



MICHIGAN STATE
UNIVERSITY
EXTENSION

ANNUAL REPORT 08 - 09

MICHIGAN STATE WAYNE COUNTY ANNUAL REPORT UNIVERSITY EXTENSION

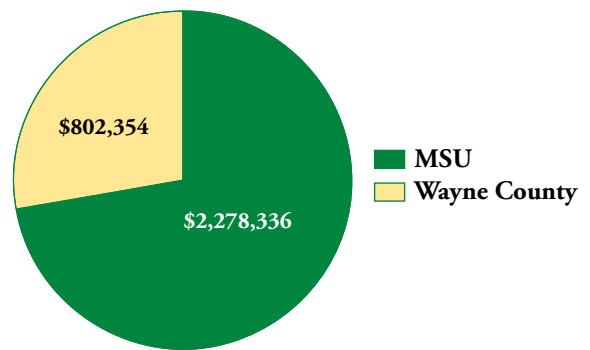
Michigan State University Extension helps people improve their lives through an educational process that applies knowledge to critical issues, needs, and opportunities.



MSU EXTENSION PROGRAMMING 2008-2009

A wide array of services are provided to county residents as a result of the partnership between The County of Wayne and Michigan State University Extension. For every 30 cents that the county provides, an additional 70 cents is leveraged to fund Extension programs and activities in Wayne County.

Better/Relative Kid Care	1,005
Breastfeeding Initiative	950
Consumer Horticulture	69,688
4-H Youth Development	22,500
Nutrition Programs	7,519
Natural Resources/Outdoor Education	7,600
4-H Mentoring Corps	172
Sea Grant	3,127
Total Audience Reached	112,561



COMMUNITY & ECONOMIC DEVELOPMENT



Community and Economic Development programs and activities in the county have focused on several key areas; creating micro entrepreneurial opportunities, building capacity of grass root and non-profit organizations and providing financial education and training. During the 2008-2009 program year, Wayne County MSU Extension in collaboration with the East Warren Business Association, Warren/Conner, Wayne Metro, and The Greening of Detroit sponsored a 14-week farmers market (East Warren Farmers Market). The market averaged over 175 weekly

visitors who purchased approximately 25 – 40% of their weekly fresh fruits and vegetables at the market. 50% of the market vendors were participants in project G.R.O.W (Growing and Retailing Opportunities in Wayne County) a United States Department of Agriculture grant funded program to develop agriculture related micro-enterprises and a farmers market co-sponsored by Wayne County MSUE.

In efforts to build capacity of local organizations, MSUE regularly participates in project and program development of organizations like the Michigan Coalition of Black Farmers, Chene-Providence Alliance and Warren Conner Development Coalition. Staff provides a wide array of technical assistance including grant writing, program development, and facilitative leadership. During the program year over 200 county residents were touched through collaborative program efforts and support. MSUE has trained over 175 people as part of its efforts to increase the financial education and training opportunities for county residents, businesses and organizations. Classes and workshops cover topics like budgeting basics, train-the-trainer programs, and workshops aimed at equipping residents with financial tools and techniques to make better financial decisions. Previous program participants have indicated a willingness to engage in sound financial practices and long-term asset building activities.

THE MARKET AVERAGED OVER 175 WEEKLY VISITORS WHO PURCHASED APPROXIMATELY 25-40 % OF THEIR WEEKLY FRESH FRUITS AND VEGETABLES AT THE MARKET

FAMILY AND CONSUMER SCIENCES



The Breastfeeding Initiative (BFI) in Wayne County represents a fiscal and programmatic collaboration between Michigan State University Extension, the State of Michigan Women Infants and Children Program (WIC), the Detroit Urban League, the Wayne County Department of Public Health and the City of Detroit Health and Wellness Promotion Program. The goal of the program is to increase breastfeeding initiation and duration among low-income women and infants who reside in Wayne County. This goal is accomplished through the use of trained Peer Educators who use research based curriculum and materials to educate women about not only the benefits of breastfeeding for themselves and their babies, but also the risks of not breastfeeding. Peer Educators provide education, support and breastfeeding equipment through home visits, hospital and WIC clinic visits.

In program year 2008-2009, the BFI served 950 women and infants in our community. The breastfeeding initiation rate for women enrolled in the program is 91% vs. 34% for the general population in Wayne County and just 11% for the general population in the City of Detroit. One may ask why this is so significant or important. The answer is simple; breast milk is the recommended sole source of infant nutrition for the entire first year of life by the United States Surgeon General, the World Health Organization, the Centers for Disease Control and the American Academy of Pediatrics. This is due to the substantiated health benefits of breastfeeding for both mother and child.

Among these substantiated benefits for children is a decrease in infant mortality and morbidity; a decrease in asthma and allergies; an increase in I.Q. and intelligence when compared with school-aged children who were not breastfed; a decrease in certain types of childhood cancers; and a decreased incidence of obesity and diabetes in childhood and throughout adulthood. The health benefits for women who breastfeed are just as significant as the benefits for their children and include a decrease in certain types of cancer including breast and ovarian and a decrease in the onset of Type II diabetes in later life.

In addition to a 91% initiation rate, other outcomes for the BFI include a duration rate of 40% at six months postpartum. Current data also indicates that breastfeeding initiation and duration rates are higher among women at WIC clinics with a BFI Peer Educator present vs. clinics that do not have a Peer Educator. Additionally, 97% of women who participated in the Wayne County BFI in 2008 reported that breastfeeding contributed in a positive way to their feelings of love, bonding and connectedness to their babies.

Currently, the program employs six full-time Peer Educators that service 25 WIC clinics and 7 hospitals throughout Wayne County. Through the funding collaboration mentioned above, the program has an operating budget of over \$275,000 that goes directly into funding staff positions, supplies and materials in Wayne County.

The BFI contributes to the health, development and well-being of women and children in Wayne County and helps to combat the serious public health issues of asthma, childhood obesity and infant mortality that disproportionately affect minorities in our community.

The savings in terms of Medicaid expenditures for sick child and emergency room visits are estimated in the hundreds of thousands of dollars for the State of Michigan.

IN PROGRAM YEAR 2008-2009,
THE BFI SERVED 950 WOMEN AND
INFANTS IN OUR COMMUNITY.

FAMILY AND CONSUMER SCIENCES



Michigan Better Kid Care (Mi BKC) offers accessible, research-based trainings to child care providers in Wayne County. Licensed providers are mandated by the state to receive additional child care training, annually. Providers are offered a variety of free workshops and trainings designed to educate them in the best practices for child care. Online trainings and childcare DVDs are also offered.

Upon successful completion of the trainings, any participant who aspires to own a child care business is mentored. They are also assisted as they progress through the State of Michigan's Licensing process. Many Wayne County residents enroll in the trainings to enhance their child care skills and improve their chances of obtaining employment in the child care industry.

Outcomes: After completing the Mi Better Kid Care training,

- 94% of the participants strongly agreed that the information learned in the trainings was useful
- 94% of the participants strongly agreed that they would use the information to support children, youth, and families.

IN 2008 - 2009, OVER 1000 ADULTS WERE TRAINED THROUGH MICHIGAN BETTER KID CARE.

The Expanded Food & Nutrition Education program provided nutrition education across the life cycle to youth and adults. During the 2008-2009 program year, under federal, state and county partnerships, the following programs were provided:

- Adult Expanded Food & Nutrition Education Program (EFNEP) programming for individuals with children in their homes and in agencies
 - o Served 119 program families of which 109 were new enrollees
 - o 71% of the participants completed the program
 - o EFNEP received \$431,184 in grants, in-kind donations, and match dollars
- Youth Expanded Food & Nutrition Education Program (YEFNEP) and Supplemental Nutrition Assistance Program- Nutrition Education (SNAP-ED)
 - o Delivered programming in the Detroit, Taylor, River Rouge, Highland Park, Child Care Sites, Summer Youth Programs, MI Works Youth Development Commission and Charter School Districts
- Elementary school youth were taught Food Safety & Sanitation, nutrients in relation to the food group, interactive food demonstrations and physical activities
- 2,213 and 1,359 youth completed SNAP-ED and the Youth EFNEP program respectively
- SNAP-ED, formally known as the Family Nutrition Program (FNP)
 - o Taught "Nutrition for the Young At Heart" curriculum and gave one-time presentations to 3,947 individuals.
- The Faith-Based Nutrition Program
 - o A 4-week educational program focused on Disease States (Diabetes, Cholesterol, High-Blood Pressure), attended by 781 individuals.
- Project F.R.E.S.H. is an initiative between the local Women, Infant and Children (WIC) agencies, MSUE, Michigan Farmers, and the Department of Agriculture
 - o W.I.C. participants receive coupon booklets (\$20 each) to purchase Michigan grown fresh fruit and vegetables from local farmers
 - o Wayne County received 1,433 coupon booklets valued at \$28,660 and redeemed at local farmers markets.



AGRICULTURE AND NATURAL RESOURCES



The Wayne County Michigan State University Extension Natural Resources and Environmental Education Programs have served over 63,000 children, youth and adults since 1999. Programs are designed to educate and reconnect the Michigan citizenry, especially those living predominantly in urban areas, with the land.

In 2009, the program was successful in providing educational, recreational experiences to 8,100 participants. The goal for 2010 is to increase the number of children, youth and families served and increase participants knowledge, experiences and

appreciation for our natural resources. The MSU Extension Southeast Michigan Outdoor Education Program will accomplish this goal through programs like:

Great Lakes Education Program - this classroom and vessel-based field educational experience focuses on the Great Lakes and Detroit River resources. The program includes segments that integrate history, geography, physical and biological sciences, math, literature and the arts to increase student interest in natural resources and encourage understanding of their role as environmental stewards.



Archery - archery is excellent family recreation with a nearly infinite array of potential activities. This activity teaches the basic rules of safety, proper equipment selection and care and beginning shooting techniques. Archery also teaches concentration, discipline, respect and responsibility.

Angler Education - fishing is an especially valuable experience and a method to improve family communication and increase quality family time. Interested adults and youth share experiences that provide training and encourage natural resources and environmental awareness and fisheries stewardship.

Hunter Education - youth and their families are offered educational programs sponsored by Michigan State University Extension and the Michigan Department of Natural Resources on the safe and appropriate use of hunting equipment, conservation, wildlife management, personal preparedness and safety for recreation and outdoor enjoyment.



Michigan Sea Grant Wayne County 2009 Activities

Focus in 2009 has centered on activities in 3 main areas: Coastal Community Economic Viability, Aquatic Invasive Species Education and Creating Healthy Coastal Ecosystems. Major programs for coastal community economic viability includes greenways and water trail development and promotion; greening downriver programs with the Southern Wayne County Regional Chamber; and assisting with the Detroit River International Wildlife Refuge. Major programs for aquatic invasive species centered on education and outreach

programs at various locations throughout the county. Major programs for creating healthy coastal ecosystems included developing signage, brochures and outreach strategies for communicating Detroit River fish consumption advisories, as well as assisting with the development of delisting criteria of beneficial use impairments in the Detroit River.

THE GOAL FOR 2010 IS TO INCREASE
THE NUMBER OF CHILDREN, YOUTH,
AND FAMILIES SERVED.

CONSUMER HORTICULTURE

The Horticulture Program provided outreach services in the areas of horticulture and natural resources to over 69,000 Wayne County residents in 2008-2009. Master Gardeners donated 22,478 volunteer hours in a wide variety of outreach programming. Examples of Wayne County Master Gardener volunteer service include responding to 569 telephone and email information requests while working on the Horticulture Hotline at no cost to the callers.



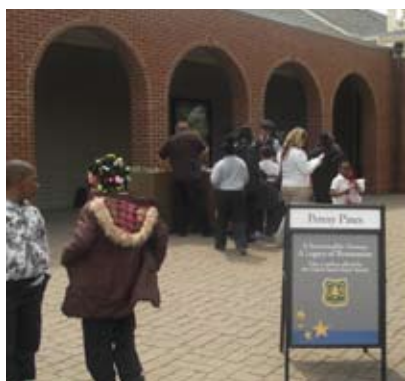
Wayne County MSU Extension Horticulture also provides educational programs covering topics including Native Plant Propagation, Beneficial Insects, and Organic Tree Fruit. The Horticulture Program also collaborated with many local community organizations to offer programs in Urban and Community Gardening, the Annual Garden Resource Program Detroit Community Garden Bus Tour, and Tree Programs to Detroit public school children. Additionally, horticulture collaborated with Western Wayne County 4-H to expand the Junior Master Gardener and Western Wayne County 4-H Children's Garden programs and started a Garden Carnival.

Horticulture Outreach

Soil Tests	268	Service to WC residents garden planning
Diagnostic	87	
Hotline	569	Phone calls and email information requests
MG classes	57	9 week Master Gardener certification classes
Outreach *	1,010	
MG participants	67,697	316 active Master Gardener volunteers
Total	69,688	

* Outreach includes: Native Plants Propagation, Livonia & Plymouth Garden Clubs, Urban Roots, JMG, Tree Fruit, Garden Resource Program, Cushingberry Tree Program, Children's Garden & other Outreach Programs

DETROIT URBAN CONNECTIONS - USDA FOREST SERVICE



Urban Connections is an urban outreach approach of the Forest Service, Eastern Region based on the energy, commitment, and proven programs of urban community activists. It aims to draw together all three branches of the Forest Service (State & Private Forestry; Research; and the National Forest System) to work with urban leaders and other agencies to gain a foothold in the cities, in order to connect citizens to the land.

In 2009 the Detroit Urban Connections program partnered with The Henry Ford, Greenfield Village, to provide over 20,000 families with tree seedlings through the Penny Pines program. Greenfield Village also hosted National Get Outdoors Day with the Forest Service and Michigan State University Extension where we introduced opportuni-

ties for families to experience traditional and non-traditional types of outdoor activities. Primary goals of the event were reaching first-time visitors to public lands and reconnecting our youth to the great outdoors.

The Urban Connections program continues to compliment the mission of MSUE through sharing opportunities to reach underserved urban audiences, extending the reach of MSUE messaging to Forest Service partners and promoting healthy lifestyles through outdoor activity.

4-H: HEAD, HEART, HANDS AND HEALTH



The Western Wayne 4-H Youth Development Program provides hands-on learning opportunities for youth ages 5-19. It provides fun, learning opportunities through 4-H clubs, after-school programs, school enrichment programs, and local, state, and national events. Western Wayne County consists of the communities of Northville, Northville Township, Plymouth, Plymouth Township, Redford Township, Dearborn Heights, Dearborn, Canton Township, Livonia, Garden City, Inkster, Westland, Wayne, Romulus, Van Buren Township, Belleville, Sumpter Township, and Huron Township.

In the 2008-2009 program year, more than 147 youth participated in 13 4-H Clubs, participating in arts and crafts, leadership activities, gardening, and animal showmanship. Youth participants gain leadership skills, connect with their community through service, and gain a sense of belonging to the club and their county/state program.

The Jump Into Foods and Fitness (JIFF) program brought physical fitness and healthy eating to 3rd and 4th graders at Taft-Galloway Elementary School in Westland in the spring of 2009. The students met after-school twice a week for 8 weeks. Ten local teens served as peer educators and led the students in fun, physical activities and planned interesting, healthy snacks for them to enjoy. The program contributed to an increase in healthy habits including a 15% increase in hand washing and a 10% increase in youth interest in trying new foods. The program also increased the amount of physical exercise that youth reported participating in during a week. The JIFF program not only impacted the youth who participated but also the teens, who gained leadership and communication skills as they instructed the program.



Of the teen instructors, 89% credited their experience with JIFF to improving their leadership skills while 55% said it also increased their commitment to making positive changes in the community. All of the teens said they improved their own healthy habits through involvement in the program.

Other notable programs included more than 500 youth participating in the Harvest Education Program, a collaboration between MSUE 4-H and the Wayne County Fairgrounds. Local school classrooms attended this program as a field trip and were exposed to harvest and farming education activities and crafts. Also, with a grant from 4-H, Western Wayne 4-H members learned the art of fusing glass with a glass-fusing kiln purchased for county use. During a first time art workshop, 10 youth made plastic and glass fused art pieces. All participants said they had developed a new artistic and creative skill that they would continue to use and share with other 4-H members. 75% of attendees said the workshop definitely opened their eyes to creative opportunities in 4-H and in their lives.

IN 2009, 22,500 YOUTH
PARTICIPATED IN 4-H ISSUE-BASED PROGRAMS

4-H: HEAD, HEART, HANDS AND HEALTH

The Wayne County Junior Master Gardener program (JMG) was attended by 42 youth from the Wholistic Living Community Development Corporation Youth Explosion Day Camp in Westland and with the Garden City Community Coalition and Wayne/Westland Grange Chapter. The JMG program is youth gardening education that engages children in novel, “hands-on” learning experiences to develop a working knowledge of gardening and an appreciation for the environment. JMG also inspires youth to serve others through community service and leadership development projects, after which they are recognized and certified as Junior Master Gardeners. Learning milestones include 73% of youth learned which insects were beneficial to the garden and 62% were able to identify the six things that plants need to grow. One student commented that “volunteering [means] to help the earth and all living people on it” and another felt that he “got to learn more than expected” through the program.



Additionally, more than 475 Wayne County youth participated in the **4-H China Art Exchange program** at five different school/program sites. Utilized mainly as an in-school enrichment activity, the program allows youth to learn about China and its culture through Chinese students artwork. Students in Michigan schools create their own “visual letter” in response to the Chinese student artwork they experience. Nine art pieces from Wayne County students went to China in 2008-2009 as part of this education exchange program, 71 art pieces in total from Michigan.

4-H: HEAD, HEART, HANDS AND HEALTH



The Wayne County Department of Children and Family Services and Michigan State University Extension have partnered to implement a mentoring program for underserved and at-risk youth in the Greater Detroit Area.

The Wayne County 4-H Mentoring Program emphasizes helping young people ages 10-17 to improve their academic performance, improve relationships with peers and adults, reduce school delinquency rates, and develop skills that will prepare them for successful futures in the work force. The mentoring program connects participants with community resources and activities, outdoor educational explorations, academic enrichment and tutoring, career fairs, volunteerism and quarterly workshops

on a variety of youth development subjects (including substance abuse, improving family and peer relationships, conflict resolution, etc.).

Mr. Jonathan Crawford, 75 is an extraordinary mentor for the Wayne County 4-H Mentoring Program and was honored as the Mentor of the Year at the 2009 Governor's Service Awards. The ceremony took place on June 18, 2009 at Governor Jennifer M. Granholm and First Gentleman Daniel G. Mulhern's Lansing Residence. The Governor's Service Awards are given annually to individuals, businesses, and organizations to acknowledge their commitment to serving their communities through volunteerism.



Mr. Crawford was selected out of five finalists by the Michigan Community Service Commission and over 120 nominees from across the great State of Michigan.

Since August of 2006, The Wayne County 4-H Mentoring Program has created over 130 one-on-one matches with the following success rates.

- 54% of mentored youth developed a better attitude toward school.
- 67% of mentored youth earned better grades and scored better on tests.
- 77% of mentees feel they are able to express their feelings better.
- 78% of mentored youth got along better with others like their friends and teachers.
- 87% of mentees report having higher expectations for themselves.
- 88% of mentees feel like they have more options about their future.

SINCE AUGUST OF 2006,
THE WAYNE COUNTY 4-H MENTORING
PROGRAM HAS CREATED OVER 130
ONE-ON-ONE MATCHES.

4-H: HEAD, HEART, HANDS AND HEALTH



In 2009, the **Downriver 4-H Youth Development Program** focused on addressing the critical issues facing children, youth, families & communities. The Downriver 4-H Youth Educator facilitated programs directly and/or worked in collaboration with grass roots program partners in such communities as Allen Park, Ecorse, Detroit, Wyandotte, Lincoln Park, Southgate, Taylor, River Rouge, Melvindale, Trenton and Flat Rock to deliver issue-based programs in response to community issues identified in needs-assessment surveys. Below are statistics on youth and volunteers reached throughout Downriver and in some Detroit schools during the program year:

Annual program totals for youth participation	Volunteers hours	In-kind dollar value (based on \$18 per hour)
Out-of-school = 1,998	Adult volunteers = 2320	\$41,760
In-school = 3,019	Aides & teachers = 3304	\$59472
Total = 5017	Total = 5624	\$101,232

Delivery methods for Youth Development Programs:

- Out-of-School time programs at Agencies, Centers & Faith-based Organizations
- In-School enrichment programs at Downriver & Detroit Schools
- 4-H Club programs in collaboration with 4-H Volunteers
- Train-the-Trainer programs for Volunteers/Program Partners

Impacts of issue-based programs:

- Character Education Program on the “Six Pillars of Character”
 - 74 % reported less violence, bullying and behavior problems in evaluations
 - 87% demonstrated an ability to model enhanced knowledge on all 6 of the pillars of character in workshops
- Career Path Development Programs
 - 67% completed workshops in resume writing and interview skills
 - 28% of 4-H club members participated in some youth entrepreneur projects
- Youth and Adult Leadership Development Programs
 - 76% reported improved self-esteem
 - 64 % indicated they developed new skills
 - 77% reported increased knowledge

FOR MORE INFORMATION ON THE DOWNRIVER 4-H PROGRAM,
PLEASE CALL 313-833-3304.

4-H: HEAD, HEART, HANDS AND HEALTH

- Community Service Programs/National Service Learning Day Initiatives
 - 39% of youth in 4-H Clubs participated in community service projects
 - 88% of projects improved local communities through out community gardens and beautification initiatives
- Cultural Education & Diversity Awareness Programs
 - 84 % of participants reported increased knowledge about other cultures
 - 73% of abled and challenged participants reported increased respect for programming together in mainstream learning environments among participants of varying abilities/disabilities



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COUNTY PROGRAM HIGHLIGHTS

MSUE trained more than 175 people as a part of its efforts to increase financial education and training opportunities for county residents.

The Wayne County MSU Extension Service through its outdoor education and natural resources program has served more than 63,000 children, youth and adults since 1999.

More than 500 youth participated in the Harvest Education Program, a collaboration between MSUE 4-H and the Wayne County Fairgrounds.

Approximately 475 youth from Wayne County participated in the China Art Exchange Program

Since August of 2006, the Wayne County 4-H Mentoring Program has created over 130 one-on-one mentoring matches.

Downriver 4-H had more than 5,000 participants during the 2008-2009 program year.

The Extension Horticulture program saw over 300 volunteers generate more than 20,000 hours of volunteer time to community-based projects throughout Wayne County.

The Nutrition Program had 3,572 youth complete Nutrition Education training.

In the program year 2008-2009, the Breastfeeding Initiative (BFI) served 950 women and infants in the Wayne County community.

More than 20,000 Wayne County youth participated in the various 4-H Programs during the 2008-2009 program year.

Over 100,000 in Wayne County residents are touched by Extension programming annually.

Over three thousand (3,127) people were involved in Sea Grant projects in Wayne County.

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