



University of Idaho Extension Kootenai County

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All numbers listed are for 2019.

4-H Youth Development Program

Kootenai/Shoshone 4-H Youth Development offers a wide range of hands on, experiential learning opportunities for youth to develop topic as well as life skills. These topics range from the traditional livestock, cooking and sewing to robotics, aerospace and geospatial and the full array in between. 4-H relies heavily on volunteers to serve as caring partners in working with and learning with our youth.



1 Faculty Extension Educator, 1 Program Coordinator, 3 AmeriCorps Members

- 18.6% increase in youth 4-H club members (765), 15.6% increase in 4-H adult volunteers (237) and 18.6% increase in short term youth participation in 4-H programs (1,427)
- Excellent 4-H representation at North Idaho State Fair with 536 exhibitors and 1,669 entries – 4-H market animal sales and member support were \$855,260.00.
- Offered 19 sessions of summer programming that focused on a range of STEM subjects open to 4-H members as well as other youth.
- Offered over 14 county level events and contests for our club youth to expand and test their knowledge, as well as over 6 volunteer training opportunities for adults.
- Working with 3 elementary schools to expand 4-H curriculum and experiential learning activities in afterschool and school day formats.
- Had 4-H Teens participate in district events, 3 state level events and 3 national level events. In addition, Kootenai teens held 3 officer positions in the State 4-H Teen Association.
- Annual 4-H fundraising event brought in over \$15,000 to support our 4-H Volunteers Association, our county program and help with improvements for 4-H use at the fairgrounds.
- Plans for 2019-2020 include continued work with local schools and outreach to home school youth to offer additional STEM and other learning opportunities. We are also working on creating a STEM Lab that would be available to any youth enrolled in 4-H to use and participate in STEM programs.



Family and Consumer Sciences Program and Eat Smart Idaho

Family and Consumer Sciences (FCS) UI Extension provides education programs in nutrition, wellness and obesity prevention.

1 Faculty Extension Educator, 1 Coordinator, 1 Community Nutrition Advisor, 4 Nutrition Advisors, 2 Funded Internships, and 11 Dietetic Students during the fall through the UI Dietetics Program

- Direct Contacts: 32,428
- Youth Participants: 30,571
- Funding: \$295,807 from Extramural/Grant, Faculty Educator paid by UI
- 84% improved dietary knowledge or practices practices (increased intake of fruits and vegetables, decreased sugar sweetened beverage intake, cooking at home)
- 59% improved knowledge or use of food resource management practices (cook dinner at home, compare food prices, plan meals before shopping, look in refrigerator or cupboard before shopping, or make a list before shopping)
- 59% gained knowledge or improved food safety practices (washing hands before preparing food, washing all items and surfaces after cutting raw meat or seafood, not thawing frozen food at room temperature, or using a meat thermometer)
- 53% gained knowledge or improved physical activity practices (exercising for at least 30 minutes, doing workouts to build and strengthen muscles, or making small changes to be more active)
- 44% improvement in one or more food security indicator (not eating less than you wanted so there was more food for your family or having enough money to get food for your family)





Panhandle Area Forestry

Family forests are one of the largest private land uses in Kootenai County – roughly 77% of Kootenai County is forested. Over 260,200 acres of this forestland (43% of all forested land in Kootenai County) is held by over 9,513 family forest owners. The primary goal of UI Extension Forestry Programs is to provide education that helps private landowners, loggers, and natural resource professionals manage forest resources to more effectively to meet their goals.

1 Faculty Panhandle Area Extension Educator, 36 Idaho Master Forest Steward Volunteers

● Direct Teaching Contacts: 1,621

- Youth Participants: 29
- Funding: \$12,000 from Extramural/Grant, Faculty paid by UI
- Idaho Master Forest Stewards Volunteers: 36 who volunteered 1,126 hours to forest owners and other community members
- Logger Education to Advance Professionalism (LEAP): over 1,120 loggers have attended the 46 Idaho Panhandle 3-day LEAP sessions offered annually since 1994. One hundred seventy-nine attended the two 2019 Idaho Panhandle LEAP Update sessions.
- Idaho Panhandle Strengthening Forest Stewardship Skills Programs: over 700 owners of more than 56,000 family forest acres, 162 foresters and other natural resource professionals attended Idaho Panhandle Area UI Extension workshops and other Extension programs in 2019, and indicated they would implement a wide variety of forest management practices as a result.
- The improved management practices implemented as a result of knowledge and skills gained in UI Extension programs will ultimately increase wood to fuel Idaho's economy, maintain water quality, reduce catastrophic fire risk, improve forest growth and health, and enhance biological diversity.

Idaho Master Gardener Program

Our program trains local Idaho Master Gardeners (IMG) to provide research-based horticulture education, and develop and share expertise in food production, integrated pest management techniques, improving soil fertility, choosing the right trees, growing turf grass, supporting native pollinators, and maintaining sustainable yards and gardens.

1 Part-time Coordinator serving two counties, 1 Assistant (unpaid) at 10 hours per week, 40 certified Idaho Master Gardener Volunteers

- Direct Contacts: 2,650 (50% increase from previous year, includes walk-in and mobile Plant Clinics, community education, program support, work in The Pollination Project Demonstration Garden, and time at the North Idaho Fair booth)
- Community Horticulture Classes: 28 attended by 960 adults
- Youth Participants: 1,192
- Volunteers: 40 who volunteered 2,251 hours and gained 659 hours of continuing education
- Funding: economic value of \$51,773 - our program is self-sufficient in raising all program funds as no outside funds are provided, with the exception of paying our part-time program coordinator
- The Pollination Project and the UI Extension Demonstration Garden is unique to our program, inspiring and educating about pollinators and the ecosystems present in healthy and innovative gardens and landscapes.
- Challenges from lack of technology and innovation: 1.) No online content provided by our state coordinator or UI for expected certifying of new IMGs and lack of technology in our office for delivering content. 2.) No access to volunteer management software, like that developed by UC Davis, which could also serve as a place to house online educational content for students and certified volunteers.

