Plate demos and C-A-R Chat, to name a few.

There is also a need for adult volunteers. Every trained teen needs the support of a caring adult — one with volunteer training and the ability to participate in a year-long commitment.

“They learn how to be healthy themselves, how to improve overall well-being for themselves and their families together,” Toomey said. “They can be influencers in the communities for change. It’s about health, being the best they can be through a healthy lifestyle.”



## LATINA ENTREPRENEURSHIP WORKSHOPS HELP PARTICIPANTS WITH NETWORKING AND SELF-CONFIDENCE

**In August 2018, participants of UI Extension Latina Entrepreneurship workshops faced a panel of judges and presented their business pitches to local representatives from banks, radio stations, health departments, food establishments and other business partners, all of whom were bilingual.**

Fifty-three participants, mostly female and Latina, had crafted their business pitches at face-to-face sessions of the Latina Entrepreneurship workshops, where they learned to condense a basic business plan into key points to deliver it quickly to potential investors.

“A successful pitch identifies a gap, a need in a target market,” said Surine Greenway, UI Extension educator. “It contains a plan to meet that need.”

Pitch delivery is important as information must be succinct and assessable, yet still cover basic components of a business plan. In-person workshops in Nampa, Boise and Burley were ideal places to hone pitching skills, just one of many steps for these budding entrepreneurs to master. UI Extension educators and community business partners also taught participants to draft business plans, seek funding sources and establish good credit as well as investigate their competition and navigate finances and paperwork.

Even armed with this knowledge, starting a business can feel risky, which may be one reason that only 40 percent of U.S. entrepreneurs in 2018 were women.

“We’ve found that females feel less confident, less sure in starting businesses. They want more stability and are less willing to take risks for their livelihood,” Greenway said.

This is why Greenway, along with UI Extension educator Jackie Amende and former educator Liliana Vega, adapted the DreamBuilder online entrepreneurship

program into a face-to-face, 12-hour program where participants could practice, network and build self-confidence.

Local business mentors also coached attendees to increase their self-confidence and build personal presence. Business owners offered tips from personal experience on positive and negative aspects of running their own business and what they wished they did and didn’t do, what worked and things to avoid.

“We try to provide participants with the foundational skills and local network they would need to make this idea or dream not so far-fetched, but completely within reach,” Amende said.

The rate of Latino entrepreneurs is growing, yet there are still challenges, like a lack of bilingual resources and business education.

Susie Rios, a participant of the online DreamBuilder class, contacted Greenway knowing the face-to-face workshops were in Spanish and English.

Rios recruited 32 participants and arranged the workshop location in partnership with the Community Counsel of Idaho. The workshop was so accessible the first day that some participants brought family and friends back the second day.



## DIABETES PREVENTION

**It may sound simple — walk 30 minutes a day, five days a week; keep a food journal. In the Centers for Disease Control and Prevention’s National Diabetes Prevention Program (DPP), these small goals help participants lose five to seven percent of their body weight, reducing their chance of developing pre-diabetes.**

Bridget Morrisroe-Aman, UI Extension educator, says that when people start DPP, they usually don’t realize what being pre-diabetic means. They don’t know the risks or the treatments when diagnosed, and that’s why it’s important to teach simple and accurate information.

“It’s possible to reduce the risk of developing type 2 diabetes,” said Morrisroe-Aman. “You just have to know what steps to take.”

Many people are confused regarding what it means to be diagnosed with pre-diabetes versus diabetes. When diagnosed with pre-diabetes, blood sugar levels are higher than normal, stressing the body, and they are lower than type 2 diabetes levels.

DPP was developed in response to the growing number of adults and children with type 2 diabetes to increase awareness and prevent spread of the disease. UI Extension, the Idaho Department of Health and Welfare, Idaho health professionals and screeners, and other community partners, work in conjunction to tackle this problem before it becomes a health epidemic.

During the 2017-2018 program year, UI Extension partnered with the Idaho Department of Health and Welfare to host a master diabetes prevention trainer who certified seven UI Extension educators and one program coordinator to teach DPP. With participant numbers in each class ranging from five to 20, UI Extension taught six yearlong classes – two in Ada County, two in Canyon County, and one each in Jerome and Minidoka County.

“Extension is well positioned to assist Idaho agencies with this because we reach into the community and get information to people,” Morrisroe-Aman said.

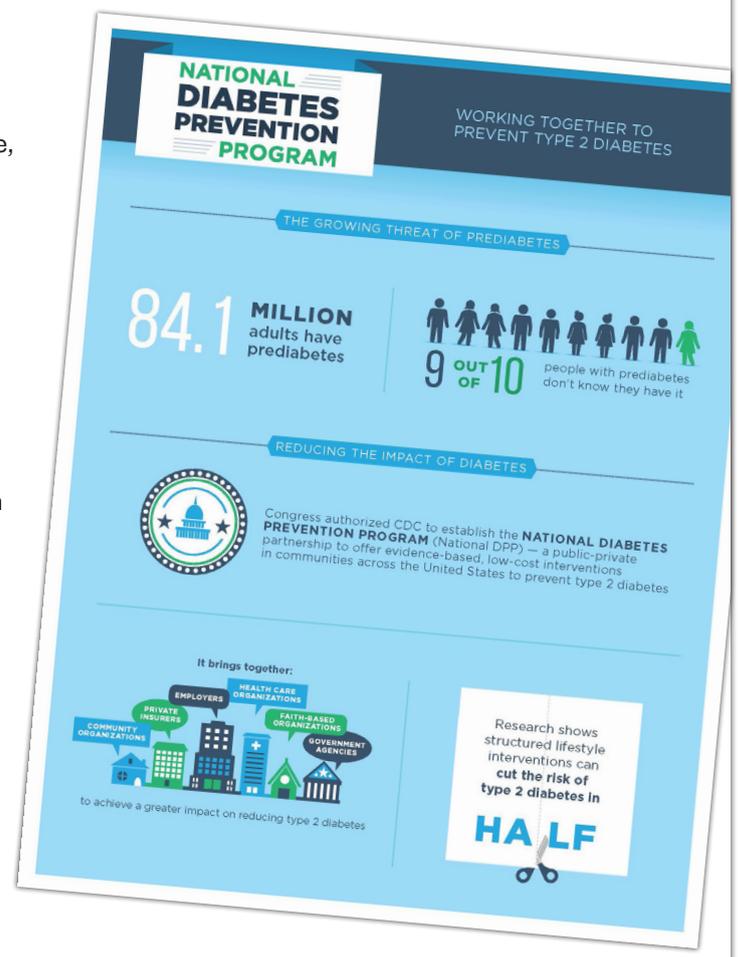
The program model focuses on prevention before participants have diabetes. It allows individuals to take control of their health, and if they can prevent chronic disease, extends their lifespan so they lead longer and healthier lives.

In 2017, there was an estimated \$327 billion spent on diabetes and pre-diabetes with 2020 projections of \$3.35 trillion if the trend continues.

Current research shows that type 2 diabetes is increasing exponentially — virtually no American is immune to the effects of this chronic disease. The CDC reports in a 2015 study that 100 million Americans have pre-diabetes or diabetes, and numbers are growing.

“It touches all of us, family, friends; you can look around,” Morrisroe-Aman said. “It’s estimated that one of five adults are pre-diabetic and many don’t know it. That’s why I’m passionate about it; we can prevent type 2 diabetes with healthy lifestyles.”

**Read the full story at [www.uidaho.edu/extensionstories](http://www.uidaho.edu/extensionstories).**



## MAXIMIZING COVER CROPS

**Cover crops have traditionally been used to improve soil health while reducing erosion and suppressing weeds. An increased interest in utilizing cover crops for livestock grazing has resulted in two recent UI Extension research projects.**

UI Extension educators worked with a grower near Picabo, where crop rotation is limited by the climate, to plant cover crops in the annual rotation to use as rent income from grazing. The goal is to reduce commercial fertilizer inputs in the following season's crop, and help improve marginal soils.

"The project worked really well, better than we thought it would," said Steve Hines, UI Extension educator. "We did learn some things. One, that it's viable. Two, he needed a lot more cattle in there than he had."

A second UI Extension project involves interseeding a cover crop mix into standing corn silage on a farm in the Raft River area. Interseeding is the practice of planting cover crops between the rows of already growing cash crops to increase the amount of time for the cover crops to grow before winter.

"Their goal is two-fold," Hines said. "One, when they cut corn silage off there is not a lot left on those fields. They would like to have something on there to help hold the soil through the winter. And two, to provide additional feed for their dairy cattle and beef herd."

Early evidence suggests that the middle of June, before the canopy shades out the ground, seems to give the cover crop the best chance to get started.



Read the full story at [www.uidaho.edu/extensionstories](http://www.uidaho.edu/extensionstories).

## FARM SUCCESSION PLANNING

With the aging population of operators in the agricultural industry, estate and succession planning has become a large priority. In response, UI Extension educators provided three, four-week workshops in Buhl, Shoshone and Burley, geared towards families who are interested in learning about succession planning.

Each workshop provided a licensed lawyer, accountant and financial planner. UI Extension educators also provided information on personality types, mission statements and goals, job descriptions, business structures, generational differences and transition of management.

A post-workshop survey was administered to see if participants had increased their knowledge. The survey found that 92 percent of respondents felt an increase in knowledge in personality types, initiating dialogue with family, developing farm mission statement

and goals, succession planning and transition management, use of estate planning tools and the difference between a will and trust. 100 percent of respondents increased their knowledge of retirement planning and 67 percent increased their knowledge of managing resource inventories.

Following the workshop, 58 percent of respondents had evaluated their estate's assets and 67 percent had developed a mission statement and set of goals for their farm business.

By completing their succession and estate plans, workshop survey respondents have protected \$32 million worth of assets. Respondents are also investing for their retirement.

The UI Extension farm management team will offer another round of farm and ranch family succession planning workshops in 2019.