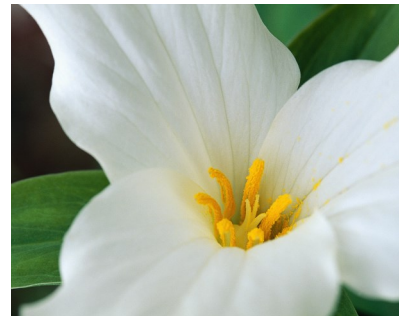


# 2013-2014 Annual Report:

# *Cheboygan County*



*Proven, Relevant, Life Changing*



## A MESSAGE FROM THE DISTRICT COORDINATOR:

This year, Michigan State University Extension is celebrating its 100th birthday. In May of 1914, President Woodrow Wilson signed the Smith Lever Act. This legislation extended the land grant university concept beyond campuses and into communities. It was that legislation that led to the establishment of MSU Extension.

For 100 years, MSU Extension has integrated MSU's knowledge and resources into the public, equipping Michigan residents with the information they need to improve their work, health and safety. The Smith-Lever Act of 1914 was created to foster economic development by stimulating the transfer of knowledge from research into practice on farms, in factories, and in families through agriculture, 4-H & youth, family, food & health, business, community, lawn & garden, natural resources, coastal issues and many other subjects.

In honor of this historic birthday, MSU Extension is recognizing our long standing partnership with county governments across the district by presenting resolutions of support for county governments to pass, acknowledging and recognizing this long standing successful partnership serving Michigan's citizen's. We have had formal relationships with counties across District 3 for the past 99 years. It is our honor and privilege to do so and we look forward to the next 100 years.

Sincerely,  
Patrick I Cudney, District 3 Coordinator



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## 2013 REPORTED PARTICIPANTS

4-H Children & Youth programs .....	389
4-H Members (Traditional Club Enrollment).....	99
4-H Adult Volunteers .....	42
4-H Youth Volunteers .....	10
School Enrichment Participants .....	218
4-H Clubs.....	9
4-H Committees .....	4
 Agriculture & Agribusiness programs .....	 54
Greening Michigan programs.....	1,540
Health & Nutrition programs .....	795
<b>Total .....</b>	<b>2,778</b>

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# 4-H CHILDREN & YOUTH INSTITUTE



**The Cheboygan County 4-H Program** currently has an enrollment of 99 youth in 9 traditional 4-H clubs and 4 county committees. These clubs and committees are supported by 42 adult and 10 youth volunteers.

- » **Samsung Scholar:** One our youth members, Hailey Baldwin, was chosen to be the Samsung Summer Science Program Scholar for Cheboygan County 4-H. She received a \$1,000 grant to use towards a science educational event. She planned and implemented an invasive species education trip for 25 participants to the Hammond Bay Biological Station in Millersburg. On the bus trip, she played a game and educated the participants on 5 invasive species in Michigan. At the Biological Station the youth learned about sea lamprey. Some of the youth were brave enough to allow the lamprey to attach to their hand! After the event, one of the adults expressed what a wonderful job this youth did.
- » **Video Contest Winner:** Another aspect of the Samsung Scholar responsibilities was for the Hailey to create a video of the event and submit it. Hailey's video was titled, "Science is Fun!" She spent hours editing the video footage and adding in voice overs, music and some fun scenes with her co-hosts. Her video was chosen as the State of Michigan winner. Hailey received a prize package containing a Samsung Chrome Notebook, a Samsung tablet and a video camera. Hailey made some slight adjustments to the video and submitted it to the Michigan 4-H Video Contest and won first place in the Revolution of Responsibility category. In the video Hailey shares how this project taught her how to plan and implement an event, as well as, do a budget, manage her time, and manage stress. You can find her video at: <https://www.youtube.com/watch?v=J6r9nH6Jqvw>.
- » **VET-A-VISIT:** On Saturday, April 5th, families from Cheboygan County travelled via charter bus to MSU's Vet-a-Visit. Vet-A-Visit is MSU College of Veterinary Medicine's annual open house, where families learn about the fascinating world of veterinary medicine. At this event families saw all kinds of animals, had the opportunity to learn more about what it takes to become a veterinarian, and toured the state-of-the-art facilities. Youth participated in teddy bear surgery, milking a cow, holding an exotic snake, radiology tours, proper pet care, learning how to approach a dog, mock diagnosis and surgeries, arts and crafts and much more.



*Hailey Baldwin,  
Samsung  
Scholar for  
Cheboygan  
County 4-H  
Program.*



*Cheboygan  
County  
attendees to  
MSU's Vet-a-  
Visit.*

# 4-H CHILDREN & YOUTH INSTITUTE

*"I want to thank you for the fun time we had at Vet-a-Visit. I cannot wait to go next year!"*

*~ Five-Year-Old Vet-A-Visit attendee*

*4-H youth member, Emma Wallis trying to read the Xray to determine what is wrong with the pet.*

The goals of this event were 1) to provide families with an inexpensive opportunity to experience a hands-on animal science event and 2) to show youth that science activities can be fun and interesting 3) to promote the Cheboygan County 4-H Program and 4) to expand the promotion to other communities in Cheboygan County. We advertised first in Wolverine Elementary School and later in the Cheboygan East Elementary School. We filled the bus with 32 youth and 26 adults – 70% were from the Wolverine community. While petting an exotic lizard, one of the Wolverine teens said to me, "Thank you for organizing this trip. I didn't know that we could do things like this. This has been amazing!"



80% of the youth who attended said that the science activities were fun and interesting and it made them want to learn more. During the bus ride home, I gave a presentation about the Cheboygan County 4-H program and other opportunities that are available. 10 youth expressed an interest in attending the county's overnight camp. This trip was made possible through a grant from PIE&G Community First Fund and the Cheboygan County 4-H Council.

- » **4-H Small Animal Committee Cavy/Rabbit Clinic & Show:** The Cheboygan County 4-H Small Animal Committee sponsored a one day rabbit and cavy clinic and show on April 26, 2014. The youth learned the "why" behind the 4-H showmanship steps and about potential career opportunities that related to rabbits and cavies. There was also a question and answer time about general rabbit care. For three youth, this was their first time working with a rabbit. The experienced youth assisted the newer youth in learning and practicing the showmanship steps on rabbits. During the show portion of the day, youth also experience breed identification challenges and a skill-a-thon. A parent of one of the first-time youth expressed amazement at how fully engaged her son was in the learning. She shared that her son has emotional disabilities that hinder his ability to stay focused on a task for very long. The following Monday, she registered her son to participate in the Cheboygan County Fair with a 4-H rabbit project.
- » **4-H Horse Clinic and Show:** The 4-H Youth Equestrian Program Committee put on a two day open horse clinic and one day open horse show on June 13 to 15 that was attended by 21 youth and adults. The participants learned about fitting and showing, English & Western equitation, Western dressage, reining, jumping, and trail. There were also times when the riders could practice the new skills that they had learned. Free lunches for youth were provided by the public school's summer lunch program. They ended the weekend with an open show to give the attendees an opportunity to show off the new skills that they have learned.

*Rabbit Clinician Pam Jones showing youth, Norman Pavowski how to complete the rabbit showmanship steps.*





# 4-H CHILDREN & YOUTH INSTITUTE

- » **4-H Camp Rein or Shine:** 4-H Camp Rein or Shine was held June 25 to 28. This 20 year old therapeutic horseback riding day camp for disabled individuals is planned by the 4-H Proud Equestrian Program Committee. This year's committee has all new members. They were thankful to have a smaller number of riders (7), enabling them to experience camp for the first time without being overwhelmed. Two of the riders were completely wheel chair bound. The riders spent time learning about horses and horsemanship, riding, doing arts and crafts and learning about gardening. The committee hired a riding instructor and recruited many new volunteers to assist with this camp. For 7 riders, we needed 24 adult volunteers to assist with side walking, leading the horse, being a group leader, helping with arts and crafts and the garden project. It was a great success and many of the rider's parents expressed appreciation for this camp still happening.
- » **4-H Summer Camp:** This year's 4-H summer camp theme was Vet Science Camp: Wild About Wildlife. Camp was held July 22 to 24 at the Grand Rack Hunt Club. There were 17 campers, ages 9 to 12 and 4 teen counselors, ages 15 to 18. This overnight camp is three days and two nights. The teen counselors were actively engaged in the preparation for camp by prebuilding bird houses, making signs, organizing games, and assisting with camp set up. They also planned the flag raising and lowering ceremonies and the activities for campfires. Campers were able to choose from the following educational sessions: Plant and Food Toxicology, Chicken Necropsy, Canoeing, Deer Brain Dissection, Career Exploration, Archery, Wildlife Management, Basic and Advanced Suturing, Leadership, Cow Eye Dissection, Intubation, Pond Discovery and Bird House Building. I was privileged to have a MSU Vet Med Graduate student from SAMY, an MSUE Educator, a Wildlife Biologist, a professional archery instructor, a local Physician's Assistant, and DNR Conservation Officers teaching/assisting with these sessions. The session instructor that led the Chicken Necropsy was a youth who "graduated" from the Cheboygan 4-H Program and is studying Vet Med at MSU. Between sessions we played games that encouraged teamwork, problem solving and communication. All of the youth expressed a desire to attend camp next year.



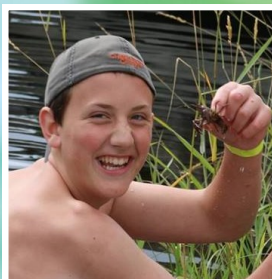
*John Brooks, Camp Rein or Shine Rider. John's parents are thinking about buying a horse because of the amazing progress that they saw in him at camp.*

*Vet Science Camp photo... with antlers!*



*Campers learning intubation at the Vet Science Summer Camp.*

# 4-H CHILDREN & YOUTH INSTITUTE



*Cheboygan County 4-H member, Nate Anderson, at Great Lakes Natural Resource Camp.*

- » **4-H Great Lakes Natural Resource Camp:** This nationally recognized camp was held July 28 to August 2, 2014 in Presque Isle, MI. This year, 2 youth from Cheboygan attended this camp and 1 youth served as a teen counselor. The youth learned about coastal ecology, fisheries management, limnology, wildlife, invasive species and forestry. They also had opportunities to participate in kayaking, sailing, snorkeling, and archery. The evening programs focused on team building, environmental policy making, teaching others and empowering youth to take on leadership roles.
- » **Cheboygan County Fairgrounds improvement Events:** The Livestock youth and adult members volunteered time to the county fairgrounds and painted the interior of the sheep/goat barn and painted all of the blue gates. The youth did the majority of the painting. It took them approximately 9 different work events to accomplish this task.
- » **Cheboygan County Fair 2014:** 4-H youth brought 35 horses, 5 sheep, 14 swine, 1 goat, 39 rabbits, 2 chickens, and 2 cavy for a total of 98 animals to the 2014 Cheboygan County Fair. The youth also entered approximately 260 exhibit projects that included items such as, arts and crafts, woodworking, educational posters, sewing, vegetables, club displays, videos, animal record books, etc. Many of the 4-H youth also participated in open show events during the week of fair. The youth, their families and the adult volunteers value their experiences during fair and give back by donating approximately 20 hours in organized fairground work bees throughout the year to help with clean up, minor repairs and preparation of the fairgrounds. Many give much more than this outside of these organized events. During fair, they volunteer as barn superintendents and the youth are assigned barn duty time to make sure the barns are clean and animals are well-cared for. They donate approximately 230 hours in an effort to help the Cheboygan County Fair Board with having a successful fair.



*Katelyn Schley and Lisbeth Franzon, Grand and Reserve winners of the 4-H Rabbit Showmanship at fair.*

*Because Michigan 4-H is part of MSU Extension, the activities kids participate in are all backed by and based on child development research. We use experiential (i.e. hands-on) learning and time spent intentionally thinking about what's been learned to make it a meaningful experience, with skills and ideas learned that last a lifetime.*

*4-H proud and future 4-H'er, Axel Franzon, age 4.*





# AGRICULTURE & AGRIBUSINESS INSTITUTE

- » **Northwest Michigan Orchard & Vineyard Show (Jan. 14-15, 2014):** Over 250 people attended the educational sessions at the 2014 NW Michigan Orchard & Vineyard Show, held in Acme, Grand Traverse County. Sessions covered a broad range of topics pertinent to tree fruit and grape production, and for the first time ever a session was held for a new fruit crop, saskatoons (also known as juneberries).
- » **Wine Grape Vineyard Establishment Conference (Jan. 21-22, 2014):** This program featured speakers from several states, all linked through a live videoconference to participants in Traverse City and Novi. All aspects of establishing vineyards for high quality wine production were presented, including site selection, choosing varieties, planting and care, and costs of production.
- » **Vineyard Weed Identification and Management Meeting (April 17, 2014):** Regional growers were provided the latest information on herbicides for vineyard weed control by Dr. Wayne Mitchem of North Carolina State University, appearing by a teleconference link to the Northwest Michigan Horticultural Research Center.
- » **Northwest Michigan Horticultural Research Center Annual Open House (Aug. 22, 2013):** Dr. Paolo Sabbatini from the MSU Department of Horticulture joined local MSUE staff to present information on over a dozen new grape varieties being tested at the station in Leelanau County. Grape growers and winemakers from across northwest Michigan were on hand to see and taste the new varieties.
- » **Great Lakes Fruit & Vegetable Expo Grape Sessions (Dec. 10, 2013):** MSUE educators from northwest Michigan are involved in the planning and facilitation of this annual December event held in Grand Rapids. Many northwest Michigan growers attend to obtain information and make contacts that benefit their farming operations.
- » **Grape Research & Demonstration Projects:** Grape variety trials and growing practices research continued in 2013-14. The severe cold in January and February of 2014 caused extensive injury to grape buds; research and demonstration activity related to vine recovery strategies were initiated at the Northwest Michigan Horticultural Research Center. Students in the Viticulture and Enology Science & Teaching Alliance (VESTA) received many hours of hands-on experience in the experimental vineyard.

*MSU Extension works to increase farmers' success while protecting the environment, ensuring food safety, reaching new markets and advancing agriculture through applied research.*



# AGRICULTURE & AGRIBUSINESS INSTITUTE

- » **Saskatoon Berry Institute of North America Retreat** (March 28, 2014): This organization, which was formed locally by growers and people interested in marketing this fruit, met in Traverse City for a day-long retreat to discuss production and marketing issues, regional, national and world food supply issues and other topics which could influence the future of this crop.
- » **Sweet Cherry Pruning and Apple Precision Orchard Management Workshop:** This was held in collaboration with the Benzie-Manistee Horticultural Society and MSU AgBioResearch. At this interactive workshop, MSU Tree Fruit Horticulturalist and Physiologist, Dr. Greg Lang, demonstrated pruning techniques for high-density sweet cherries on-site at a local orchard and at the Northwest MI Horticultural Research Center. MSU Extension Tree Fruit Educator, Phil Schwallier presented precision orchard management information and demonstrated techniques in high-density apples. This management strategy was developed at Cornell University and was intended to increase apple farm profitability by precisely managing fruit size and fruit quality. Precision management includes several management practices, such as pruning, thinning, fertilizing, irrigating, and harvest timing, as all of these decisions will affect fruit size and crop value.
- » **Fruit Ridge Tour:** Participants visited eight locations to learn about high density apple and cherry orchard production, new harvesting approaches, apple packing line technology, growing and marketing hops and creative ideas for farm markets. Many participants of the two-day tour were members of the **New Farmer Assistance and Resource Management (FARM) Program**, an effort put together by Extension Educators Nikki Rothwell, Erin Lizotte and Rob Serrine to support and educate young farmers of northwest Michigan on leadership, agricultural production, farm management and marketing.
- » **Integrated Pest Management (IPM) Academy** is a two-day program covering the fundamentals of IPM and identifying resources and technology for sustainable agricultural practitioners. This program is a collaboration between 20 Extension field-based educators and campus specialists. Timely topics such as extreme weather effects or newly introduced pests are identified and featured. Academy participants gain a solid foundation in sustainable pest management, knowledge of MSU and its partners' resources, and the ability to share this knowledge with their farm clientele. The Academy's long-term goal is to increase sustainable agriculture through expanded awareness and adoption of IPM strategies that improve crop efficiency, minimize pesticide use and enhance environmental quality.

...extreme weather effects or newly introduced pests are identified and featured.



*Workers demonstrating an innovative tractor-pulled hydraulic platform apple harvester in a high density apple orchard.*



# AGRICULTURE & AGRIBUSINESS INSTITUTE

- » **Tree Fruit Integrated Pest Management Kickoff:** To help growers minimize production risks in the 2014 season, experts presented information on potential pest and disease challenges and management strategies for these pests and diseases. Topics included new insecticides and fungicides registered for use on pome and stone fruits, pesticide label updates, and efficacy of pesticides for pests and diseases in apples and cherries. There was also discussion on best management practices for bees in the coming season, and an introductory demonstration on how to use Enviro-weather for forecasting weather and predicting/monitoring pest and disease development.
- » **A pollination workshop** was held at the NW Michigan Horticultural Research Center, hosted by Dr. Theresa Pitts-Singer from the Logan Bee Lab, Logan, UT. This meeting was funded in part by NC-SARE as pollination is one of the primary initiatives for 2014. Dr. Pitts-Singer is also part of the SCRI pollination project and is the alternative pollinator objective lead for this project. *Osmia cornifrons*, commonly known as hornfaced bees, will be used at six cherry sites in northwest Michigan to potentially improve crop pollination.
- » **An irrigation and fertigation workshop** was held at the Northwest Michigan Horticultural Research Center (NWMHRC) early March 2014. This workshop, and other trainings across Michigan, was part of a statewide effort to deliver educational programming on irrigation and fertigation to farmers. Guest speaker Denise Nielsen from Pacific Agri-food Research Center in British Columbia presented valuable information on both irrigation and fertigation in apples and cherries, and discussed the importance of monitoring soil moisture and nutrient availability and uptake, as well as optimal timing for water and nutrient applications that corresponds to fruit tree growth and development during the growing season. Additionally, local experts and Extension Educators presented information on water-use rights, the relationship of soil characteristics and irrigation, generally accepted agricultural and management practices related to on-farm irrigation, drip irrigation, optimizing scheduled irrigation and designing irrigation systems, and on-farm experiences with irrigation.
- » **Farm Information Resource Management (FIRM)** assists farmers, agriculturally-related businesses, industries, families, and individuals with business planning, income tax, cropland leasing and oil and gas leasing information. The Michigan Cash Cropland Lease Template has been created, so producers no longer have to use lease templates from other states, which may not comply with Michigan laws and conditions. This is a document that can be filled out on a home computer. In addition, landowners used the [oil and gas](#) web page and the [farm management](#) web page.

*...discussion on best management practices for bees in the coming season...*



# AGRICULTURE & AGRIBUSINESS INSTITUTE

- » **"Shrinking Your Feed Shrink"** was an educational effort to help dairy producers, feed consultants and other industry professionals who work with dairy producers learn about specific ways that feed shrink costs and specific things that producers can do to reduce shrink and therefore, costs. Shrink has been called the 3rd or 4th highest cost in producing milk on well-managed farms. The MSU Dairy Team developed talks and a program to educate about the issue and scheduled 5 meetings around Michigan to present it. In addition, information from the effort has been shared in articles, newsletters and at other meetings.
- » **Agriculture Labor Management/Farm Safety Meetings:** MSU Extension partnered with Farm Bureau, Immigration and Customs Enforcement (ICE), and local representatives from the Workforce Development Agency and local Michigan Migrant Resource Council Services to coordinate meetings designed to address areas of concern identified by producers, such as I-9 compliance, staying current on labor law requirements, and hiring/retaining quality labor. Seven meetings were coordinated across Michigan with meetings being hosted at the Northwest MI Horticulture Research Center and Cadillac for area growers. Total statewide participation in the programs was over 300. Participants indicated an increase in their management skills and that job retention would increase on their farms as a result of the programs.
- » **Global dairy production** is not keeping up with world dairy demand. Even though US production is increasing and exports of products are increasing, the US cannot feed the world. It will take the further development of dairy industry in other countries. The Ukrainian Dairy Producers Association (UDPA) provides assistance to dairy farm members in the form of consulting, education, product purchases and more. The association employs dairy advisors to work with member farms. Opportunities for partnership with Ukraine and with the Producers Association could mean increased support for MSU. Extension Educators Phil Durst and Stan Moore have developed contacts with the CEO of the UDPA, and Durst has traveled to the Ukraine to meet with Dairy Advisors and deliver presentations on farms and at the Dairy Congress. As the dairy industry develops in Ukraine, it will also fuel the demand for equipment, products and services that can be provided by the US and by MI. In the process of helping the Ukrainian dairy industry develop, greater expertise will be gained that can be applied to the MI dairy industry.


*Participants indicated an increase in their management skills...*





# GREENING MICHIGAN INSTITUTE

- » **Michigan Northern Counties Association:** Bringing county commissioners together from 33 counties in northern lower Michigan to learn about issues important to county government, and to share information and learn from the experiences of others has long been the goal of the Michigan Northern Counties Association (MNCA). Recent topics include: trails, recycling, Michigan's Prosperity Regions, DNR public land management strategy, Great Lakes levels and building trust and the impacts of these issues on county government services. Monthly meetings also include a legislative update from the Michigan Association of Counties.
- » **Strategic Planning Sessions:** Cheboygan County commissioners discussed and prioritized 6 important issues to be addressed by the county during a strategic planning session facilitated by MSUE educator John Amrhein. Public safety, economic development, and quality county service were the most important issues identified for action. The Board also made minor changes to their vision and mission statements, and developed four categories of information to be used to evaluate programs.
- » **Citizen Planner Advanced Academy:** MSUE teamed up with the MI-Place Partnership Initiative to introduce a new curriculum devoted solely to placemaking. The MI-Place Partnership Initiative is a statewide initiative made up of the Michigan State Housing Development Authority, the MSU Land Policy Institute, and other statewide organizations with the purpose of restoring economic prosperity to Michigan. The Advanced Academy attracts graduates of the Citizen Planner program - planning commissioners, professional planners, and elected officials - and the launch of the new placemaking curriculum at this year's event provided participants with the advanced tools and innovative techniques needed to undertake master plan updates, zoning ordinance amendments, and placemaking initiatives for success in the New Economy.
- » **The Building Strong Sovereign Nations (BSSN)** program, in collaboration with Tribal Nations of Michigan (UTM), provides a capacity building training curriculum that is based on the needs identified by key tribal stakeholders. The four key modules are: Tribal Council Roles and Responsibilities, Fiscal Management in Indian Country, Historical Overview: Anishinabek Tribes in Michigan and The Interaction with State and Federal Governments, and Conducting Effective Meetings. All of Michigan Tribal Nations leadership is invited to attend this training. Through a partnership with the UTM, BSSN has been included as a pre-training event prior to their fall quarterly meeting in October, hosted by a different tribal nation each year.



*MSU Extension helps strengthen communities through programs that teach community leaders how to implement best practices that keep communities solvent, productive and engaged.*

# GREENING MICHIGAN INSTITUTE

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- » **Honoring Our Children Initiative:** MSUE is engaged with Tribal Leaders and Tribal Citizens in creating a plan to improve factors important to the well-being of Tribal Children, ages 0-8. This includes quality education, safe communities, and good health. This initiative is in partnership with the Inter-Tribal Council of Michigan and is financially supported by the W.K. Kellogg Foundation. MSU Extension workshop sessions offer participants an opportunity to practice new skills in leading a group discussion, reaching consensus, encouraging creativity, setting outcome-based goals for meeting, keeping a group focused, and creating action plans. Participants will engage in a visioning process to help determine the scope of the Initiative.
- » **The MSU Product Center Food-Ag-Bio** assists county residents in developing products and businesses in the areas of food, agriculture, natural resources and the bio economy. Business counseling is conducted on a one-on-one basis and may take place at the MSUE office or the client's home or business location. The assistance provided is tailored to meet the needs of the client and may include things like developing a business plan, navigating the regulatory maze, accessing the supply chain or seeking funding options. The innovation counselor also assists clients in accessing specialized services they may need that are offered through Michigan State University like feasibility studies, nutritional labeling and packaging assistance.

Twenty-six counseling sessions took place to assist six local entrepreneurs in starting new businesses and expanding existing businesses. Two entrepreneurs were assisted in exploring winery development. The partnership between MSUE and the MSU Product Center Food-Ag-Bio is providing support for entrepreneurs in supporting economic development across the state.
- » **The Michigan Firewise Program:** MSU Extension staff collaborate with the USDA Forest Service, Michigan Department of Natural Resources and NFPA's Firewise Communities program to provide leadership and assistance to homeowners, communities, fire departments and government officials with how to manage the increasing wildfire threat and keep our homes and communities safe from wildfire. Late in 2013, new materials were developed to offer Firewise zoning options for local planning & zoning officials and to address wildfire issues faced by Great Lakes shoreline residents.

*Twenty-six counseling sessions took place to assist six local entrepreneurs in starting new businesses and expanding existing businesses.*



# HEALTH & NUTRITION INSTITUTE

- » **Social Emotional Health & Well Being:** MSU Extension addresses violence and bullying prevention through its focus on social and emotional health, with the overarching goal of helping young people and adults learn to foster safe, affirming and inclusive relationships and settings that are free from violence, abuse, bullying and harassment.
- » **Be SAFE: Safe, Affirming and Fair Environments** is an MSU Extension initiative designed to help communities learn about and address these issues. Be SAFE offers a variety of educational resources to help communities reduce and prevent bullying behaviors while promoting healthy social and emotional learning and development. The initiative focuses on helping adults consider ways to do this within all of the settings where young people live, learn, grow and develop – including out-of-school time settings. Be SAFE resources include the *Be SAFE: Safe, Affirming and Fair Environments* curriculum and face-to-face and online workshops for adults. During 2013, a series of workshops for parents and caregivers was also developed and piloted.
- » **ABCs of Bullying Prevention: Addressing Bullying in Community Settings** is a half-day workshop designed for adults who live with, care about and work with young people. Community members including those who work in schools, youth and family agencies, youth organizations (such as 4-H, Scouts, and Boys and Girls Clubs), juvenile justice, faith-based communities, recreation departments and other community groups – as well as parents and caregivers – come together to explore ways to address these important issues.

As a result of participating in 28 of these workshops held statewide, these percentages of participants indicated “agree” or “strongly agree” for the following:

- 91% reported having a greater understanding about different types of bullying behaviors and how they can affect all those involved (those who are targeted, those who carry out the behaviors and those who witness the behaviors).
- 89% reported having a greater understanding about the connections between bullying and human differences based on class, gender, sexual orientation, race, ethnicity, etc.
- 85% reported being able to more clearly distinguish between bullying behaviors and harassment behaviors.
- 93% reported understanding the importance of addressing issues of bullying at multiple levels (personal, interpersonal, institutional and cultural).
- 86% reported developing new skills for interrupting bullying behaviors and for supporting those who are targeted.
- 87% reported an increase in awareness of programs and resources for addressing these issues.



*MSU Extension social and emotional well-being programs can ultimately benefit society through improved long-term health of individuals, better prepared citizens for the workforce, and reduced costs of violence in communities.*



# HEALTH & NUTRITION INSTITUTE

- » **Improving Nutrition and Physical Activity:** MSUE programs aim to help children, adults and seniors incorporate healthy and affordable nutrition choices into their lifestyles while increasing physical activity for an overall increased community well-being. Through our educational programs, adults learn about MyPyramid and MyPlate; making the most of their food dollars; menu planning; understanding a recipe; keeping food safe; nutrition and health; improving physical activity and feeding a family.
- » **The Supplemental Nutrition Assistance Program - Education (SNAP-Ed),** formerly known as the Family Nutrition Program, provides nutrition education to Bridge card eligible adults and children in group settings either as series or one time presentations. This program aims to create behavior change around dietary quality and increasing physical activity while stretching food dollars. Our program is accountable to the United States Department of Agriculture and the Michigan Department of Human Services with the ultimate goal of promoting healthy weight management and obesity prevention.

515 adults and 254 youth in Cheboygan County received nutrition education in a variety of venues through partnership with schools, the health department, senior centers from January 2013 to December 2013. There were a total of 1,656 contacts (554 adult/1102 youth) with participants in total.

Adults completing the series demonstrate adoption of healthy eating practices by reporting the following:

- 55% reported an increase in fruit consumption.
- 52% reported an increase in vegetable consumption.
- 39% reported positive change in whole grain consumption during a typical day
- 39% of adults completing the series demonstrated gains in awareness of healthy eating practices by reporting a positive change in how often they think about healthy food choices when deciding what to feed their family.

Youth demonstrated adoption of healthy eating habits:

- 24.12% increased their intake of fruit servings in a usual day.
- 28.42% increased their intake of vegetable servings in a usual day.
- 27.27% decreased their intake of sugary drinks on a usual day.
- 27.27% increased their intake of whole grain servings.



*East Elementary students participated in six lessons of 'Show Me Nutrition.'*



# HEALTH & NUTRITION INSTITUTE

MSUE provided nutrition education to low income seniors to improve the quality of their diet by purchasing locally grown fresh fruit and vegetables from Cheboygan County farmer's markets through senior MarketFRESH. Participants received \$20 in coupons redeemable at farm markets for over \$10,500 in funds for produce grown by local farmers.



*Senior Project FRESH participants in Cheboygan, Wolverine and Indian River.*



- » **Food Safety:** MSU Extension food safety education programs help prevent foodborne illnesses and ensure a safer food supply for consumers – whether that is at food retailers, restaurants, farmers' markets or community meals served by organizations. MSU Extension food safety education programs train participants to prevent incidents of foodborne illness associated with unsafe food handling practices, which results in fewer medical expenses, fewer food recalls, and less temporary or permanent closures of food businesses by local health departments. Costs of illness, recalls, and food business closures are more expensive from a public health perspective than taking an inexpensive class to learn how to prepare food safely and preserve food correctly.

As a result of attending the food preservation workshops:

- 95% know where to locate research based/tested recipes for home food preservation.
- 96% will follow research based/tested recipes when canning/preserving food at home.
- 97% will properly use processing techniques to safely preserve low & high acid foods.
- 87% will use correct processing times to safely preserve low & high acid foods.

*...coupons were redeemed for over \$10,500 in funds for produce grown by local farmers.*

*"I like how the nutrition part is explained simply and there are recipes we can take to try. Also mixing veggies into our regular recipes is a good idea."*

*"Love the recipes! Learned a lot about how many servings of fruit & veggies needed every day. Love the coupons, we freeze and can a lot, these really help. Thank you!!!"*

*~ Senior Project FRESH Participants*

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