



**Clark County**

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**2016 Accomplishment Report**



## Institutional Vision, Mission and Goals:

The University of Nevada, Reno was constitutionally established in 1874 as Nevada's land grant university. In that historical role, the University has emerged as a nationally and internationally recognized comprehensive, doctoral-granting research institution of higher education.

University of Nevada Cooperative Extension is unique in that its faculty *extends* research-based information and knowledge from the University directly to the state's citizens to help them solve problems in their communities. Cooperative Extension faculty, staff and trained volunteers conduct community-centered educational programs in the above program in all 17 counties in Nevada. They teach individuals, families and groups—from infants to seniors—in a variety of ways: through classes, workshops; home visits; in workplaces; clinics; neighborhood centers; newspapers; radio; TV; newsletters; fact sheets; and other publications; using new technologies—the Internet, compressed videoconferences and satellite downlinks.

Cooperative Extension programs are developed at the grass roots level. The needs of community citizens are assessed by various methods: questionnaires, telephone surveys, focus groups and personal meetings with stakeholders. Once an educational need is determined, Cooperative Extension develops a high-quality educational program most suited to the audience and deliver it in the most appropriate way(s). The program is evaluated using research assessment tools to achieve the greatest positive outcomes. Many programs are started in one community and then replicated across the state.

### 2016 Southern Area Statistics:

- Faculty secured \$2,579,084 with 14 grants
- Over 41,500 newsletters were distributed to local residents
- KNPR's Desert Bloom (faculty member) radio broadcast reached 49,000 listeners weekly
  - Over 30 programs were offered to citizens of Clark County
  - Faculty/staff presented at 54 local, state and national conferences
- Over 40,200 volunteer hours were recorded (including Master Gardener hours)
- Faculty published 9 peer-reviewed publications (fact sheets, special pubs, journal articles, curriculum and audio/video)
- Three Health & Nutrition undergrad interns were trained

***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®** School & Community based program 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**

- 664 pre-school children, 431 adults and 93 preschool teachers participated at 9 child care centers

#### **All 4 Kids: Community Based**

- 107 pre-school children and 79 adults participated at 3 community centers and CCSD schools

#### **All 4 Kids: Healthy Kids Festival (5<sup>th</sup> annual)**

- 385 adults and 575 children attended the event
- 114 volunteers and 187 activity/agency partners participated

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

- Data analyzed from 2015 was presented to Nye County Wellness Coalition
- Small seed grants from Oregon State were secured for Gardnerville and Caliente to address issues identified during the process

**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 2200 students were trained in 9 middle schools

**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 Adults)** is designed to assist limited resource families in acquiring the knowledge, skills, attitudes and behavior changes necessary for nutritionally sound diets.

- classes were taught at 2 community locations, 1 health center and 30 schools
- 720 participants were taught

**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** will be 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

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

- 393 participants were trained affecting 1,572 family members

**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

**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.

- 450 adults participated in the program, 301 completed the program and 102 woman partially completed the program and 50 currently enrolled

**Pick a Better Snack** formally *Chefs for Kids* is a nutrition education program will target student health and wellness across several levels: students, families and school staff.

- 13 participating schools' 2<sup>nd</sup> and 3<sup>rd</sup> graders receive nutrition education and taste tests
- 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
- Plans to develop a resource Center and Toolkit for 2017

**W2005-An Integrated Approach to Prevention of Obesity in High Risk Families** identifies factors that help low income families with children ages 4-10 maintain healthy weights rather than look for antecedents causing overweight.

- Group face-to-face meeting in November
- One energy balance poster and one manuscript for publication were created and presented to the Journal of Nutrition Education and Behavior

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

- 4,356 participants, an increase of 80%
- 96 people have completed an initial fitness assessment; 80 were female, 16 were males

*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.

- 22,242 youth participated in clubs, camps and special interest/short term projects. Club membership was 750.



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

- 615 teens in 4 high schools, JAG program, City of Las Vegas and Nellis AFB were trained.

**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.

- 350 classes were conducted reaching 517 families (503 adults; 517 children) at local library districts, 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

**Partners in Parenting (PIP)** is comprised of 3 literacy programs (Family Storyteller, Fun To Play and Child Safety/Welfare) to help parents learn how to read to their children and to do fun literacy activities to prepare for school readiness.

- Reaching 468 families (555 adults and 506 children) via CCSD schools, recreation centers, family/community centers, Head Start, indoor play centers and Henderson Libraries

**Professional Development for Child Care Providers** is designed to improve the quality of child care in southern Nevada through teaching quality informal education classes, coaching teachers and directors and developing research-based publications.

- 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.

- 7 directors, 2 assistant directors, 33 classrooms and 48 teachers were trained at 5 Head Start sites

**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.

- 115 adults and 125 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. Any size community can implement ASAP, whether small rural community or multi-county regions. ASAP estimates a baseline model which can be easily modified to create secondary

scenarios, providing tools to compare different community and economic development options.

- 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
- Currently delivered/was delivered in four western states

**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.

- 32 on farm/in office contacts
- 28 participants received training on Building Successful Business Strategies
- 33 received training on financial education in a Small Scale Goat Production
- 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.

- 350 participated at Desert Green-250 offered two presentations
- 172 students (96 English and 76 Spanish) attended pruning workshop
- 63 attended Ground for Discussion mini classes
- 100 attended workshop in Yuma, AZ
- 260 were trained at 3 organizations on Target Pest Control

**Community Horticulture Education** includes healing and community gardens, community classes, composing and recycling, and vegetable and fruit variety trials.

- 5 new gardens have been established in Clark County this year; 30 total with 14 in areas with food insecurity
- 23 gardens are supported by Master Gardener volunteers
- 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.

- Taught 65 students for University of Arizona
- Trained 35 students in 2 GISP classes
- Trained 95 students in 7 master gardener classes

**Food For Thoughts**, a school garden program, offers Professional Development Education for CCSD teachers and field trips to the Demonstration gardens for students

- 200 students/teachers used the demonstration gardens for field trips
- 32 teachers attended Professional Development Education training approved by CCSD

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

- New topic added: Roses
- 226 adults were trained in composting, soils, pruning, fruit, organics, problems, etc.

**Home-based and Small Business Support** helps improve economic conditions for small business by educating potential entrepreneurs one-on-one.

- 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

**Laughlin** has three areas of focus: 4-H, Horticulture/Master Gardeners, and Economic and Business Development.

**4-H**

- 6 active 4-H clubs in Laughlin with 65 youth participants: increased the number of clubs by 1 and youth participants by 12
- volunteer leaders were increased by one, now there are 5
- 224 kids participated in a summer camp program
- 18 4-H members participated in Nevada Public Lands Day

**Horticulture/Master Gardeners**

- Monthly horticulture topics are offered to the community
- 6, 4x6 and 2, 4x12 cinder block planters with cement foundations were created; 6 residents and 1, 4-H garden club tend these planters

**Economic and Business Development**

- 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

**Master Gardeners** are trained community volunteers who provide information and technical assistance to the public in the areas of water-efficient gardening and horticulture. The 229 Las Vegas-based Master Gardeners:

- Answered questions from 1,648 individuals from 91 out of 114 zip codes, 246 emails and assisted 268 walk-in people at the Help Desk
- Taught 1,709 classes or spoke to over 31,097 people at community events
- Over 35,268 132467hours were logged by the 229 active Master Gardeners working on 35 community projects. *Based on the \$23.56 national average, the value of Master Gardener volunteer service to Clark County was \$830,916.90.*

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

- 27 students were trained via two session classes (15 spring; 12 fall)
- 17 new capstone projects were developed by participants
- 68 adults and youth were given a hands-on introduction to reptiles of southern Nevada and a campus tour as part of the ANROSP National Conference
- 75 adults and youth were given a hands-on presentation during the Open House; 10 enrolled in the spring session

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

- 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

**Research Center & Demonstration Orchard**

- Facilitated 8 hands-on classes for over 160 participants
- Over 800 people visited the facility, obtained produce and learned what fruit and vegetables grow in southern Nevada
- 1,200 pounds of produce grown and sold to public
- 650 pounds donated to charitable groups
- 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

**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

**Water Conservation** builds on previous work and programming relating to drought tolerant alternative crops.

- Trained 8 high school students; three currently working on the Opuntia Project (now in 3<sup>rd</sup> year)



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**Southern Area Director**