

EXTENSION TRENDS: ADA COUNTY

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2021 By the Numbers

- 13,381 direct contacts
- 2,477 youth participants
- 222 volunteers
- 5,733 volunteer hours
- \$6,068,587 extramural funding

UI Extension Educators



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Community Food Systems
& Small Farms



Susan Bell
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Horticulture



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Family & Consumer Sciences
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4-H Youth Development



Bridget Morrisroe-Aman
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Family & Consumer Sciences

2021 Impact

Educator Ariel Agenbroad conducted 12 workshops, taught 40 synchronous and four asynchronous webinars and made 54 presentations for nearly 4,000 direct contacts. She recruited and supervised three student interns to support small farm and community food systems programs benefiting Ada County. She collaborated on two Cultivating Success online courses and three additional on-farm workshops attended by residents of Ada County pursuing small farm entrepreneurship. Post-class surveys indicated significant knowledge gained and best management practice implementation among participants. In year three, the Harvest Heroes veteran farming and gardening program serving Ada and Canyon counties enrolled 10 veterans and their families, growing nearly 1,800 pounds of produce, with most donated to collaborating non-profits. A Rapid Market Assessment of the Boise Farmers Mobile Market was conducted to evaluate the effectiveness of the market in increasing access to fresh, local fruits, vegetables and other agricultural products. Agenbroad was the lead trainer for three Produce Safety Alliance Grower trainings statewide for commercial produce growers, resulting in 56 FDA FSMA required producer certifications. Agenbroad also collaborated with the Ada County Soil and Water Conservation District to conduct on-site field days for Ada County fifth grade classes, introducing hands-on lessons in pollinator insect preservation and conservation to over 370 youth.

Educator Bridget Morrisroe-Aman is the Idaho lead for the National Diabetes Prevention Program. From 2017-21, the program was delivered at 18 sites in seven counties, reaching over 240 participants. The program was the first provider in Idaho, and one of the first in Extension nationally, to be delivered virtually. In 2021, Morrisroe-Aman taught one online and one hybrid program. In total, five programs were delivered in Ada and Canyon counties. She also received funding through Idaho Diabetes Prevention Programs to hire a facilitator to build capacity to apply for Medicare and health insurance reimbursement. Outcomes for the program include: 11 certified Healthy Lifestyle Coaches; 200 participants in 18 cohorts in 11 counties; an average weight loss of eight pounds for 46 participants; development of two series in Spanish and five series online; and estimated health care savings of \$278 per participant per year for three years for a total savings of \$166,800.

Morrisroe-Aman co-designed the Nutrition for Healthy Aging program and has delivered it 10 times in Ada County since 2017 to over 100 participants. She co-taught two classes virtually that were originally planned for in-person, reaching 220 adults ages 55-87 in four counties. Survey results show the program positively influenced participants nutrition and health knowledge and anticipated behavior changes.

Morrisroe-Aman leads a first year and Advanced Master Food Safety Advisor (MFSA) program in southwest Idaho. In 2021 she taught the seven-week, first year program with online delivery followed by in-person labs. She also facilitated eight trainings for the Advanced MSFA group, including teaching at five trainings. She trained and supervised eight first year MFSA volunteers and continued to train and support 25 advanced advisors. Volunteers made 1,404 contacts and volunteered 793 volunteer hours in 2021, a value of \$22,632 of their personal time. This ability to expand Extension's food safety and food preservation outreach is greatly needed and has become prevalent with the pandemic.

The 2020-21 consumer data continues to show increased sells in groceries, and decreased sells in the restaurant and food service industry, a reflection that more consumers are currently preparing and eating meals at home.

Educator Susan Bell provides leadership and support for commercial green industries and home gardeners. She organizes and teaches Extension programs in volunteer development (Master Composter (MC), Master Tree Pruner (MTP), Master Gardener (MG), Continuing Master Gardener (CMG) and Advanced Master Gardener (AMG)). Bell conducted 53 workshops, 87 field visits and 67 presentations to further these programs. She taught two full MG courses (13 classes each), one MC course (five classes), four MTP workshops and organized monthly classes for CMG and AMG volunteers. Bell evaluated her MG, AMG, MTP, water conservation and gardening/landscape class programs documenting clientele knowledge gained, skill improvements and positive behavioral changes. MG volunteers make presentations, staff diagnostic plant clinics, act as plant sale fundraisers, host radio programs, support Extension through social media sites and write newspaper articles which increase the reach of Ada County's horticulture programs. Gardening presentation in the community and 250 days of MG staffed plant diagnostic clinics reached 5,600 people.

Bell assisted with programming for the Idaho Horticulture Expo, Idaho Botanical Garden, Garden City and Lake Hazel libraries, Canyon and Bonneville MG programs, Boise Community Education and Pesticide Applicator CEU training. She was honored by the Idaho Nursery and Landscape Association with the Gold Medal of Horticulture Award for her efforts in green industry and community education. She and her students maintain 11 plant demonstration sites at the UI Extension, Ada County office to evaluate landscape and garden plants, turf and composting methodologies.

4-H in Ada County

UI Extension, Ada County 4-H reached 275 underserved youth in 2021. Youth participated in programs such as Yoga for Kids, Soccer for Success, STEM, Healthy Habits and other activities.

With the support of the National 4-H Council Walmart Foundation grant (\$7,500), the 4-H program was able to engage 109 (63 males and 46 females) youth participates in Soccer for Success and 4-H Healthy Habits programs. Together with Eat Smart Idaho, 6-8 4-H Healthy Habits



lessons were delivered during the health and wellness portion of the program. Community partners included Sacajawea Elementary School, Whitney Community Center, Northwest Pointe and Caldwell Housing Authority. These sites target underserved groups including ethnic/racial minorities, rural and isolated youth. Youth were able to keep a soccer ball and shin guards at the end of the program to continue working on their soccer skills.

Youth indicated on the 4-H Healthy Habits survey that 71% plan to eat the recommended amounts of fruit and vegetables; 64% plan to stay active; 81% plan to drink the recommended amount of water; and 71% learned about healthy food choices.

Yoga for Kids was delivered at nine sites in Ada County between 2018-2021, reaching over 200 youth. In 2020-2021, the program was delivered in two new formats, virtual and outdoors to allow for social distancing. Both youth and partners reported both formats worked well and they appreciated the continued programming during a very stressful time. The program was evaluated statewide and results show 89% of youth reporting that exercising is fun and yoga helps them to relax; 58% have shown yoga poses to family members; and 69% have done yoga at home. Youth expressing that exercise is fun is an important social well-being indicator. As they share the newly learned yoga poses and try new routines at home, they are setting a path to a positive quality of life. Social interaction and feeling good are proven quality of life indicators in adults. Yoga helps youth improve their physical health practices.

On the Horizon

The Almon W. and Dr. Mary E. Spaulding Ranch is a 20-acre farmstead in Boise. The city's Master Plan for Spaulding Ranch envisions a center for agriculture history, recreation and experiential education. UI Extension and the City of Boise have entered into a Memorandum of Understanding regarding the ranch where the city agrees to continue developing the facilities and partner for the development of agricultural related activities and programming and UI Extension agrees to provide recommendations regarding activities and programming. These proposed opportunities may include hands-on small farms programs for adults, urban livestock and gardening 4-H projects, Harvest Heroes veteran farmer training, 4-H, Idaho Master Gardeners and Master Food Safety volunteer development programs, and Eat Smart Idaho nutrition education for low-income families. The city plans to begin construction on public access to the agricultural production areas of the site in late Spring 2022 with a desire to begin programming in 2023.

The 4-H program will use ARPA funds to bring new programs like Enrichment, STEM (Edison, Spheros, SPIKEPrimes, etc.), and Cloverbuds to the county. In addition, a \$1 million ARPA grant for the Outreach to Military Youth program was awarded in July 2021. In partnership with the Idaho National Guard Army and Airforce Youth and Family Services, two residential summer camps and 10 weekend day camps have been implemented, reaching over 600 youth, and 32 staff, faculty, teens and volunteers have been trained. The partnership continues through August 2022 and plans are to apply for additional funding to continue this program.