



University of Nevada
Cooperative Extension

Clark County

2013-2016 Combined Accomplishment Report

The mission of the Health & Nutrition Team is to promote good health throughout the life spans of individuals, families and communities, in both urban and rural settings by educational efforts.

All 4 Kids® encourages preschool children, from three to five years of age, to be Healthy, Happy, Active and Fit. Working in cooperation with childcare teachers and parents, participants are provided interactive experiences that promote healthful habits regarding physical activity, snacks, feeding cues and body image.

All 4 Kids: School Based

- 3574 pre-school children; 160 pre-school teachers; and 1196 parents participated via 1,053 lessons and 35 family events
- 9 community centers/school

All 4 Kids: Community Based

- 169 pre-school children and 139 adults participated at 7 community centers and 3 CCSD schools

All 4 Kids: Healthy Kids Festival

- Over 4000 adults and children attended the event
- 114 volunteers and 187 activity/agency partners participated

Breastfeeding Basics for Health Care Professionals trains medical staff and doctors on the importance of breastfeeding.

- 471 health care professionals and 212 community members were trained via the College of Southern Nevada, Kaplan University and Sunrise/Nellis AFB hospital maternity units

Calcium, It's Not Just Milk! Focuses on increasing middle school youth's awareness, knowledge and skills related to the consumption of calcium-rich foods.

- Over 10,329 students were trained in 11 middle schools, one high school and 1 rec center

Cooking Classes to teach participants cooking techniques along with food safety and nutrition relevant to current age group or health status.

- Pilot program being offered to children during spring break 2017
- Creating curriculum that includes classes for people with diabetes, heart disease and kidney disease

Expanded Food and Nutrition Program (EFNEP) classes were taught at 13 community locations, 1 health center and 34 schools

- 2536 participants were taught affecting over 8395 family members
- 9 prenatal and 9 breastfeeding classes were taught reaching 176 participants

Food for Health and Soul and the Spanish version, **Cocinando Delicioso y Saludable**, is a nutrition education program designed to teach skills via family recipes to reduce sugar, fat, salt/sodium and increase fiber-rich foods for better health.

- 438 people were trained in 142 English and 177 Spanish classes at 11 community locations

FoodSpan covers three units beginning with meeting the food system. Unit two covers farmers, factories and food chains; and unit three relates to consumers and communities.

- Curriculum development from the Johns Hopkins Center for a Livable Future
- Created a Food Citizens Action Project Grants (\$599 each) for eligible participants

Fruit and Vegetable Trading Cards used in schools participating in the Fresh Fruit and Vegetable Program. The cards provide bullet point education regarding specific fruits and vegetables.

- 30 individual trading cards have been developed based on fruit and vegetable provided as snacks by CCSD food service
- A QR Code is available for teaches to access a survey about the effectiveness of the trading cards as instructional handout

GROW Project engages rural communities and individual in community based participatory research efforts and a healthful eating/active living GPS mapping mechanism.

- Coded the data and analyzed overarching themes using NVIVO software
- Presented data to 35 UNLV undergrad/grad students

Healthy Eating on a Budget provides direct nutrition and food resource management training to recipients of Nevada Department of Welfare Social Services benefits.

- 1222 participants were trained affecting 5035 family members

Healthy Steps to Freedom is a program designed to augment existing broad-based drug prevention programs for women under correctional supervision. Healthy Steps to Freedom targets women in substance abuse treatment and mental health programs, both residential and out-patient, who find weight and energy issues prevalent in their use and subsequent treatment.

- 1919 female participants were taught in 10 facilities
- 1270 woman completed the program and 494 woman partially completed the program.

Healthy Food Systems PSE engages and supports individual, communities, businesses, government and educational institutions to improve food systems in Clark County.

- Relationship building with individuals, organization and agencies that have a stake in food systems
- A mobile market feasibility study is currently under way

Mom's Special Gift's is a breastfeeding education/support program that targets low-income, eligible women who wish to successfully breastfeed.

- 618 women on the UMC postpartum floor were taught
- 721 women in the WIC nutrition program were trained
- 9,500 fact sheets were distributed through 6 community agencies

Nurturing Partners is a nutrition, health and parenting program for pregnant/parenting teens.

- 1681 teens (male & female) were taught at 5 schools
- 220 classes conducted at Morris & Cowan Sunset Alternative HS

Pick a better snack™ formally *Chefs for Kids* is a nutrition education program targeting student health and wellness across several levels: students, families and school staff.

Chefs for Kids-Pick a Better Snack:

- 10,403 students in 35 schools were taught.
- 15 family handouts and 43 worksheets were distributed to each student in second grade; 5 family handouts and 6 worksheet to first graders
- The summer program reached 803 students in 6 recreation centers and 1 school
- Created High Fives for Health Facebook page

Preschool Energy Balance Project expands Extension's expertise in energy balance concepts, including physical literacy, physical activity and nutrition to address obesity prevention in Clark County.

- 17 child care centers received the pilot project
- Created an online resource list
- Creating a resource Center and Toolkit

Your Best You is a program as part of an overall health & nutrition education initiative.

- 4356 total participants
- 897 hours of individualized strength training were completed, 718 hours with females and 179 hours with male participants
- 50 people have completed a secondary fitness assessment
- 12 people have completed a third fitness assessment
- 2 people have completed a fourth fitness assessment
- 1 person has completed a fifth fitness assessment

The mission of the Children, Youth & Families Team is to provide opportunities for all people to acquire life skills that enable them to reach their full potential through research-based education.

4-H (Head, Heart, Hands, and Health) provides educational strategies for youth and adults to work in partnership as they receive life skills training.

- Over 850 active 4-H members; 56 active volunteers; 24 active clubs
- 47,195 youth participated in clubs, camps and special interest/short term projects.
- 18 4-H members participated in Nevada Public Lands Day
- Trained over 50 teachers/educators on "How to deliver STEM in their schools/sites
- Over 100 youth and 3 high schools participate in Shooting Sports program in partnership with the Clark County Shooting Sports Complex
- Nellis AFB has over 130 4-H youth members and 120 Teens participating in Career Edge/Personal Leadership Residential summer camps

Career Edge, a workforce readiness program for high school students focused on soft skill development for workplace and job success.

- 2108 teens in 5 high schools; JAG program; City of LV and Nellis AFB were trained

Early Language and Literacy Classroom Observations Assessments (ELLCO) measures the quality of the language and literacy experiences in preschool classrooms by examining literacy practices and environmental supports.

- Conducted in 30 preschool classrooms and seven infant toddler classrooms

Infant Toddler Child Development Associate/Coaching Program enhances infant/toddler teacher's responsive caregiving and teacher-child interactions.

- 129 participants were invited to complete an online survey, 24 completed the survey. One of the main goals of the survey was to determine whether participants were engaging in 16 targeted teaching practices one or more times per day. In the follow-up survey, five of the sixteen practices were implemented daily by 80-90% of the teachers. Eight of the practices were implemented daily by 65-79% of the teachers and three of the practices were implemented daily 50-60% of the time.

Little Books and Little Cooks is a 7-week parenting/nutrition education program for preschool-age children and their parents.

- 1063 classes were conducted reaching 1482 families at 23 community centers and the Lifelong Learning Center
- 106 posters and 271 handouts were distributed at 50 sites
- 1,120 Little Books and Little Cooks bookmarks were handed out
- 1,420 families were reached at 5 family events
- 12 cooking with kids workshops at 12 sites reached 214 families

Operation Military Kids (OMK) focuses on young people whose parents are in the Military and are being called up for extended assignments in support of the Overseas Contingency Operations.

- Over 750 military youth and 155 family members participated in 4-H clubs, camping, conferences and other youth focused programs

Partners in Parenting (PIP) is comprised of 4 literacy programs to help parents learn how to read to their children and to do fun literacy activities to prepare for school readiness.

- The overall program efforts reached 4551 families via 26 schools, 50 community sites; 7 Head Start sites; 5 child care centers; 3 Henderson Libraries; and 2 Lifelong Learning Centers

Professional Development for Child Care Providers

- 5535 providers were taught in 159 training classes at various sites
- 309 Child Development Associate coursework training classes were taught to 81 child care providers; 2 received their CDA and 16 applied
- 127 early childhood education classes were taught to 2,399 providers
- Online Schoology platform was created: 603 childcare providers completed the Recognizing and Reporting Child Abuse and Neglect and 67 completed the Reducing the Risk of SIDS.
- 20 individuals were offered Train the Trainer course on SIDS and Recognizing and Reporting Child Abuse and Neglect
- 26 child care directors were trained on Strength-based Coaching and Noticing Teachers Moments of Effectiveness

Striving Reader Comprehensive Early Literacy program is federally funded and targets families with children newborn to age 5. Basic children's literacy skills are taught to parents of young children to gain a strong literacy and language foundation before they enter school.

- 78 teachers and 13 directors were trained at 9 child care centers, Head Start sites and 33 Clark County School District classrooms

True Colors: Building an Effective Team focuses on gaining a new perspective on yourself and the things that are most important to you. The Colors program encourages teamwork and enhances customer service and overall workplace productivity.

- 637 adults and 425 youth received training via classroom and the outdoor team development course.

The mission of the Water, Horticulture, Economics & Environment Team is to provide research-based education to the residents of southern Nevada that supports their economic viability, environmental and social sustainability.

Area Sector Analysis Process (ASAP) - Economic Development and Public Issue Education (Community Development) ASAP is a highly adaptable community development tool using desirability and computability measures to match communities and industry sectors. ASAP estimates a baseline model which can be easily modified to create secondary scenarios, providing tools to compare different community and economic development options.

- Laughlin and Colorado River Region: approved by Department of Transportation to construct a second bridge that connects Laughlin and Bullhead City communities
- Alternative Energy (solar): multiple solar power companies were bidding for 3,000 acres for development in Laughlin
- 9 community and regional comprehensive economic development plans have been implemented
- Laughlin and the Western Nevada Development District have developed a 5 year economic development plan

Agribusiness covers several aspects of economic education for new and/or small specialty crop agricultural entrepreneurs: Beginner Farmer & Rancher; Managing Food Safety Liability for Small Scale Producers in SN; Risk Management; and Agricultural Marketing Service Technical Assistant Project.

- 68 on farm/in office contacts
- 88 participants for mock audit to prepare producers for Good Agricultural Practices
- 62 participants received training on Building Successful Business Strategies
- 160 received training on financial education in a Small Scale Poultry Operation
- 79 students attended business planning workshops: Basics II Work Pack Meats Certification Program and Hops - The Art of Fermentation

Basic Principles of Landscape Management is a desert environment program targeted to the Green Industry in southern Nevada.

- Over 1035 participants both English and Spanish were trained at Desert Green
- 427 students attended Palm Tree pruning workshop
- 179 participants were trained at MGM Mirage Resorts
- 63 attended Ground for Discussion mini classes
- Taught 352 students in Las Vegas horticulture practices
- 360 attended 3 commercial trainings with Target Pest Control

Business Opportunity and Workforce Development (BOWD) is designed to fill a huge need for best practices small business training, technical assistance and connectivity with business resources, especially when doing business with governments and agencies.

- 132 small business owners were trained, 115 completed the series of 12 classes
- Many BOWD graduated businesses have submitted a formal or non-formal bid to Clark County
- 18 of those businesses that submitted received a contract ranging from \$2,500 to \$155,000

Community Assessment and Education to Promote Behavioral Planning and Evaluation (CAPE) - Economic Development and Public Issue Education (Health & Nutrition) The purpose of the project is to explore ways in which communities currently gain information on behavioral health, to discover what datasets exist, and to work with pilot communities to enhance access to needed information.

- Four three hour workshops were scheduled in Clark County (2 Las Vegas, 1 Laughlin, and 1 Logandale) targeting participation from individuals and organizations that participated in the online survey.

Community and Healing Gardens teaches residents how to improve their urban landscapes while conserving natural resources.

- 37 community gardens were created with 14 in areas with food insecurity
- Gardens were expanded with ongoing support from Volunteer Master Gardeners at 23 sites
- 15,600+ Christmas trees became free mulch for residents

Desert Bio-Scape: A Sustainable Urban Environment program takes a holistic approach to the conservation of natural resources in the urban setting. The program reaches the community through Master Gardeners, demonstration gardens, research sites, community classes and television.

- 6 new test/evaluation plots were created
- Trained 383 Master Gardeners using the Lifelong Learning Center landscape as the classroom
- Trained 137 students in 2 *advanced* master gardener classes
- Trained 95 students in 2 GISP classes

Eat Smart Live Strong initiative is a team collaboration which targets nutrition education to low income seniors participating in the Nevada State Foods Distribution Program.

- 1093 seniors were trained at 5 senior centers via 23 nutrition education/recipe and 5 horticulture classes at 2 community centers

Food For Thoughts, a school garden program, offers children an alternative site for learning, promoting awareness of the desert environment, demonstrating the geographic sources of their food and encouraging healthy eating.

- 1,162 adults and 2,608 youth were trained in 29 school sites resulting in 29 new garden plots
- 400 students from 5 schools used the demonstration gardens for field trips
- developed Professional Development Education training, approved by the CCSD with 44 teachers participating
- school gardens program has been involved in establishing over 65 local school gardens
- Created a Partnership with Green our Planet nonprofit to maintain 110 existing and 60 new schools garden program

Growing in Small Places improves horticulture practices among those who may wish to reduce their carbon footprint and eat locally grown produce.

- 315 adults were trained in composting, pruning, what to grow and what went wrong

Growing Local Grown combines education and research using presentations, workshops and demonstrations. Hands-on, interactive and one-on-one methodologies are used to assist local producers and potential producers with the adoption and application of knowledge and skills.

- Trained 121 new producers at 94 on-farm contacts, food swaps and through tomatoes 101 class.

Herds & Harvest, a state-wide program, helps increase Clark County farm or ranch ownership and provides the skills necessary to operate and sustain an agricultural operation

- 47 owners/ag producers were trained via on-farm or in-office contacts

Laughlin High School Job Readiness Program established in partnership with the high school and the community businesses

- 75 junior and senior students attended the Laughlin HS Career and Jobs Program assembly
- 23 students participated in the job readiness instruction; 5 were hired for summer employment
- 14 students participated in job shadowing and 7 were offered summer employment

Home-based and Small Business Support in North East Clark County helps improve economic conditions for small business by educating potential entrepreneurs one-on-one.

- helped secure a \$9000 grant from the NV Commission on Tourism to create, distribute and promote Moapa Valley tourism
- 38 meetings teaching individuals and organization in one-on-one business and non-profit feasibility
- As a result of teaching, two local entities applied for and received grants totaling \$18,000
- 21 consultations mentoring individuals
- 11 individuals attended a workshop on requirements for starting a cottage food business
- 9 individuals were trained over two days to be Master Food Preservers

Managing Food Safety Liability for Small Scale Producers in Nevada addresses the legal liabilities faced by small specialty farmers with regard to food safety, especially beginning farmers.

- mock audits held in Southern Nevada

Master Gardeners are trained community volunteers who provide information and technical assistance to the public in the areas of water-efficient gardening and horticulture.

- 132,467 volunteer hours were donated at a cash value of \$3,109,167
- answered questions from individuals in 103 Nevada zip codes via phone, email and office visits
- taught 1709 classes and spoke to over 109,293 people at community events
- established the first business employee garden at Harrah's in Laughlin and a ½ acre community garden for public use in partnership with the VFW group

Nevada Naturalist is an adult environmental education program that focuses on giving participants a broad understanding and care of natural resources.

- 117 students were trained via two introduction classes and two advanced classes.
- 225 youth were taught reptile and arachnid classes
- 240 adults were taught two classes on rattlesnake relocation and venomous reptiles
- 32 new capstone projects were completed by participants

Public Policy Education programs provide timely, credible, unbiased and research-based information and education about public issues.

- Technical assistance to Mesquite Retail Trade Analysis and Civil Society Institute – 2020 Rooftop Solar

- Educational workshops were delivered to the Development of an Unmanned Autonomous System (UAS) Industry in Nevada; USDA Cochran Program for Azerbaijan on Value Chain Development; Doing Business with Federal Agencies & Access to Capital
- Small grant received from the Shoshone Duckwater Creek Tribe to prepare a community-based Comprehensive Economic Development Strategy in 2017
- Nevada Public Lands Sage Grouse Withdrawal EIS proposal: from direction of the Governor, a review of the socioeconomic impacts on affected communities states economy
- Work closely with Nevada's Economic Development Rep from Economic Development Administration to verify demographic and economic data presented in applications

Radon Awareness program Clark County is part of a statewide initiative focused on detecting radon in homes to avoid disasters.

- 960 people received training and test kits
- Over 1332 face-to-face contacts were made
- 597 phone calls and emails were answered

Research Center & Demonstration Orchard

- Facilitated 44 hands-on classes for over 200 participants.
- 3300 people visited the facility, obtained produce and learned what fruit and vegetables grow in southern Nevada
- 2000 pounds of produce grown and sold to public
- 1350 pounds donated to local food bank
- 158 varieties of fruit trees (641 trees) and 37 varieties of grape vines (150) tested
- 100 yards of organic recycled mulch and 100 yards of compost were distributed to the public

Small and Non-profit Business Support helps improve economic conditions for small business by educating potential entrepreneurs one-on-one.

- Acted as liaison between local organizations to promote cooperation for their mutual benefit, bringing together the newly formed Mesquite Regional Business group, the Moapa Valley Chamber of Commerce and the Moapa Valley Revitalization project

Summit View-Horticulture Education for Youthful Felons uses horticulture for science education and job readiness teaching.

- 130 youth and 25 adults were trained on various horticulture and natural resource topics and construction and planting of raised beds

Training for Horticultural & Pest Control Professionals provides training on best management practices for applying pesticides and other means of controlling pests.

- Taught three classes to MGM Mirage Horticulture staff
- one class on soils to 45 Spanish speaking professionals and 75 English speaking

Veggies by the Season educates citizens about growing healthy foods throughout the year.

- 40 people were trained via 2 classes 2 times per month

Water Conservation project in Logandale builds on previous work and programming relating to drought tolerant alternative crops.

- Trained eight high school students; three currently working on the Opuntia Project (now in 3rd year)