Pickaway County Highlights

Pickaway County Workplace Wellness

Pickaway County Employees move forward with their workplace wellness efforts and were recently selected to receive a BRONZE Healthy Ohio—Health Worksite Award for 2014. A strong Health, Safety and Wellness Team including the OSU FCS Extension Educator leads the county wellness efforts. Sixty one Pickaway County employees are participating in the four year Bureau of Workers’ Compensation Wellness Grant program. The employees completed a biometric health screening and health risk appraisal. The top five health promotion priorities based on prevalence of risks include: Physical Activity, Good Nutrition, Blood Pressure, Stress and Appropriate Weight for Height. 70% of the participating employees indicated that they experience high stress levels.

Live Healthy Live Well e-challenges

Using social media, the Family & Consumer Sciences Educator conducted three 6 - week on-line wellness Challenges with over 2,120 adults participating during the past year. Bi-weekly email messages encouraged participants to increase their physical activity, improve their diet, and to use coping techniques to reduce stress. Over 81% of Challenge participants report adopting one or more of the recommended practices that might help reduce their risk of developing chronic disease such as heart disease, cancer or diabetes; and 88% report maintaining or losing weight in post challenge surveys.
Snap Ed Pickaway County

1,861 limited income individuals (893 adults, 1411 youth) participated directly in 249 Extension U.S. Department of Agriculture Supplemental Nutrition Assistance Program Educational (SNAP-Ed) interactive classes in 2014. Program topics included MyPlate, Vegetables and Fruits, Whole Grains, Protein Foods, Food Shopping and Preparation and Food Safety. 926 youth participated in 59 programs of the Summer Food Service Program at the YMCA or the Head Start Center. We are currently in four Pickaway County Schools: Westfall, Logan Elm, Teays Valley and Circleville.

4-H in Pickaway County

4-H Community Clubs – Thirty-seven clubs with 811 members were led by 154 approved volunteers. New volunteers are currently being interviewed. We will have at least one new club in 2015.

4-H Clinics – Three educational clinics were offered this year.

• The Advisor Update included information on developing a quality club meeting, Occasional Quantity Cooking certification for 4-H volunteers, and bringing livestock education into the club as well as assisting new 4-H families with livestock projects.

• Club Officer Training utilized 4-H members and community volunteers to teach 4-H members their duties as a club officer.

• New this year, a 4-H Opportunities Day focused on fourteen areas including project areas, camp and teen opportunities. A grant was secured to assist with the day.

Real Money Real World – in cooperation with Pickaway HELPS (Christy Mills), we reached all 8th grade students in Pickaway County in the 2013-14 school year. Many volunteers assist with the simulation events. For the 2014-15 school year we have completed two schools and will complete the other three in the new year.

Teen Leadership - Junior Fair Board: 35 teens representing 4-H, FFA, and FCCLA were interviewed and selected to serve on the Junior Fair Board in 2015. The teens will attend Junior Fair Convention, receive training in True Colors, leadership, communication, and people skills, and worked on committees to plan and lead community service activities and other events for the fair. This Educator was an author in two 4-H Leadership projects that were available for 2014: Club Leadership, and My Hands to Larger Service. I am also serving on a team to develop 4-H’s first on-line project book.

Marketing and Promotion

A 4-H Open House Event took place in early November. 4-H members were on hand to display and discuss their award winning projects. Adult volunteers assisted potential 4-H families in locating a club in their area. Promotional fliers were sent to all school superintendents for approval; a display was housed at TSC for 3 weeks; brochures were posted at the library.
Managerial Writing for Results, Jan. 15  (Source: onCampus)

Join the John Glenn School of Public Affairs on Thursday (1/15) from 8:30 a.m.-4 p.m. at the Ohio Union for Managerial Writing for Results. This seminar will provide you with practical techniques to sharpen your writing skills. Topics include: the writing process, strategies for revising and editing, and the relationship between writing and effective leadership.

-- > Contact: Natalie Gintert at gintert.5@osu.edu or 247-8823

-- > Register: glennschool.osu.edu/training/maps.html

OSU Greenhouse Management Workshop

This year’s workshop, to be held Thursday (1/22)-Friday (1/23) at the Ohio Agricultural Research and Development Center in Wooster, will focus on pest control and features many opportunities to learn from experts in the industry and academia. Topics include preventive cultural practices for pest management, application technology, biocontrol, and more. There will be fundamental and advanced tracks as well as hands on sessions and tours of research and industry greenhouses.

-- > Contact: Peter Ling at ling.23@osu.edu

-- > Registration: fabe.osu.edu/greenhouse

Outreach and Engagement Grant Opportunities… (Source: Mark McCann)

OSU CARES/OSU Extension, the Service-Learning Initiative and the Office of Outreach and Engagement are pleased to offer this year’s OSU CARES/OSU Extension Seed Grants, Service-Learning Grants, and Engagement Impact Grants to support scholarly engagement efforts of university faculty and staff. This year, we have more than $300,000, to support programs that establish and expand innovative, creative, scholarly engagement to address compelling challenges and critical needs in communities. Information on the grants is available at http://outreachgrants.osu.edu, and on the attached Grant Comparison.

Proposal Deadline is Monday, February 16, 2015
If you would like some additional information, please feel free to contact Mark McCann (mccann.249@osu.edu) and we ask that you share this information with your colleagues.