



UNIVERSITY OF MISSOURI EXTENSION
Bates County

2023 Annual Report

1 N Delaware St
Butler, MO 64730
660-679-4167

SERVE
MISSOURI.

DELIVER
MIZZOU.



Extension
University of Missouri

an equal opportunity/ADA institution



Office of Extension
and Engagement
University of Missouri

OFFICE OF THE VICE CHANCELLOR
FOR EXTENSION AND ENGAGEMENT
108 Whitten Hall
Columbia, MO 65211
PHONE 573-882-2394
EMAIL: cchiggins@missouri.edu

December 2023

Dear county commissioners and friends of MU Extension and Engagement,

Thank you for your important partnership with the University of Missouri Extension this past year.

I want to highlight three areas that address needs you helped us identify.

You may recall that the FY 23 state budget provided a one-time \$5 million infusion to MU Extension for growth. Of that, we allocated about \$3 million for field faculty in the areas of agriculture, 4-H, health/human development and business and community development.

Through a dedicated hiring effort, and thanks to that allocation, we have hired 168 new employees since November 2022. That includes 72 academic/faculty members, most of whom are field specialists in a priority area noted above, and 96 staff members (e.g., office administrators, youth and food and nutrition associates, etc.).

We also returned more faculty to local program delivery that best serves your county's needs, while preserving the partnership and relationship building work you value. Our extension and engagement specialists focus full-time on that work as they serve their assigned multi-county groups. Currently, 19 have been hired, with two more in the pipeline.

Finally, we are prioritizing our work with county extension councils. In the new role of partnership and council development director, Lorin Fahrmeier focuses on strengthening council representation and governance. This role will build stronger links with regional, educational and campus leadership to better identify and address local priorities.

At the UM System level, our engagement work across four universities and with leaders across the state makes a difference in areas of greatest need: broadband, workforce development, health access, food security and healthy futures for our youth.

Your county annual report shows what we are accomplishing together as we Serve Missouri and Deliver Mizzou. We look forward to strengthening that partnership with county commissioners and community stakeholders in the coming year.

Sincerely,

Chad Higgins, PhD
Interim Vice Chancellor, MU Extension and Engagement
Chief Engagement Officer, UM System

Budget and more

Appropriations budget

Income

County Appropriations \$68,000

Total Income \$68,000

Expenses

Salaries/Benefits \$43,000

Travel \$5,500

Postage \$1,000

Telephone \$1,600

Office Supplies/Service/Printing \$4,000

Insurance \$2,700

Professional Development \$2,700

Furniture/Misc./Hardship \$4,000

Comm. Eng./Prod. Costs \$3,500

Total Expenses \$68,000

University of Missouri Endowment Account

Ending market value as of 06/30/2023

\$9,349.51

University of Missouri Endowment Distribution

Account-Ending Balance as of 06/30/2023

\$1,619.91

Bates County partners

Community Food Pantry in Butler

Butler Senior Center

Lily's House

Rich Hill Memorial Library

Hume R-VIII Elementary

Adrian Headstart

Zion Lutheran School

Hume Ministerial Alliance

Adrian R-III School

Ballard R- II School

Hudson R-IX School

Rich Hill R-IV School

Butler Christian Church

Adrian United Methodist Church

MU Extension is a unique funding partnership.

Extension funding is a three-way partnership of federal, state and county government. Federal and state money, through the University of Missouri system, pay professional staff salaries, training costs, computers and communication equipment. County funds support the local office, secretarial and youth assistant salaries, staff mileage and council expenses.

The Bates County Extension Council, faculty and staff would like to express our appreciation to the Bates County Commissioners for their continued support of extension programs.



Local Support

Did you know you can donate directly to Bates County Extension with a gift to be used immediately or as an endowment contribution for long term efforts. Monies put into the endowment are left forever to earn interest with the county office benefiting each year. You can also direct your donation to a specific program such as 4-H or Master Gardeners.

Who we are

Faculty and staff



Mikayla Neil
Extension Engagement Specialist

Sara Bridgewater
Nutrition and Health Education Field
Specialist

Ramon Arancibia
Horticulture Specialist

Melissa Stong
Youth Program Associate

Brytni Spencer
Nutrition Program Associate

Connie Pruden
County Office Support Staff

Wayne Prewitt
Regional Director

Council members

Gwen Ford, Chairman
Margaret Sears, Vice-chairman
Abby Salazar, Secretary
Katrina Bergman, Treasurer
Erica Diehl
Pam Johnston
Veronica J Feilner



County commissioners

Jim Wheatley, Presiding Commissioner
Ken Mooney, Northern Commissioner
Trent Nelson, Southern Commissioner

Bates County



UM System Footprint in the county in 2023



FY23 county students

53 students

- 43 Undergraduates
- 10 Graduate and professional students
- 45 Full-time students
- 8 Part-time students
- 16 Pell grant recipients (aid year 2023)



County employees and retirees

6 people employed by UM

- 5 Campuses
- 1 MU Health Care

3 UM retirees and beneficiaries
 UM salary and retirement income: \$380,950
 UM state tax revenue: \$10,732
 UM federal tax revenue: \$48,671



County alumni

Selected school alumni

- 2 Medicine
- 16 Nursing
- 9 Health Professions
- 3 Dentistry
- 6 Pharmacy
- 3 Veterinary Medicine
- 70 Agriculture
- 25 Engineering
- 9 Law

Alumni teaching K-12

- 23 teachers
- 10.0% of all district teachers
- 4 principals and administrators
- 28.6% of all district principals and administrators



County breakdown

MU

- 30 students
- 176 alumni
- 2 employees

UMKC

- 12 students
- 83 alumni
- 2 employees

Missouri S&T

- 6 students
- 26 alumni
- 1 employee

UMSL

- 5 students
- 0 alumni
- 0 employees



County properties and offices

MU Extension in: Bates County



County population: 16,100



County services provided

Health care (FY23)

- 33 in-state patients seen at MU Health Care, with \$29,663 of uncompensated care
- 38 in-state patients seen at UMKC School of Dentistry with a statewide average of \$43.61 per patient in uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 9 visits to 6 patients having ZIP codes associated with the county

Extension (2022)

- 6,008 Total educational contacts from MU Extension to residents of the county, including:
- 871 contacts related to productive farming, better gardening, and managing natural resources
- 5,137 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development

Bates County



University of Missouri System
COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

UM System Statewide Footprint

Economic and Community Development Highlights

- In 2022, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 81,645 jobs.

\$3.1
billion

For every dollar invested from 2019 to 2021, the MU Extension Business Development Program has returned \$133 in economic impact for its clients by increasing sales more than \$1.6 billion. For a total impact of \$3.1 billion, the program has generated more than 37,000 jobs and attracted nearly \$451 million in capital investments and \$1.5 billion in government contracts.

- Between FY17 and FY22, UM System brought Missouri more than \$1.46 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



In FY23, UM System was issued 33 patents and filed 61 new U.S. patent applications.

- In FY23, the UM System awarded 805 design and construction project contracts throughout Missouri, for a total investment of \$279.2 million in the state.



In FY23, to improve access to medical and health related services, MU Health Care's Missouri Telehealth Network's Show-Me ECHO program provided 18,381 hrs of case-based instruction to 2,938 learners located in 112 of 114 Missouri counties and the city of St. Louis.

Education and Training Provided



41,992 police, fire fighters, and medical professionals attending continuing education (2022)



Agriculture and natural resource programs served 174,692 farmers and related businesses (2022)



311,749 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2022)

Education Highlights

FY23 Financial Aid Awards

In FY23, 67.3% of the UM System's 80,702 students received financial aid totaling \$973.7 million

MU		UMKC	
27,256	\$536.0M	11,859	\$217.3M
students receiving financial aid	financial aid awarded	students receiving financial aid	financial aid awarded

Missouri S&T		UMSL	
6,748	\$117.7M	8,489	\$102.8M
students receiving financial aid	financial aid awarded	students receiving financial aid	financial aid awarded



UM System's MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 58 higher education institutions (230,000 students), 485 K-12 school districts (832,000 students) and 132 public libraries (serving nearly 3 million Missourians) in 2022.

- UM System awarded 50.5% of the 32,098 Bachelor's or higher degrees awarded by Missouri four-year public institutions in 2022-23.
- UM System awarded 36.6% of the 1,935 research doctorates and 26.9% of the 3,593 professional doctorates awarded by Missouri public and not-for-profit private institutions in 2022-23.
- In FY23, UM System's \$37.9 million in National Science Foundation (NSF) grants represented 88.3% of all NSF grants made to Missouri public colleges and universities.
- In 2023, over 10,900 Missourians accessed mobroadband.org, part of the UM System Broadband Initiative which helped the statewide build-out of high-speed internet infrastructure. MU Extension also supported residents in making individual challenges to the FCC that resulted in \$810,000 in additional funding for the state of Missouri.

Supporting the University of Missouri is an investment in the future of Missouri.

The university advances Missouri citizens and communities through its mission of teaching, research, public service, and economic development across our four campuses and University of Missouri Extension.

Prepared in December 2023, based on the best available and most recent data. Data Sources include: Missouri Office of Administration • UM IR • MU Institute for Public Policy • Center for Applied Research and Engagement Systems (CARES) • MU • UMKC • Missouri S&T • UMSL • UM System • UM Health Care • MU Extension • US Census Bureau • US Dept. of Health and Human Services • National Science Foundation



Missouri Grand Challenges: Local Solutions



BATES COUNTY

Knowing Missouri's Needs

MU Extension asked Missourians to share the greatest challenges they and their communities face.

We heard that feedback and made big changes in the way we work with council and local partners to improve lives. Locally, a network of county engagement and subject matter specialists now share MU's knowledge, research and engagement, targeting programs, information and assistance in:

- agriculture and environment
- youth and family
- business and community
- health and safety

For each grand challenge, MU Extension and Engagement targets a specific gain by 2023:



Economic opportunity

Increase MU Extension and Engagement's economic impact to the State of Missouri from \$1 billion to \$1.5 billion overall, and from \$88 billion to \$100 billion in agriculture, the top economic sector



Educational access and excellence

Increase participation in postsecondary education from 66% to 70%



Health and well-being

Improve Missouri's health ranking from 40th to 35th in the nation

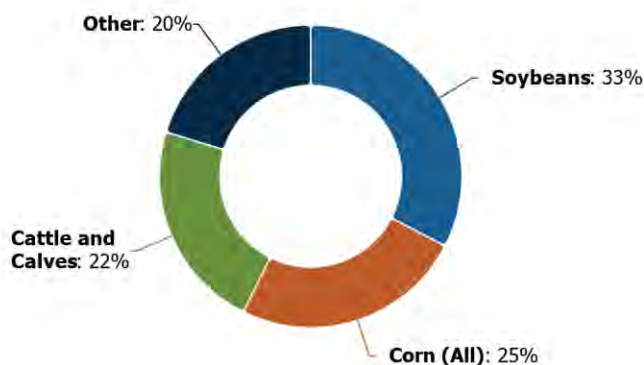
Knowing Local Challenges



CHALLENGE 1: Economic Opportunity: Agricultural Economics

Leading Agricultural Products

Total Commodity Sales: \$159,792,000



Data Source: US Department of Agriculture, National Agricultural Statistics Service, [Census of Agriculture](#). 2017.

Net Farm Income

Net farm income (total sales, government payments, and other farm-related income minus total farm expenses) reflects the strength of the local agricultural community and can be an important measure for lenders and policy makers. The report area had a combined net farm income of \$40,009,000 in 2017, an average of \$34,490 per farm. This compares favorably to the statewide average farm income of \$29,485.

Report Area	Total Farms	Average Farm Income
Bates	1,160	\$34,490
Missouri	95,320	\$29,485

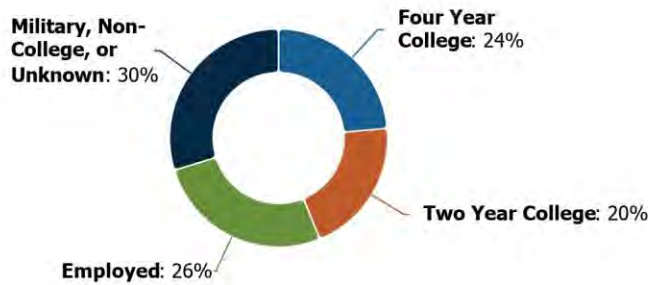
Data Source: US Department of Agriculture, National Agricultural Statistics Service, [Census of Agriculture](#). 2017.



CHALLENGE 2: Educational Access and Excellence: *College and Career Readiness*

Post High School Report

The 12-month post-graduation activity of recent high school graduates can inform communities about postsecondary education, career readiness, and characteristics of the future workforce. In 2022, of 178 graduates surveyed in the report area, 42 went to a four-year college, 36 to a two-year college, 47 directly entered the job market. The remaining 53 are reported as in the military, not in college, or unknown.



Data Source: [Missouri Department of Elementary & Secondary Education](#). 2022.



CHALLENGE 3: Healthy Futures: *Healthy Aging*

Fall Injuries

Falls are the leading cause of injury-related fatality and hospitalization among older adults in the United States. Between 2013 and 2015, adults over age 65 in the report area had 764 hospital or emergency room admissions for fall and jump-related injuries. The rate of these injuries was 7,916 per 100,000 population, which is higher than the state rate of 5,396. Falls hospitalizations have increased since the 2001-03 time period when the rate was 6,806.

Rate per 100,000, 2019-2021

7,916

Missouri

5,396 😞

Bates



Data Source: US Department of Health & Human Services, [Missouri Department of Health & Senior Services](#). 2019-2021.

Primary Care Providers

Older adults make up a historically large percentage of the U.S. population, and meeting the healthcare needs of an aging population can be challenging. In the report area, there are approximately 4 primary care physicians (MDs and DOs) to serve the area's 3,164 residents over the age of 65. The patient-provider ratio in the report area is 791:1, which means there is 1 provider for every 791 older adults. The ratio of adults to providers in the report area is higher than the state average of 242:1, which means there are fewer providers per person in this area.

Ratio (Population to Providers)

791:1

Missouri

242:1

Bates

Data Source: US Department of Health & Human Services, Health Resources and Services Administration, [HRSA - Area Health Resource File](#). December 2023.



CHALLENGE 4: Agricultural Growth & Stewardship: *Agricultural Economy*

Jobs Derived

Missouri has a diverse agriculture industry, strong in crops and livestock, as well as food and forestry processing industries. These industries remain a significant part of Missouri’s economy, supporting more than 1 in every 10 jobs, on average. In 2021, agriculture, forestry, and related industries in Missouri were estimated to contribute: 456,618 jobs, \$93.7 billion in output and \$31.8 billion in household income. [Learn more about Missouri Agriculture’s Economic Impact.](#)

Percent of Jobs Derived from Agriculture

34.2%

Bates

Missouri

23.55%

Data Source: Missouri Department of Agriculture, [Missouri Agricultural and Small Business Development Authority](#), 2021.

Value Added

Value-added agriculture refers to production, manufacturing, marketing or other services that increase the value of primary agricultural commodities. In 2021, the total value-added derived from agriculture, forestry and related economic activity was an estimated \$34.9 billion. Meat processing, food processing, animal and pet food manufacturing, and crop production and related industries are Missouri’s top value-added products: \$9.5 billion and 155,425 jobs from livestock production and related industries alone. [Learn more about Missouri Agriculture’s Economic Impact.](#)

Percent of Total Value Added from Agriculture

31.2%

Bates

Missouri

21.98%

Data Source: Missouri Department of Agriculture, [Missouri Agricultural and Small Business Development Authority](#), 2021.



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs

Missouri 4-H for ages 8 – 18



Community clubs are organized by volunteer club leaders and teams of recognized volunteers. Members attend club meetings, elect officers, enroll in projects and plan learning and community service activities. Some clubs opt to be single-project clubs, where all members focus on the same project.



4-H Natural Resources programs employ hands-on activities in climate science, environmental sustainability, renewable energy, sportfishing and wildlife conservation. The **Shooting Sports program**, which teaches marksmanship, safe firearm use, hunting and archery principles, is a prime illustration of how 4-H programs promote holistic youth development and responsible citizenship. Supported by caring adult leaders, these programs offer opportunities to cultivate life skills, self-worth and conservation ethics.



4-H In-school clubs meet during the school day. Members participate in projects that supplement their existing lessons. Clubs may meet for short periods or span the full 4-H program year. Members can elect officers and plan learning activities with options of public speaking, community service and links to career readiness.

Legend



Agricultural Growth
& Stewardship



Economic
Opportunity



Educational
Access &
Excellence



Health
& Well-Being

Bates County

Missouri 4-H

Local Impact

Number of Bates County residents served

- 216 4-H Members
- 155 Trained Adult Volunteers

Accomplishments

Bates County 4-H serves youth through 11 organized clubs. The youth of Bates County have demonstrated learning through the following activities:

County Events and Activities

- 44 Club Officers
- 4 County Council Officers
- 686 Projects registered by members
- 310 Projects registered by leaders
- 4-Hers also participate in many local events such as county 4-H council meetings, Bates County Youth Fair, Bates County Fashion Review, recognition celebration, club officer training, 4-H week celebrations and community service activities.
- 15 project records completed by Bates County 4-H members

Regional and State Events

- 30 non-livestock projects submitted to Ozark Empire Fair
- 35 non-livestock projects submitted to Missouri State Fair
- One 4-H members awarded best of show at the Missouri State Fair with their non-livestock projects
- 2 Members participated in the State Fashion Review
- 1 member presented a demonstration at the Missouri State Fair
- Several members competed at state shooting sports competition
- Senior Livestock Judging team placed 4th at state competition and the Junior Livestock judging team placed 1st at the state competition
- One member participated on the state archery team



4-H council float in the Butler Christmas parade.

Bates County

Missouri 4-H

Local Impact

Student Nutrition Advisory Council

- 3rd grade at Rich Hill with 28 students, Kids in the Kitchen
- 4th grade at Rich Hill with 23 students, Kids in the Kitchen
- All of Zion Lutheran with 26 students, Kids in the Kitchen and Eating from the Garden with them.



Bates County

Missouri 4-H

Local Profiles and Stories



John Armentrout on the Missouri State Archery Team



Bates County 4th place Senior Livestock Judging team



Isabel Branson participating in State Fashion Revue



Participants in the Bates County Fashion Revue

Bates County

Missouri 4-H

Local Impact



Burdette 4-H club project table at the Bates County Fair



Busy Beavers club project table at the Bates County Fair



Hudson Hustler club project table at the Bates County Fair



V-52 club project table at the Bates County Fair



Bates County

Missouri 4-H

Local Profiles and Stories



4-H members present at 4-H Council meeting



Shooting sports safety class



4-H meet and greet



Annabell Patrick participating in State Fashion Revue



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**
 through credible statewide programs
Agriculture and Environment



MU Extension specialists

play an important role in addressing emergencies and disasters. MU Extension specialists swiftly distribute information so farmers and ranchers can make timely decisions that safeguard their enterprises.



The Missouri Master Gardener program

enables people of all ages to get in-depth horticultural training and then apply what they've learned to improve their communities and educate others about gardening.



In 2022, almost 4,000 Missouri Master Gardeners completed over 133,000 VOLUNTEER HOURS throughout the state.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Bates County

Agriculture and Environment

Local Impact

Native Warm Season Grass Pasture Walk

The pasture walk helped producers learn how to use native, warm-season grasses to improve grazing and wildlife systems. It was held in the Crawford County in August of 2023. The in-person workshop was held in Davisville, on a local cattle farm that has incorporated native grasses into their forage production. Sixteen people attended the workshop from across eleven counties which included, Barry, Bates, Cole, Crawford, Franklin, Maries, Newton, Pulaski, St. Charles, Vernon and Washington.

Native warm-season grasses fill production gaps known as the “summer slump” caused by the summer dormancy of cool-season grasses. Native warm-season grasses adapt well to the climate, soils and pest pressure. During the pasture walk, participants viewed a variety of stands in different levels of maturity. Participants learned how to use warm-season grasses in grazing systems to reduce exposure to fescue toxicosis which causes losses in calving rates and weaning weights. Also, attendees also learned how native grasses can offer cover for wildlife and provide erosion control. The pasture walk included a tour of established fields, newly planted fields and mixes of introduced cool season and natives.



Bates County

Agriculture and Environment

Local Profiles and Stories

MU Extension Horticulture Specialist, Ramón Arancibia based in Bates County serves 9 counties in the West Central Region. As the Field Specialist in Horticulture, the priority is to address the concerns of specialty crop growers in the west central region and statewide in collaboration with other regional specialists.

Face to face farm visits was the main contact method with Amish/Mennonite growers since they don't have access to computers or social media. However, face to face visits as well as phone and emails were contact methods with other produce growers and homeowner. Among the main concerns addressed were soil test results and fertilizer recommendations, soil-borne diseases, foliar diseases, and pesticide use. In addition, assisted produce growers with sampling and submission of samples for plant disease identification and management recommendations.

Information generated from two studies funded by the Missouri Department of Agriculture on sweet potato and watermelons and other specific topics were extended to specialty crop growers. Materials include video posts in **YouTube MUIPM**

(<https://www.youtube.com/@MUIPM>) **Horticulture and Garden Hour**

(<https://ipm.missouri.edu/townHalls/>), and through printed articles in the **MO Produce**

Growers Bulletin (<https://ipm.missouri.edu/MPG/>) and the American Society for Horticultural Science (<https://ashs.org/>), **HortTechnology**. Other venues were in person seminars and

conferences with growers and garden clubs, and online webinars as well as Q&A sessions (MU

Extension Garden Hour). Coordinated three tracks in the 2023 **Great Plain Growers Conference**

(GPGC) (<https://www.greatplainsgrowersconference.org/>) and became the chair of the 2024

GPGC organizing committee. And as MU Horticulture team member, co-coordinated and

presented in two webinars: Organic Agriculture Production and Protected production of

specialty crops. In addition, gave 7 seminars in person to county garden and master gardeners

clubs in the West Central region, and contributed to the weekly Q&A sessions of the Garden

Hour (<https://ipm.missouri.edu/townHalls/>).

Extending information and assisting produce growers in their farms are expected to increase local production and the sustainability of the industry.

Bates County

Agriculture and Environment

Local Impact

MO direct contacts		1858
MO indirect contacts		57,591
Farm visits/consultations		101
Phone consultations		106
Email consultations		233
	Presentations/ Sessions	Contacts
Presentations/workshops/field days		
Great Plains Growers Conference (Veg. Prod. Moderator/spkr)	3	296
Montevallo Produce auction.	1	23
County garden/master gardener club meetings	6	74
Career Exploration Day	1	210
Courses/trainings:		
Food Safety Modernization Act – PSA training	3	118
Master Gardener Core Training Kansas City and surroundings	15	327
Master Gardener Laclede	10	183
Commercial Vegetable Production Webinar (online)		
Production in tunnels	2	61
Organic production	1	26
Website/Social media		
Articles MPG July 2022 (MU Extension website and print)	1	626
Commercial Hort. Video Newsletter (YouTube-MUIPM)	1	418
Garden Hour with MU Extension (Statewide online, YouTube-MUIPM)	32	2429
Development RSVP AmeriCorps (Bates)	1	1930
Soil and Water Conservation District (Bates)	10	63
4H Vegetable Contest Judge (Bates)	1	16
Farmers Market consultations (Henry, Benton, Cass, Polk, Vernon, Cedar, Laclede, Dallas)	14	58
Grants/studies		
NC-SARE Fusarium biocontrol		
Development RSVP Americorp		



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**
 through credible statewide programs
Health and Human Sciences



Stay Strong, Stay Healthy teaches older adults easy yet powerful exercises to boost strength, balance and daily life capabilities. Participants also gain insights into nutrition for healthy aging and active living.

After eight weeks, **Stay Strong, Stay Healthy** participants significantly **IMPROVED** their **STRENGTH, BALANCE** and **SLEEP QUALITY.**

“This course made me more self-sufficient and improved my family’s access to quality food.”



MU Extension offers research-based **home food preservation** courses and publications to help people cut food waste and save money.



Studies show that people with strong family bonds tend to have lower stress levels.

Building Strong Families helps families amplify their strengths, tackle challenges and make confident, informed decisions to build resilient family units.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Bates County

Health and Human Sciences

Local Impact

Program: 100 Miles in 100 Days

Number of Bates County Participants: 105

This year's 100 Miles, 100 Days Extension initiative made a significant impact statewide, attracting over 1,300 participants in Missouri, including 105 in Bates County. Throughout the 100 days of summer, participants were urged to discover their own enjoyable ways to cover the equivalent of 100 miles. The diverse activities reported ranged from hikes and bike rides to navigating wheelchairs through MO State Parks. Individuals embraced the initiative by strolling through their neighborhoods, fostering active connections with friends and family, and making the most of local parks and pools.

Our weekly motivational emails provided valuable education and fueled a friendly county competition, adding a bit of excitement into the challenge. Whether participants reached the coveted 100 miles or not, the ultimate goal of our initiative was to instill a lasting enjoyment of movement through a blend of encouragement, accountability, and motivation. Our hope is that the impact of this program will extend far beyond the 100 days, inspiring a continued commitment to a healthy and active lifestyle.

This program was offered statewide for the first time in 2023. We marketed to statewide outlets as well as within individual counties with specialists choosing to participate.

Sara Bridgewater, Nutrition and Health Field Specialist, worked with Mercy to donate t-shirts for participants in Bates and Vernon County. All participants in Bates and Vernon County were offered a free t-shirt. Sara created social media posts and arranged group picture opportunities. Some quotes from participants include:

- "I have lose 20 and a half lbs. I plan on keeping track till this time next year. Thank you!"
- "The Shriver Family (Paul, Kathy, Ian & Reghan) have all completed our 100 miles this summer. (Some have probably done more then double that...but we have all completed 100 miles). We have walked, ran, swam, hiked, Kayaked, biked, wheeled all the way and beyond! I have attached a few pictures from our adventures. Thank you again for heading up a great summer activity!!!!"
- "He said he has really enjoyed the program and the reminder emails were greatly appreciated. The program had made him feel better and on track."

Team members that were involved included many Nutrition and Health Specialists around the state.

Home Food Preservation: Youth Summer Food Preservation Bootcamp

Number of Participants: 6

Sara Bridgewater worked with Melissa Stong, to coordinate a Food Preservation Program for Youth in Bates County. Youth learned about Food Preservation and safe practices. There were 6 participants total for the 1-day event. Youth in attendance learned some different types of food preservation such as pressure canning, hot water bath, etc.. They made 3 items that they then got to take home and share with their families.

Quote: "I would really be interested if there was more program like this. My child and I really enjoyed it."

Local Impact

Program: Healthy Living Program

Number of Participants: 45

Sara Bridgewater, Nutrition and Health Field Specialist, received a \$2,500 grant from the American Heart Association to be trained in a program called Healthy Living. Only one recipient per state was chosen, Sara's grant application was picked for the University of Missouri Extension. Sara was then trained in the program and delivered the program virtually. There were 45 participants. The participants that reached specific criteria received a \$50 gift card from a local farmer.

Participants learned about different aspects for healthy living, through short modules. The Healthy for Life Educational Experiences focus on interactive features like healthy cooking demonstrations, shopping skills presentations and nutrition and heart health workshops. The Healthy for Life Community Nutrition Program is now included in the SNAP-Ed Toolkit. Our goal is to help individuals and families learn how healthy food can help them accomplish their goals and reach their potential every day. A few outcomes from the program included:

- When purchasing food, I read the food label and check the nutritional values. 47.4% increase
- I use a list when I go grocery shopping. 52.6% increase
- Before grocery shopping, I plan my meals that I am shopping for. 36.8% increase
- I am confident in my ability to substitute healthier cooking and preparation methods (e.g. bake, grill, sauté) for traditionally fried foods. 78.9% increase
- I am confident in my ability to eat the recommended serving sizes for the foods I eat. 63.2% increase

Walk with Ease

The Walk With Ease program is a 6-week (18 sessions) walking program. Walk With Ease is the only walking program identified as arthritis-appropriate and evidence-based by the Centers for Disease Control and Prevention. Walk With Ease has been proven effective in increasing balance, reducing pain, improving mental health, flexibility and overall physical health. Sara Bridgewater was the instructor for the program.

Number of Programs: 2

Number of participants: 34

Quotes:

- "I feel so much better after this program."
- "I loved the accountability of the program, and it made me want to come to class to walk with others."

100% would recommend this course to someone else

Bates County

Health and Human Sciences

Local Impact

Stay Strong, Stay Healthy Level 1 & 2

Stay Strong Stay Healthy Program is a 8-week (16 sessions) an exercise class offered through the MU Extension. The class is targeted for older adults to increase flexibility, improve balance, and increase strength. Sara Bridgewater was the instructor for the 8-week Stay Strong, Stay Healthy program. Tammy Roberts patterned with Sara Bridgewater to offer the program to a SNAP-ED program.



Stay Strong, Stay Healthy Level I
Number of Programs: 3
Total Number of Participants: 43

Stay Strong, Stay Healthy Level II
Number of Programs: 2
Total Number of Participants: 17

100% Improved or stayed the same in the Back Scratch Test which assesses upper-body and shoulder flexibility needed for activities such as combing hair, dressing and reaching,

100% Improved or stayed the same in the Chair Stand Test, which assesses lower-body strength and endurance needed for activities such as climbing stairs; walking, and getting up from a seated position

Quotes from Participants:

"I can reach farther sometimes, and have more energy , but I do have to be careful of some of the exercises, good to have a choice with the weights. This class lets you enjoy other people that you may not know, just a great group of people. I look forward to the next class. I would hate to think what I would be like at my age if I had not walked and exercised for so many years."

I had one participant say she does an annual body scan and her doctor says the goal is to maintain your muscle mass, just try not to lose any. Her results came back and her muscle mass increased by 5lbs. She was so excited and said "the only thing she has changed in the past year was doing this class."

One participant joined so she could confidently carry her grandbabies. During the program she said, "I feel confident carrying my grandbabies and getting up and down from the floor with them." She went on to say, "I was able to lift my Christmas tree up and didn't need any help. It was a breeze and I couldn't believe it."

Local Impact

Building Strong Families

Human Development and Family Science Specialists collaborated to offer parenting education across the state virtually. In 2023, we offered 5 Building Strong Families classes. The team served 91 parents and a total of 740 hours were earned impacting over 181 Missouri children. Participants were reached in 31% of MO counties, including Bates.

47% of respondents reported an increase in their knowledge, skills, or understanding. 91% would recommend the program to someone else. As a result of this program 100% have worked to improve my communication skills to be more constructive and positive. 59% are making intentional choices to build and or repair relationships. 50% are making intentional choices that has reduced family stress.

SNAP-Ed Public Value Statement 2023

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$10,874,798 in federal funds to Missouri. During FY2023, Missouri's SNAP-Ed program reached over 78,000 Missourians through direct classroom education. Each person participated in an average of 6 hours of education totaling over 15,000 hours. In addition, an additional 760,135 persons participated in indirect education. Direct and indirect education resulted in over 1.8 million total contacts with Missourians.

A total of 756 participants were from Bates County.

Participants in SNAP-Ed learn the importance of making healthier meals and snack choices, eating breakfast more often, are more willing to try new foods, increase their physical activity, and make healthier food choices. Those who practice healthy eating and are physically active are more likely to contribute to a healthy labor force and enjoy a high quality of life throughout the lifespan.

This vital programming effort also reduces healthcare costs over the participant's lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums.

EFNEP Public Value Statement 2023

The Expanded Food and Nutrition Education Program (EFNEP) brought \$1,626,730 federal funds to Missouri. These funds were used to enroll 526 limited-resource families in nutrition education and meal preparation classes, representing 1,926 family members. Additionally, 1,980 youth were enrolled in EFNEP classes.

51 of these youth and adult participants reside in Bates County.

Participants in EFNEP learn the importance of making healthier meals and snack choices, eating breakfast more often, trying new foods, increasing their physical activity, and making healthier food choices. Those who practice healthy eating and are physically active are more likely to contribute to a healthy labor force and enjoy a high quality of life throughout the lifespan.

This vital programming effort also reduces healthcare costs over the participant's lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums.

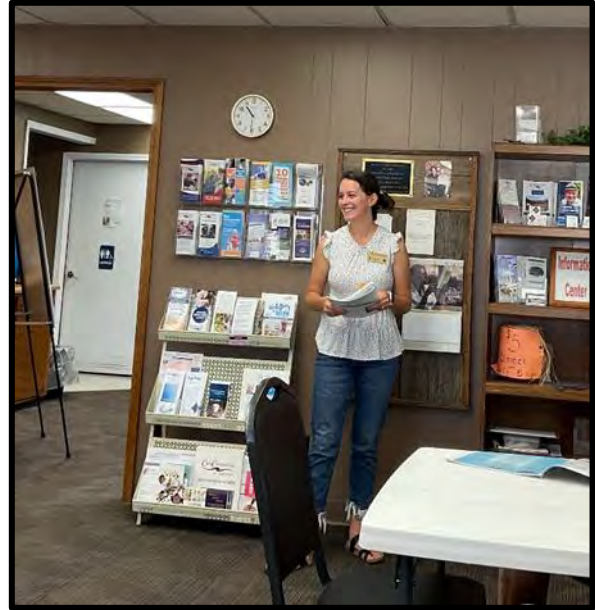
Bates County

Health and Human Sciences

Local Impact

During 2023, youth and adults were served through schools, community groups and agencies. The following is a list of some of the locations where participants were served in Bates County:

- Community Food Pantry in Butler
- Butler Senior Center
- Lily's House
- Rich Hill Library
- Hume Elementary
- Adrian Headstart
- Zion Lutheran
- Hume Ministerial Alliance
- Hume Reality Day



In addition to the numbers, Nutrition Program Associate, Brytni Spencer shared this success story demonstrating local impact:

I do an ESBA class once a month at the senior center. This is an ongoing class, so once I finish the lessons, I start over again. I usually have the same group of 8 or 9, but sometimes an extra joins in.

During the last lesson of ESBA, we were reviewing what we had learned and I was asking the participants if they continued with the goals they had set in the last 9 months. One woman said she had made lots of changes to her lifestyle from these goals. These included reading each label of the products she was buying, using her garden produce in different ways to be more healthy and produce less waste, and after the lesson on fat, she switched to getting a small fry instead of a large!

I had contacted a lady who is starting a community garden in a small community. The town has less than 300 people in it and is very small. The woman wants to run the garden as a children's farmers market, where they grow the produce and even preserve it like canning, then give it out to the community. She has even donated some of her own land for this.

As I called her to tell her I offered classes that taught nutrition, physical activity, and gardening, she was so happy she was crying! She said she felt called to start up this garden for the community. Just from one day of promoting it, she got over 40 volunteers (guardians and children) to sign up to help. In such a small town, this was great!

Bates County

Local Impact

Program: Reality Day

Number of Youth Involved: 106

Counties Involved: Bates, St. Clair, and Vernon

Sara Bridgewater, Nutrition and Health Field Specialist, worked with the RootEd advisor of the Hume School to coordinate a Reality Day for high school students. The event was in Bates County and schools from Bates County and Vernon County attended. Reality Day is a one-day event that focuses on preparing high school students on the future whether it be they go to college or straight to the work force. Students learned to budget and about financial decisions they will have to make in adulthood.

Sara coordinated volunteers and AmeriCorps volunteers to help with the event along with also coordinating a food drive for this event. Ramon Arancibia, Horticulture Specialist; Melissa Stong, Bates County Youth Program Associate; and Brytni Spencer, Bates County Nutrition Program Associate assisted with the program.

- 207 lbs of food was donated to a local charity.

Team members that were involved in this program included:

- Sara Bridgewater, Nutrition and Health Field Specialist
- Ramon Arancibia, Horticulture Specialist
- Melissa Stong, Bates County Youth Program Associate
- Brytni Spencer, Bates County Nutrition Program Associate



Local Impact

RSVP AmeriCorps Bates County Project

Staff and Faculty Involved: Sara Bridgewater, Mikayla Neil, Ramon Arancibia, Melissa Stong, Brytni Spencer, and Connie Pruden

The Bates County MU Extension Office has a \$225,000 federal AmeriCorps grant that allows us to work with older volunteers and serve the county with service projects. We make it a priority to go out to the communities in the county, which has resulted in many projects going on across the county. This is a countywide project for Bates County population of a little over 16,000 we strive to reach "connect" with the whole county through partnerships, social media, and programs. We also have 92 volunteers now. Two groups of volunteers were trained this year one in Hume and one in Ballard.

Service Projects Include:

- Community Gardens
- Reading Buddy System
- STEM Activities
- Summer Readiness Backpack Program
- Weekend Backpack Program
- 4H Activities

Two groups of new volunteers were trained in 2023, a group in Ballard and a group in Hume. Both groups are working on community garden efforts, including a school orchard at the Ballard School.

In the fall of 2023, a renewal application for another 3 years was submitted.

Summer Readiness Backpack Program - Montessori-inspired Activities

Youth Participation: 62

The summer program gives students the opportunity to receive STEAM (Science, Technology, Engineering, Art, & Math) and Montessori-inspired activities. There will be 3 backpack pickup days during the summer. Pickup locations include Hume, Rich Hill, and Butler. Students will receive 2-3 activities at each pickup. If more than one student lives in the household and some activities when appropriate may be limited to one to serve more households in the county.

100% reported they found the program beneficial.

58.4% reported their child spent 60 minutes or less on technology when participating in this summer program, compared to before participating in the program 62.9% of youth spent more than 1 hour on technology a day when not participating.

100% reported their child's fine motor skills improved after this program.

Bates County

Local Impact

Quotes:

“Kannon couldn’t wait to complete the activities each time we got a new box. He loved everything!”

“It was good for her to sit down and complete an activity in preparation for preschool

This is such a wonderful program! My daughter, Magnolia, had a wonderful time sorting the dinosaurs by color and using the tongs to help work on her fine motor skills. She really enjoyed learning about the life cycle of a butterfly, lady bug and frog. My husband and I enjoyed helping her decorate and plant the seeds in the root viewer. She enjoys working on new activities and I’m so glad we signed up for the backpack program.”

“Ryatt is autistic so his tablet is his safe zone. He doesn’t usually give much attention to things but this program helped me with introducing him to new things and with using new words around him.”

“My daughter was very excited to see her new activities each time. She loves painting and learning about the bug life cycles. “

“Many of these activities were able to be taken along when traveling this summer. That helped car rides and hotel down time go by better and she was learning along the way. She always asks if she, “can do some preschool.”



Local Impact

Exploring 4-H through a Summer Backpack Program

Youth Participants: 85

The summer program gives youth the opportunity to learn about 4-H through activities. 4-H has many projects. A few projects include: Arts and Crafts, Bowling, Foods, Sewing, Goats, and so many more! Come explore some 4-H projects through hands-on activities this summer. Three backpack pickup days occurred during the summer. Activities will relate to a project offered through 4-H. This opportunity gives a little taste of what 4-H is. Melissa Stong worked with Sara Bridgewater to plan the Explore 4-H backpack program for the summer.

100% of parents reported the Explore 4-H Backpack Program beneficial to your student's learning.

93.18% of parents reported they would be interested in joining a 4-H Club in the fall or future.

97.3% of parents gave rated the program 5 stars. The parents were asked would you rate the overall experience of the program (activities, coordinators, communication, etc).

90% of the participants in the program were not members of a 4-H club and this fall when enrollment for the new 4-H year begun approximately 25% of the that 90% have enrolled in 4-H for the coming year. Almost 75 pick-ups occurred each time (3) equaling around 225 contacts.

Quotes and Favorite things from participants:

“This was a very enjoyable experience and my child loved being able to participate like older siblings. The communication was very great and pick up was easy. I would highly recommend this program to anyone.”

“We have been caring for a terminal grandmother (who passed July 23rd). It was so nice to have put together activities to do with the kids. Since we we’re spending so much time at Grandmas. Thank you so much for your program! I know that many hours of planning and assembling went into the green bags. They were such a blessing. Thank you for your hard work and time.”

“My daughter has spent time researching 4H and now plans to join and wants to enter items into the fair next year. She hopes to do cooking, sewing and art.”



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Community and Professional Health Education**



Resilience is the capacity to adapt when faced with adversity. **WeCanPROSPER Resilience Training** is a 2.5 hour training for participants to evaluate their personal resilience, tap into resources and create an action plan to enhance their resilience.

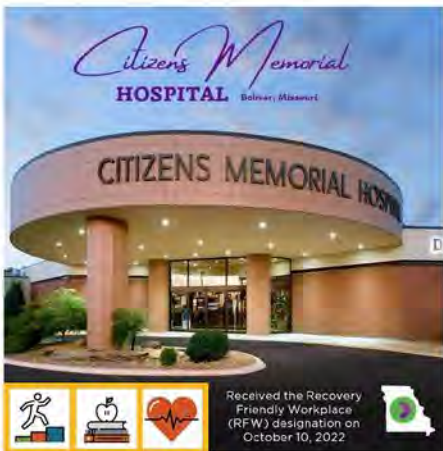
100% of participants indicate that the skills and techniques they learned will help them become **MORE RESILIENT.**



PROSPER is a research-supported approach that promotes positive youth development and strong families through lifeskills education that increase protective factors and reduces risky behaviors among teens. Through a campus-community partnership, PROSPER Teams are created to support the implementation of two evidence-based programs with middle school students and their families.

“They have the old saying it takes a village to raise a child, the more the community comes together the better off the children are going to be in that community.”

Peggy Saphian PROSPER Model Participant in Fredericktown, MO



Recovery Friendly Workplaces (RFWs) foster a workplace culture that promotes employee safety, health and well-being through strategies that support managers and employees, including reducing stigma and providing recovery resources related to the challenges surrounding substance use disorders. The framework was developed in partnership with MU Extension’s Labor and Workforce Development Program.

As of 2023, 25 Missouri businesses have been designated recovery friendly workplaces, and 2,248 EMPLOYEES have been trained on addiction, stigma and naloxone distribution.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Bates County

Community and Professional Health Education

Local Impact

Hari Koirala

Community Health Field Specialist

**Counties Served: Vernon, Bates,
Cedar, St. Clair and Hickory**



Community Health Engagement & Outreach (CHEO)

MU Extension's Community Health Engagement and Outreach (CHEO) program's goal is to achieve optimal health and well-being for every Missourian at every stage of life, with special recognition for the needs of vulnerable populations. The MU Extension's innovative project, funded by HRSA (Health Resources and Services Administration) and led by Dr. Kathleen Quinn, focuses on bridging scientific research and community-based Extension practice in Missouri. Under the MO-RE (Missouri Research Extension) protocol, led by Dr. Julie Kapp, the goal is to create a dissemination and implementation protocol to accelerate knowledge translation to vulnerable communities. Nine Community Health Field Specialist (CHFS) positions were funded in 2022-2023, aiming to educate, create, and connect with communities, promoting health equity and positive health outcomes. I work in one of these 9 positions in the west central region. In 2023-2024, additional HRSA funding supports the transformation of the MO-RE report into a 1-year training program for CHFS positions. This program aims to enhance skills, promote cross-disciplinary collaboration, and unify efforts across regions to address health disparities and improve population health in Missouri. The objective is to synergize academic researchers with MU Extension to make a substantial impact on Missouri's health outcomes.

Through the CHEO we work to promote healthy, safe, and thriving communities where health is a shared value. Through established relationships and presence in communities, we partner, engage, and empower communities to address social challenges where people live, work, learn and play. Visit <https://extension.missouri.edu/programs/community-health> to learn more.

Missouri Research Extension (MO-RE) Course

Enrolling in the MO-RE course signifies a commitment to ongoing learning and professional growth, resulting in an expanded skill set and a more profound comprehension of pertinent community health topics. This proactive engagement reflects a dedication to staying abreast of current practices and innovations in the field. Participants demonstrate a keen interest in advancing their expertise, contributing to the improvement of community health outcomes. The investment in continuous learning through the MO-RE course positions individuals as valuable assets in the pursuit of addressing health disparities and fostering positive population health impacts. This dedication to professional growth makes a significant contribution to the overall objectives of the community health in the construction phase.

During this period, we are actively engaging in discussions about various aspects of the MO-RE course. Currently, our focus is on extracting population health figures from secondary data and anticipating potential outcomes from the data review. Simultaneously, we are exploring opportunities to identify stakeholders and partners at the local, state, and national levels, strategically incorporating them into our CHEO program. In addition, we are delving into the identification of priority areas, aiming to capture the voices of the community in terms of their health needs and care preferences. My goal is to obtain a comprehensive understanding of these five counties, ensuring that the insights gained will have a lasting impact in the years to come.

Bates County

Community and Professional Health Education

Local Impact

Community & Wellness ECHOs (Extension for Community Healthcare Outcomes)

Show-Me ECHO (Extension for Community Healthcare Outcomes) utilizes videoconferencing to connect experts with primary care providers, focusing on chronic diseases like Asthma, Cancer, Heart disease, Diabetes and many more topics. This interdisciplinary collaboration in case-based learning enhances skills and best practices, improving patient care, access, quality, and efficiency. The learning sessions offer free continuing education and are cost free for participations. MU extension officials actively collaborate with Show-Me ECHO to raise awareness and boost participation, aiming to reduce health disparities and enhance health outcomes in rural communities.

Community health field specialists promote these programs, sharing outreach efforts and troubleshooting challenges, connect to experts through case-based and contributing to the advancement of health care in Missouri. If you want to learn more, please visit <https://showmeecho.org/community-wellness-echos/>.



WeCanProsper Resilience Training (WRT)

WRT had registered participants and 5 attendees, fostering lively discussions and a shared insight. The positive response highlights its effectiveness. Promote this successful training in the region, emphasizing its interactive nature and potential future impacts on participants' well-being. It is a valuable resource for personal and collective growth. Visit <https://extension.missouri.edu/programs/community-health/prosper> to learn more. When the training module is completed, the community health field specialist can begin to work with this module in this area.

Recovery Friendly Workplace

Recovery friendly workplace fosters a workplace culture that promotes employee safety, health, and well-being through strategies that provide support for managers and employees, including reducing stigma and providing recovery resources relating to the challenges surrounding substances use disorders. Visit <https://recoveryfriendlymo.com/> to learn more. When the training module is completed, the community health field specialist can begin working in these areas. Currently, we are finding & contacting high employee workplace in serving area.