



UNIVERSITY OF MISSOURI EXTENSION

Osage County

2023

Annual Report

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Linn, MO 65051

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osageco@missouri.edu

**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
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Columbia, MO 65211
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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

Who we are

Faculty and staff

Osage County Headquartered Staff - 2023

Elizabeth Anderson
Extension and Engagement Specialist

Kathy Dothage
Extension Professor

Bailey Veasman
Youth Program Associate

Becky Layton
Office Support

Staff Serving Cole County, based in neighboring communities - 2023

Sean Eberle
Field Specialist in 4-H Youth Development

Rudra Baral
Field Specialist in Agronomy

Rusty Lee
Field Specialist in Agronomy

Gatlin Bunton
Director, Wurdack Extension & Education Center

Christina Edholm
Field Specialist in Human Development

Charles Ellis
Field Specialist in Agricultural Engineering

Mary Sobba
Field Specialist in Ag Business

Anita Ellis
Field Specialist in Livestock

Heather Conrow
Field Specialist in Livestock

Matthew Herring
East Central Regional Director

Council members 2023-2024

Patsy Luebbert, *Chair*
Danielle Tilly, *Vice Chair*
Sharon Jeoffroy, *Co-Secretary*
Kim Sallin, *Co-Secretary*
Karen Thompson, *Treasurer*
Charles DeMariano
Ellen Kliethermes
Amy Niederhelm
Scott Schulte - MFA
Darryl Griffin– Commissioner

Meetings: 3rd Tuesday each month, 6:30pm

County commissioners

Darryl Griffin
Presiding Commissioner

John Trenshaw
Eastern District Commissioner

Larry Kliethermes
Western District Commissioner

Budget and more

Appropriations budget

Income

County Appropriations	42,000
Fundraising	4,500
Fund Reallocation	3,871
Total Income	50,371

Expenses

Salaries/Benefits	44,130
Travel	1,547
Postage	521
Advertising	360
Office Supplies/Services	1,779
Equipment	2,034
Total Expenses	50,371

Keep up with MU Extension in Osage County!

Follow us on Facebook!



Check out our website:

<https://extension.missouri.edu/counties/osage>

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



Local Support

Did you know you can donate directly to Osage 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.

UM System County Impacts

2024 UM Systemwide Impact Data Sheets

Osage County



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

UM System Footprint in the county in 2023



FY23 county students

103 students

- 81 Undergraduates
- 22 Graduate and professional students
- 80 Full-time students
- 23 Part-time students



County employees and retirees

44 people employed by UM

- 14 Campuses
- 28 MU Health Care
- 2 UM System

8 UM retirees and beneficiaries

UM salary and retirement income: \$2.3 million

UM state tax revenue: \$75,226

UM federal tax revenue: \$374,327



County alumni

Selected school alumni

- 2 Medicine
- 26 Nursing
- 45 Health Professions
- 3 Dentistry
- 2 Pharmacy
- 10 Veterinary Medicine
- 106 Agriculture
- 78 Engineering
- 9 Law

Alumni teaching K-12

- 17 teachers
- 12.3% of all district teachers



County breakdown

MU

- 81 students
- 394 alumni
- 14 employees

UMKC

- 3 students
- 10 alumni
- 0 employees

Missouri S&T

- 18 students
- 63 alumni
- 0 employees

UMSL

- 1 student
- 24 alumni
- 0 employees



County properties and offices

MU Extension in: Osage County



County population: 13,372



County services provided

Health care (FY23)

- 2,848 in-state patients seen at MU Health Care, with \$594,805 of uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 1,256 visits to 677 patients having ZIP codes associated with the county

Extension (2022)

- 1,476 Total educational contacts from MU Extension to residents of the county, including:
- 74 contacts related to productive farming, better gardening, and managing natural resources
- 849 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- 553 contacts related to starting businesses, developing community leaders, or renewing the local economy

UM System County Impacts

2024 UM Systemwide Impact Data Sheets

Osage 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.



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.

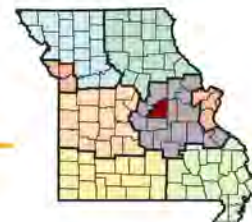
Supporting the University of Missouri is an investment in the future of Missouri.

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



OSAGE 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: Labor Market

Average Earnings per Job

Average earnings per job can reflect the type of economy, skill of employees, and availability of jobs and workers in an area. Average earnings is calculated by dividing total full-time and part-time employment by total earnings. Earnings is the sum of three components of personal income--wages and salaries, supplements to wages and salaries, and proprietors' income. Full-time and part-time jobs are counted at equal weight. Both employment for wages and salaries and proprietors employment are included, but the employment of unpaid family workers and volunteers is not included. Average earnings per job is a measure of the wages paid at jobs in the county not the earnings of people who live in the county. The dollar figures shown are not adjusted for inflation.

2022 Average Earnings (\$)

\$42,793

Osage



Missouri

\$62,528 🤖

Data Source: US Department of Commerce, [US Bureau of Economic Analysis Regional Economic Accounts](#). 2007-2022.

Labor Force Participation

The labor force participation rate is a measure of an economy's active workforce and includes people who are employed and those seeking employment. According to the 2015 – 2019 American Community Survey, of the 10,683 persons of working age in the report area, 64.37% are included in the labor force. This rate exceeds the Missouri labor force participation rate of 62.82%.

Labor Force Participation Rate

64.37%

Osage

Missouri

62.82%

Data Source: US Census Bureau, [American Community Survey](#). 2017-21.

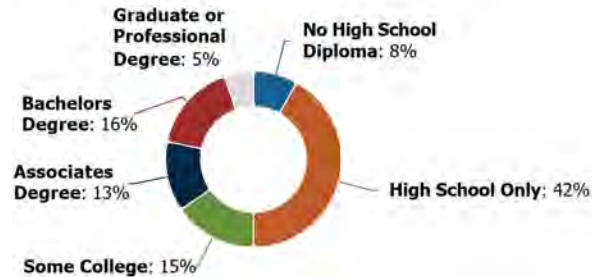


CHALLENGE 2: Educational Access and Excellence: *Educational Attainment*

Adult Educational Attainment

Educational attainment shows the distribution of the highest level of education achieved in the report area, and helps schools and businesses understand the needs of adults, whether it be workforce training or the ability to develop science, technology, engineering, and mathematics opportunities. Educational attainment is calculated for persons over 25 and is an estimated average for the period from 2017 to 2021.

In the report area, 15.4% of adults have at least some college education and 29.3% of adults have an associate's level degree or higher. However, 41.9% stopped their formal educational attainment after completing high school, and 8.2% of adults did not complete high school.



No High School Diploma

8.15%

Missouri 9.02%

Osage

Data Source: US Census Bureau, [American Community Survey](#). 2017-21.

Data Source: US Census Bureau, [American Community Survey](#). 2017-21.



CHALLENGE 3: Healthy Futures: *Healthy Weight*

Obesity (Adult)

This indicator reports the number and percentage of adults aged 20 and older self-report having a Body Mass Index (BMI) greater than 30.0 (obese). Respondents were considered obese if their Body Mass Index (BMI) was 30 or greater. Body mass index (weight [kg]/height [m]²) was derived from self-report of height and weight. Excess weight may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.

Note: In 2021, the CDC updated the methodology used to produce estimates for this indicator. Estimated values for prior years (2004 - 2017) have been updated in this platform to allow comparison across years. Use caution when comparing with saved assessments generated prior to November 10, 2021.

Percentage of Adults Obese, 2016

22.1%

Missouri 33% 🟡

Osage



Data Source: Centers for Disease Control and Prevention, [National Center for Chronic Disease Prevention and Health Promotion](#). 2021.

Physical Inactivity

Within the report area, 1,986 or 18.6% of adults aged 20 and older self-report no active leisure time, based on the question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?" This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as obesity and poor cardiovascular health.

Note: In 2021, the CDC updated the methodology used to produce estimates for this indicator. Estimated values for prior years (2004 - 2017) have been updated in this platform to allow comparison across years. Use caution when comparing with saved assessments generated prior to November 10, 2021.

Adults Age 20+ with No Leisure Time Physical Activity, Percent

18.6%

Missouri 21.4%

Osage

Data Source: Centers for Disease Control and Prevention, [National Center for Chronic Disease Prevention and Health Promotion](#). 2021.



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

37.6%

Osage

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

38%

Osage

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 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.



A **SPIN club** focuses on a specific topic led by an expert in the field. While community clubs may meet over the full 4-H program year, SPIN clubs meet for set periods, typically from several weeks to a couple months. SPIN clubs 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



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

Missouri 4-H for ages 8 – 18



4-H's Leadership and Civic Engagement programs foster understanding, confidence and decision-making skills to empower youths to become informed and active young citizens. 4-H civic engagement initiatives prepare young people to become future leaders by engaging them in programs where they have voice and influence.



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's College and Career Pathways program emphasizes the pivotal role of education in attaining career goals, creating paths to success through exposure to project areas and mentorship. In addressing workforce challenges, 4-H strives to equip young people with financial literacy and basic skills for productivity.



Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Local Impact

A community of 151 youth building life skills, contributing to their community, and becoming college and career ready.

Common Measures

Findings from a 2021-22 evaluation study shows that Missouri 4-H:

Missouri 4-H Inspires Kids to Do

98% said they are willing to work hard on something difficult.

91% set personal goals.

97% said they try to learn from their mistakes.

98% said they treat others the way they want to be treated.

Missouri 4-H Grows True Leaders

97% said they like to learn about people who are different from them.

93% said they think about others feelings before they say something.

75% reported feeling comfortable being a leader.

4-H Builds Leadership and Communication Skills

95% help others reach their goals.

86% comfortable speaking in a group.

99% said they show respect for other's ideas.

85% Can work with someone who made them upset.

95% Look for ways to involve all members of a group.

4-H Builds Social and Emotional Skills

94% said they keep trying until they reach their goals.

89% Stop to think about their choices when making a decision.

97% reported that they like to learn new things.

91% of Missouri 4-H'ers surveyed said they are willing to try something they might get wrong.

Osage County

Missouri 4-H

Local Impact

4-H clubs

4-H programs are grounded in the belief that youth learn best by doing. Through hands-on projects in areas like science, health, agriculture, and civic engagement in a positive environment youth receive guidance from adult mentors and are encouraged to take on proactive leadership roles. Youth have the opportunity to concentrate on one focus area, or they can try a variety of programs throughout their 4-H experience.

Regardless of the project area, all 4-H programs include mentoring and career readiness as core elements.

- **4-H participants = 118 members and 33 Clover kids enrolled**
- 4-H Community Clubs: offer in-depth educational experiences in which members learn life skills such as decision making, public speaking, and working with others. Members learn by doing this under the guidance of adult volunteers, who lead a wide variety of projects that support 4-H members in finding their SPARK.
- 4-H offers Community clubs, SPIN (special interest) clubs, In school and Afterschool Clubs, and school enrichment. Families and communities can choose what fits their needs.

Volunteers

- 4-H members are supported by 66 youth and adult volunteers
- Volunteers are the core of the 4-H Program. They help to create, support, and deliver educational programs and experiences. Missouri 4-H volunteers report contributing an average of 100 hours per year to the program. Valuing their time at \$31.80 per hour (Independent Sector, 2023), **the contribution of Osage 4-H volunteers was worth more than \$755,568 in 2023.** More importantly, these individuals serve as role models and mentors for youth.

Reference

Independent Sector (2023). Independent sector releases new value of volunteer time of \$31.80 per hour. Retrieved from <https://independentsector.org/blog/independent-sector-releases-new-value-of-volunteer-time-of-31-80-per-hour/>



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



The Missouri Integrated Pest Management

Program, funded by USDA grants, has been an important extension program for 30-plus years. Mizzou IPM distributes articles, pest monitoring data and publications on how to improve the application of integrated pest management strategies and systems.

The MU Soil Testing Program delivers research-based nutrient and lime recommendations to more than 32,500 customers annually.

“A lot of veterans come right out of the service and may feel disconnected and may be struggling with finding job opportunities. The Heroes to Hives program offers a diversion as well as opportunities.”

Eric Work, Heroes to Hives participant



Two programs provide resources to socially disadvantaged farmers and ranchers in Missouri.

The Missouri AgrAbility

Project supports the independence of farmers and ranchers with disabilities.

Heroes to Hives

offers free professional training in beekeeping to veterans, promoting financial and personal wellness through community development.



The Missouri Agriculture, Food and Forestry

Innovation Center (MAFFIC) helps Missouri farmers pursue value-added agricultural production and marketing. Partners in this statewide initiative include the Show-Me-State Food, Beverage and Forest Products Manufacturing Initiative, Missouri Agricultural and Small Business Development Authority and the University of Missouri.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Osage County

Agriculture and Environment

Local Impact

Extension Tax Schools

University of Missouri Extension ag economics department and ag business specialists worked together to coordinate one summer and three fall tax schools. The summer school was in person and live online. Fall schools were in Columbia and Springfield and in addition was online. The schools were designed for those who prepare taxes including enrolled agents, tax preparers, CPAs, individuals, and attorneys.

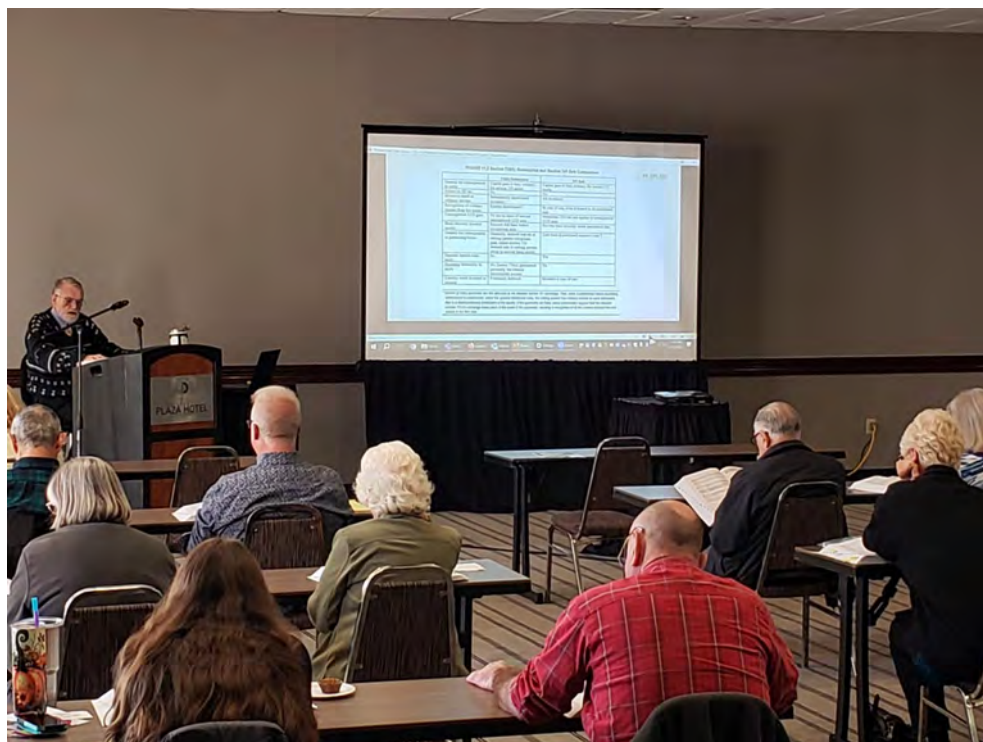
The training included updates on legislation, rulings and cases, individual taxpayer issues, agricultural and natural resources topics, ethics, trusts and estates, agriculture and natural resource tax issues, business tax issues, business entity tax issues, IRS issues, penalties and defenses, form 4797 sales of property, retirement tax issues, like-kind exchange issues. The schools were approved for 8 and 16 hours of continuing education credit by the IRS, Missouri Bar and for CFP continuing education. Total continuing education hours reported to IRS for the schools was 3,336 hours.

The teaching teams included a CPA and former IRS stakeholder liaison, an IRS certified retired ag economics professor, an attorney, Missouri Department of Revenue and extension ag business specialists.

The trainings received positive evaluations and planning is underway to offer trainings in 2024. Local county residents benefit when local tax preparers have the opportunity to gain knowledge, which benefits their clients and communities. The tax schools are a program of the ag business and policy program of MU Extension, coordinated by Mary Sobba with help from a team of ag business specialists throughout the state.

The resources for the schools included the IRS, the National Income Tax Workbook from the Land Grant University Tax Education Foundation, and materials written by the instructors.

The 2023 school attendance totaled three hundred twenty-seven people. The participants were from throughout Missouri.



Osage County

Agriculture and Environment

Local Impact

Farm Succession Planning Workshops

This past summer MU Extension partnered with Missouri Department of Agriculture (MDA) to offer succession planning for Missouri farm families. MDA received federal funding to perform mediation services for agricultural producers. Farm succession disputes were listed as an eligible category for mediation services. To increase awareness of mediation services and provide families with tools needed to navigate family conflict, MDA partnered with the University of Missouri Extension to host basic farm succession planning workshops for Missouri farm families. The workshops were designed to share tools and resources and to educate participants on the importance of the following four core concepts:

- Navigating family roles and business roles to prevent conflict
- Improving communication within the family farm business
- Sharing farm management decision-making with family during short-term crisis
- Organizing a plan to transition farm ownership and management responsibilities to the next generation

A series of five workshops across Missouri reached a total of 177 attendees. There were four in-person workshops (Hannibal, Marshfield, Nevada and St. Joseph) and the fifth class was held online via Zoom. The total number of participants was 177.

Participant Feedback

A total of 92 evaluations were returned. Participants were satisfied with the program. All respondents said they would recommend the training workshop to others. On a scale of one to four, with four being very satisfied, the workshops were ranked 3.6 or higher across five satisfaction categories. No participant said they were “not satisfied” with any part of the training.

Participants reported gaining new knowledge

The workshops were successful at helping participants gain new knowledge in the four key subjects. Survey respondents were asked at the end of each session to rate their knowledge on four concepts before the training (pre-test) and after the training (post-test). Participants were offered a 1 to 5 scale and asked to rate their knowledge from 1 (very low) to 5 (very high). After the training, participants offered an assessment of a 3.9 or higher indicating they felt their knowledge on the concept was “high”. This assessment was higher than their perceived level of knowledge before the training began in all four categories.

One of the most discreet learning topics in the workshop was centered on using the Short-Term Operating Plan to begin a conversation around farm succession planning. Knowledge of this tool increased the most.

More than half of all respondents indicated the intention to act

The workshops focused on providing tools to assist farm families in preparing to start farm succession planning. Practical handouts were created for each of the four core concepts and were provided in print to attendees, or electronically to Zoom registrants. In addition, the presentation named a series of suggested next steps to again encourage farm families to act. Through the evaluation summaries, more than half of all respondents indicated they intend to start addressing farm succession planning by taking one of four next steps (1) start a plan to adjust roles on the farm in the next five years, (2) schedule a family council meeting, (3) use a short-term operating plan, (4) tell someone about MDA’s ag mediation services.

Farm succession planning benefits individuals and families by increasing the understanding and knowledge, leading to improved communication, and eventually leading to transitioning farm businesses. Succession planning builds stronger families. Farm businesses that successfully transition to the next generation contribute to the local tax base and contribute to vibrant and strong rural economies.

Osage County

Agriculture and Environment

Local Profiles and Stories



Agriculture Lender Seminars

Eighty-three lenders from 25 Missouri counties and Illinois attended this year's seminars in Mexico and Brookfield. Lenders learned about crop and livestock outlook, agriculture policy, rental rates & land values, MU budgets, input costs, USDA Farm Service Agency, and Missouri Agricultural and Small Business Development Authority (MASBDA) programs. Lenders in attendance manage 6,007 farm loans totaling \$115,500,000.

By attending University of Missouri's Agricultural Lenders' seminars, lenders gain knowledge to help their clients make better decisions based on objective education and resources. More information and better decisions benefit their portfolio of producers, landowners, and ag-businesses through enhanced understanding of enterprise budgets, market expectations, and other decision influencing factors affecting families' and businesses' financial health.



Osage County

Agriculture and Environment

Local Impact

2023 Agricultural Lender Seminar- Jefferson City

The 2023 Seminar was held at the Missouri Soybean Innovation Center in Jefferson City Missouri. There were 39 registrants who attended the Jefferson City Location. Thirty-five evaluations (81% response rate) were returned. Rachel Hopkins coordinated the seminar and ensured the meeting ran smoothly and stayed on time.

Thirty-nine attendees representing ten Missouri Counties were in attendance. Counties that had attendance from were Boone, Cole, Franklin, Gasconade, Howard, Maries, Miller, Moniteau, Osage and Pulaski. Of attendees completing a program evaluation (81%), 100% answered the information presented would help them serve and advise their agricultural clients. Attendees had a positive experience with the program, meal, facility, and organization by agreeing or strongly agreeing to program quality questions.

The majority of attendees planned to take some action following the conclusion of the seminar. Frequent responses included disseminating information learned to clientele, calculating customer cash flow analysis, and utilizing FSA and MASBDA programs.



Osage County

Agriculture and Environment

Local Impact

Central Missouri Forage & Beef Conference

Vienna – The third annual Central Missouri Forage & Beef Conference was held in early March. 161 people attended from central Missouri. This is a combined effort of local Extension specialists Gatlin Bunton, Eric Meusch and Rachel Hopkins and a partner agency, the Maries County Soil and Water District.

Topics at the 2023 conference included Toxic Weeds and Pasture Spraying, Extending Your Grazing Season, Antibiotic Label Changes, Grazing More with Less and Marking Outlook. To conclude the conference there was a producer panel discussing grazing small ruminants and beef cattle.

The one-day conference is an opportunity for local producers to gain up to date knowledge on a variety of subjects while not having to travel huge distances. The outcome goal of the conference is to further educate and connect the local producers to professionals, products and companies that they normally wouldn't have interaction with.

Field Specialist in Agriculture Business

Rachel Hopkins

During 2023, phone calls, emails, walk-ins and farm visits were conducted serving citizens in 15 counties in the topics covering general agriculture and agricultural business. Topics ranged from how to add value to thin cows, rental rate questions and inquiries, written lease documents, hay pricing, how to take a hay sample, cow culling strategies, cost share programs, different types of business entities, and so forth. These counties included Cape Girardeau, Crawford, Dent, Franklin, Gasconade, Iron, Maries, Miller, Montgomery, Osage, Reynolds, St. Francois, Ste. Genevieve, Washington and Webster.

Topic: Missouri's Farm Lease Class Provides Landlords and Tenants Valuable Help

Location: Osage County

Questions related to farm leases are extremely common among Extension offices here in Missouri. One person attended during the September workshop in Osage County. On-line and in-person education allows people to hear several speakers and ask questions either via zoom or in-person. Topics covered are current rents and trends, items to include in a lease, terminating a farm lease, crop and livestock share arrangements and recreational leases. Estimates have 40 to 50 percent of farm leases in Missouri are still oral and oral lease termination is complicated and somewhat unique to the state. Education can help end arguments and possible costly litigation.

Osage County

Agriculture and Environment

Local Impact

Cattle Grading Workshop

Vienna - Producers always wonder what grade and frame their cattle are and why some sell higher than others. The 'Cattle Grading Workshop' was a multi-agency workshop that helps to unravel some of the mystery behind 'WHY' cattle bring what they do.

Sixty-six people attended the workshop which was held at South Central Regional Stockyards. Attendees came from Boone, Cole, Dent, Henry, Howard, Maries, Miller, Montgomery, Osage, Phelps, Pike and Washington Counties.

Lonnie Peetz, USDA Market Reporter and Tony Hancock, MDA Market Reporter went through explaining and evaluating different feeder calf grades and cull cow grades. Live animals provided by the sale bard are used to explain grade differences and differences in cull cows. Rachel Hopkins, MU Extension Ag Business Specialist go through different options with producers on feeder calf scenarios and different ways to add value to cull cows.



Osage County

Agriculture and Environment

Local Impact

Drought Response Meeting: Westphalia, July 19th

On a sweltering evening in late July, 114 producers from Osage, Maries, Miller and Cole Counties turned up in Westphalia to hear how they can mitigate the effects of the drought. Eric Meusch, Livestock Specialist; Gatlin Bunton, Agronomy Specialist; Rachel Hopkins, Ag Business Specialist covered many items producers needed to think about to mitigate the drought.

Topics covered were livestock management, hay feeding options, forage considerations, calculating prices, tax implications and how to start planning for the next drought. The local soil and water districts and NRCS spoke on programs that are available for producers to utilize for reduced water, pond cleaning and other items. The Farm Service Agency discussed LFP (Livestock Forage Program) and ELAP. FSA gave an overview of how to apply for them, documentation needed and other pertinent items.

All the presentations triggered questions from the audience and there was a lot of good discussion. The meeting went off without a hitch and everyone seemed to take a lot away from every presentation.



Osage County

Agriculture and Environment

Local Profiles and Stories



Direct Marketing Beef School

Eleven (11) beef producers participated in the two-day school held August 17th and 18th in Union, MO.

Producers learned how to add value to their cattle by finishing animals and marketing beef direct to consumers. They also toured a confinement beef feeding operation and learned from local processors.

“Very Informative class, I learned lots of great information!”



Osage County

Agriculture and Environment

Local Profiles and Stories



JUNE

01

ECONOMICS & MARKETING
Economic Outlook
Jennifer Lutes
University of Missouri
What is the economic outlook for meat goats and the industry?

02

FORAGE & NUTRITION
Planting Grasses for Grazing
Dr. Homero Salinas

03

MIDWEST GOAT PRODUCERS COURSE
3 DAYS
\$15.00 PER DAY
DAILY 9:30 AM - 3:30 PM

Mid-West Goat Producer's Course

Seventy-two (72) producers attended the four-day course May 31st – June 3rd in Sedalia, MO. Speakers covered forage & nutrition, economics & marketing, and herd management.

On the final day producers participated in value-added demonstrations that included a carcass meat cutting, goat milk soap making, and goat milk cheese making.

“It’s very interactive; so, you’re getting valuable information along with real examples.”



Osage County

Agriculture and Environment

Local Profiles and Stories

Osage County Forage Loss Assessment 2023

Rusty Lee, Field Specialist in Agronomy, was approached by the USDA Farm Service Agency to develop forage loss assessments for over 20 counties that impact farmer eligibility for Federal Drought Assistance Programs.

What follows is an excerpt from his state-wide overview and then Lincoln County specific information.

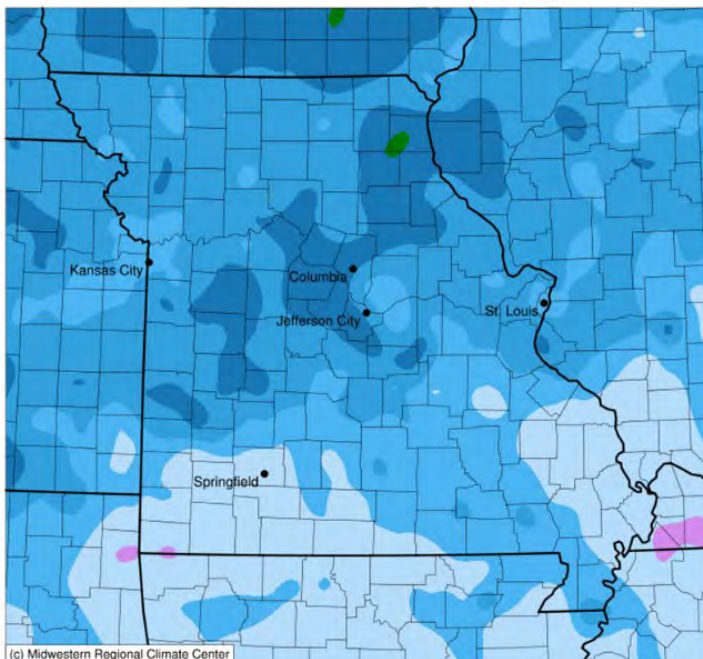
The 2023 forage production season featured a prominent drought event that continues to impact the State. Drought conditions first emerged in April when the state recorded its 4th driest April (- 2.17") dating back to 1895.

This year's drought occurred during the growing season, resulting in widespread negative impacts to the agricultural sector. Depleted soil moisture has led to poor pasture and crop conditions along with mature tree stress. Timely rainfall in July and August provided some relief to crops, but the return of hot and dry conditions in September and October limited fall pasture growth.

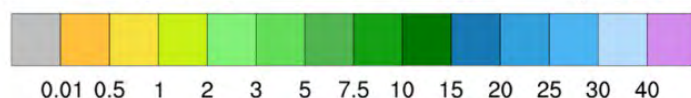
This has resulted in a continuation of drought impacts including agricultural concerns, enhanced fire risk and low water levels on streams, rivers and ponds. As of November 14, approximately 55% of the state remains in drought with 19% of the state being characterized as either severe or extreme drought

Accumulated Precipitation (in)

March 15, 2023 to November 15, 2023

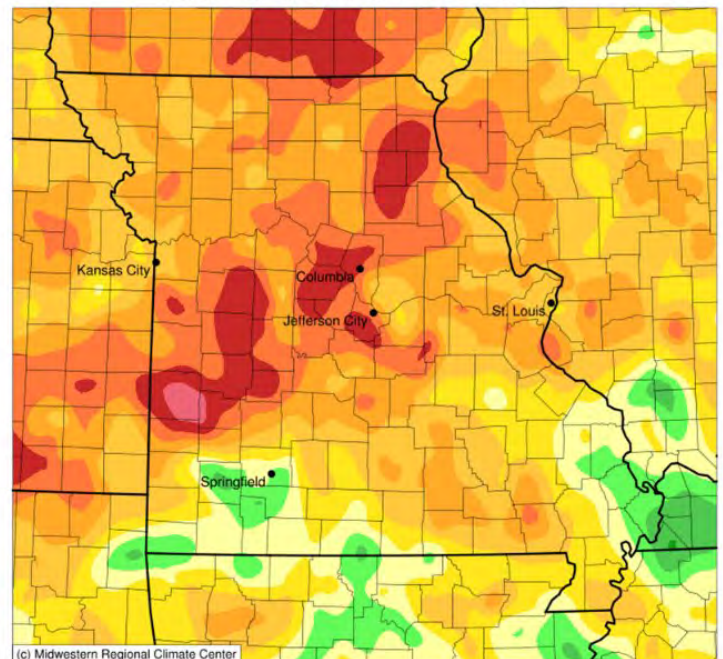


(c) Midwestern Regional Climate Center

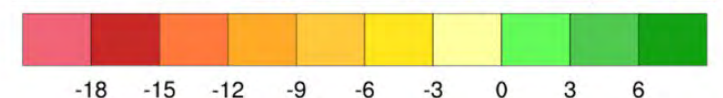


Accumulated Precipitation (in): Departure from 1991-2020 Normals

March 15, 2023 to November 15, 2023



(c) Midwestern Regional Climate Center



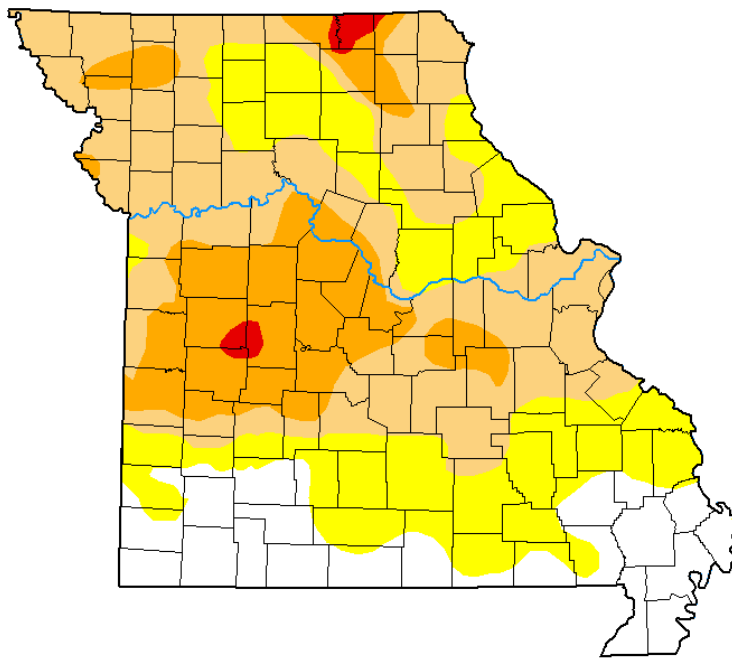
Osage County

Agriculture and Environment







Local Profiles and Stories

U.S. Drought Monitor Missouri

November 14, 2023
(Released Thursday, Nov. 16, 2023)
Valid 7 a.m. EST



Intensity:

-  None
-  D0 Abnormally Dry
-  D1 Moderate Drought
-  D2 Severe Drought
-  D3 Extreme Drought
-  D4 Exceptional Drought

The Drought Monitor focuses on broad-scale conditions. Local conditions may vary. For more information on the Drought Monitor, go to <http://droughtmonitor.unl.edu/About.aspx>

Author:

Brad Rippey
U.S. Department of Agriculture



droughtmonitor.unl.edu

County Specific Data - Osage

Cool-season grasses are the predominate forage species in Osage County. Much of its annual forage production occurs prior to the summer “slump” period of July and August. That makes April, May and June the quarter of the calendar to make or break a year’s forage production.

Assuming soil fertility is adequate, soil moisture is the largest determining factor of forage production. This direct plant response makes tracking rainfall, and its contribution to soil moisture, an excellent barometer of forage production. During the April - June period, rainfall for Osage County was 8.66 inches below the 1901-2000 average amounts. This represents a 67 % decline in precipitation during this critical period of forage production. My observations of pastures and hayfields in the county, including conversations with area producers, provided a verification of this expected reduced forage productivity claim.

While there was some short-term relief from a few July and August rains, our cool-season grasses saw April - June temperatures for the county being 3 % above the 100-year average, and more importantly, a lower-than-normal soil moisture level to start the growing season due to our drought actually beginning in the fall of the previous year.

These measurements, observations and conversations shape my opinion to be that Osage County experienced a 67 % reduction in forage growth for the 2023 growing/grazing season.



2023

Serving Cole, Callaway, Osage, Miller, Maries, Pulaski, Phelps, Moniteau
Helping until new horticulturist hired: Boone

- Extension Master Gardener Training- Mid-Missouri- 12 weeks-training: 12 participants from 4 counties
- Extension Master Pollinator Steward- Mid-Missouri- 6 weeks-training: 9 participants from 5 counties
- Tomato Production Workshop in Cole County – 14 participants
- Composting Workshop in Cole County- 27 participants
- Composting Workshop in Callaway County- 12 participants
- Composting Workshop in Osage County- 6 participants
- Composting Workshop in Boone County- 7 participants
- Garlic Production Virtual Workshop – 97 participants
- Garlic Production Workshop in Cole County – 10 participants
- Garlic Production Workshop in Boone County – 22 participants
- Workshop on Drought Management in Garden Plants in Boone County – 16 participants
- Workshop on Drought Management in Garden Plants in Cole County – 6 participants
- Workshop on Soil Health Improvement in the Garden in Boone County – 45 participants
- Workshop on Soil and Nutrient Management in the Garden in Cole County – 15 participants
- Workshop on Soil and Nutrient Management in the Garden in Osage County – 8 participants
- Workshop on Soil and Nutrient Management in the Garden in Phelps County – 23 participants
- Workshop on Soil and Nutrient Management in the Garden in Boone County – 13 participants
- Workshop on Container and Raised Bed Gardening in Cole County – 22 participants
- Workshop on Container and Raised Bed Gardening in Pulaski County – 15 participants
- Workshop on Soil Health Improvement in the Garden in Cole County – 25 participants
- Workshop on Pruning Trees in Phelps County – 35 participants
- Talk on Planting Cover Crops in the Garden in Cole County- 35 participants
- Garden n Grow – 16-weeks program- Cole County- 15 participants (10 kids + 5 adults)
- Conducted 26 Weekly Field Plant Diagnostic Clinic- About 100 plant samples diagnosed, ~150 clients served
- Weekly/Monthly Garden Hour- Served as Host and Speaker – 6 sessions
- Successful on a North Central SARE grant- \$250k on a team- study on fusarium root rot in farmer's field for 3-years
- Farmer's market price data survey in Mid-MO – 6 markets 2 times each- Collaboration with MDA
- Received soil test reports and provided recommendations to the clients- ~200 samples
- Provided Qualitative Nitrate Testing in forages - ~70 samples
- Visited Farms- ~60
- Received Phone Calls- ~300
- Prepared Radio Talks- 47 talks; Extension News Articles-2; Newsletter Article- Mexico Ledger-7, Journal article -1.

Horticulture Programs

Dhruba Dhakal, PhD
Field Specialist in Horticulture
O: 573--634-2824
E: dhakald@missouri.edu



2023

Serving Cole, Callaway, Osage, Miller, Maries, Pulaski, Phelps, Moniteau
Helping until new horticulturist hired: Boone



Participants at Container Gardening Workshop in Cole County



Participants of Master Pollinator Steward at Field Session in Prairie Garden Trust



Participants at Mid-MO EMG Training Field sessions



Visited field with strawberry issue



Performed quick nitrate testing in forages



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**

through credible statewide programs

Business and Community

Missouri Small Business Development Centers (SBDC) provide professional training and customized one-on-one counseling to small businesses across the state.

Working with the Missouri SBDC helps business owners make confident decisions. **In Osage County this took the form of 8 clients councils and 17 training event attendees – which resulted in 1413 jobs retained in 2023.**



Missourians from all walks of life celebrated the **2023 Missouri Good Neighbor Week**, Sept. 28 to Oct. 4, by completing and reporting neighboring acts and nominating others as the most engaged neighbors in their counties.

In 2023, the goal was to document 15,000 acts of neighboring. That goal was surpassed with 19,752 Missourians being positively affected during MISSOURI GOOD NEIGHBOR WEEK.



Strategic Doing is a one-day workshop that guides community stakeholders through an inclusive, problem-solving approach to developing high-impact projects to address local development issues.

The city of Risco, Mo., lacked retail options for food. Risco’s Strategic Doing workshop and follow-up activities resulted in a GROCERY STORE OPENING in the community.

“I highly recommend this incredible program to any community looking for focus and direction.”

Strategic Doing participant

Legend



Agricultural Growth & Stewardship



Economic Opportunity



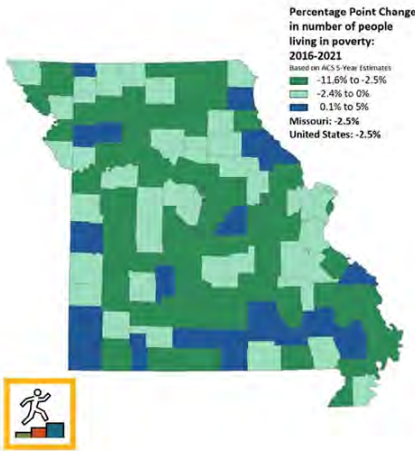
Educational Access & Excellence



Health & Well-Being



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



The **Missouri Economy Indicators (MEI)** series explores business, industry and workforce topics that affect Missouri's economy. The data is shared through newsletters and on social media. MU Extension faculty and staff receive talking points and collateral to share with local stakeholders.

In 2022, MEI published 15 issues, and MEI online resources were accessed MORE THAN 5,000 TIMES. Two out of five MEI newsletter recipients reported using the information to help guide policy or decision-making in their work.

"TAAF funds enhanced our ability to rival our competitors. Now we are proficiently showcasing our American products and feeling stronger in the marketplace."

**Nancy Montgomery,
Tacony Manufacturing
St. James, MO**

The **Mid-America Trade Adjustment Assistance Center (TAAC)** administers TAAF, a program funded of the U.S. Department of Commerce's Economic Development Administration. TAAF's mission is to boost American manufacturers' ability to compete in a global market, strengthen operations and improve profitability, thereby increasing U.S. jobs. Mid-America TAAC assists manufacturing firms in Iowa, Kansas, Missouri and Nebraska.

Mid-America TAAC reported that client sales revenues were more than \$2 BILLION IN 2022.



The **Neighborhood Leadership Academy** provides in-depth leadership training that emphasizes community-building principles, project planning, organizational leadership and personal leadership skills.

"The overall knowledge that I have gained through this course has been amazing. From how to engage stakeholders in the community, to planning events and hosting meetings, these are all tools that I will fully utilize going forward."

2022 NLA graduate

Legend



Agricultural Growth
& Stewardship



Economic
Opportunity



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Access &
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Health
& Well-Being



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.**



Strengthening Families Program: for Parents and Youth 10-14, is a seven-session series for parents or caregivers and their young teens to attend together to improve family communication, resolve conflict and improve parental skills.

A research study conducted by the Partnerships in Prevention Science Institute found a RETURN OF \$9.60 for every dollar spent implementing the Strengthening Families Program.



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



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Economic Opportunity



Educational Access & Excellence



Health & Well-Being



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



The **Missouri Extension Disaster Education Network** provides education and technical assistance to individuals and families, local governments, schools and organizations so they can prepare for and respond to natural and man-made disasters. Because of the unique relationship it maintains with each community, MU Extension is a key resource for the public, emergency services and public officials.



The Law Enforcement Training Institute (LETI) has provided basic and advanced training for law enforcement since 1948. LETI's **Basic Peace Officer Academy** exceeds the 600 hours of training required for licensure in Missouri. From 2019 through 2023, the basic academy has licensed almost 300 peace officers, more than any other academy in the state. During that time, all but one graduate became employed by a law enforcement agency. LETI graduates come from around the state and return to their communities to serve and protect.



The programming from the **MU Fire and Rescue Training Institute** (FRTI) is available to all qualified fire and emergency first responders. Seventy percent of courses are held at the local departments or agencies. With most of the state's fire service personnel considered volunteer or part-time, this local access and flexibility assures training opportunities for all firefighters and emergency responders.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



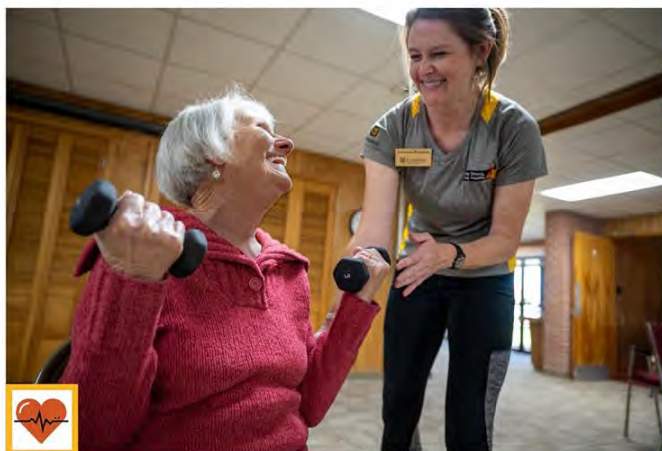
Educational Access & Excellence



Health & Well-Being



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.



Preschool through junior high youths learn how to maintain healthy lifestyles through information about nutrition, food safety and physical activity. **Show-Me Nutrition** classes support Missouri's Show-Me education standards for health and physical education and the state's School Wellness Policy.

"We have struggled with our daughter's picky eating for years and have tried so many techniques to try and get her to eat new foods. Your influence on her has worked magic this year. She has come home so excited about trying new foods and has now become not only willing but excited to try new things."

Parent of a Show-Me Nutrition participant

"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.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Osage County

Health and Human Sciences

Local Profiles and Stories

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.

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.

A total of 113 Direct Education participants were from Osage County.

Our Nutrition Program Associates (NPAs) are also continuing to provide information about the SNAP benefits program and offer assistance with SNAP benefits applications.

In addition to the numbers, **Dawn Sebion** shared this success story demonstrating local impact:

The week after making parfaits, Ms. Lehman told me one of her students created a Tik Tok video going step by step with recipe handouts how to make the parfait she did in her cooking class. The student showed proper cutting skills when cutting the banana then she layered the fruit and yogurt, complete with crunchy topping. She went on to describe how good it was and how great it is for breakfast.

We look forward to more programming opportunities in Osage County and continued progress in helping to improve the lives of Missouri families.

Thank you,

The East Central Family Nutrition Education Program

Nancy Keim, Associate Director
Deborah Raaf, Program Manager
Becky Fuchs, Office Support



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



Mental Health First Aid equips people to recognize and respond to signs of mental illness and substance use disorders.

The youth version of the program is designed to support adolescents ages 12-17 facing mental health or addiction challenges, while the adult version focuses on adults age 18 and older. Participants learn how to offer initial assistance and guide individuals toward the care they need.

**In Missouri, approximately
1 MILLION ADULTS and 72,000 ADOLESCENTS
suffer from MENTAL HEALTH ISSUES.***

*Missouri Department of Mental Health 2020 Status Report



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.



A Matter of Balance helps older adults overcome their fear of falling, increase their activity levels and reduce their risk of falls. In eight classes, participants learn fall-prevention strategies, develop personal prevention plans, acquire balance-improving exercises and make lifestyle changes to minimize their fear of falling.

“I have cleaned my house of clutter for safety, put non-slip stickers on my tub floor, I’m getting much more regular exercise and I’m feeling stronger.”

Legend



Agricultural Growth
& Stewardship



Economic
Opportunity



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Health
& Well-Being

Osage County

Health and Human Sciences

Profiles and Stories



Through MU Extension's Farm and Ranch Stress programs and five different field-tested workshops, rural participants are equipped with tools to improve their mental health, are connected to valuable mental health resources, and participants gain access to free one-on-one telepsychology sessions.

Tina Edholm taught **Mental Health First Aid** 15 times to 229 participants from 47 counties in Missouri, including Boone, Callaway, Cole, Howard, Pettis, and Saline. She attended multiple community events to share 988 resources and resiliency information.

Teen Mental Health First Aid (tMHFA)

offered across six 45-minute sessions to 10th graders during Health at Iberia High School during Spring 2022 and 2023. Course outcomes included:

- **18 out of 52** teens requested a mental health check-in from a mental health professional.
- "More people experience mental health challenges than you think. There's nothing to be ashamed of when seeking help." - tMHFA participant, 2023

These results were presented as a poster at Extension and Engagement Week. Tina will be offering tMHFA at Pilot Grove C-4 School District (Cooper County) as well as Iberia High School (Miller County) during the Spring 2024 semester.

Mental/Behavioral Health & Suicide Prevention		
	MHFA Youth and Adult	MHFA Teen
People Served	229	51
Value of Mental & Behavioral Health Programs	\$170	\$170
Total Value of Mental & Behavioral Health Programs	\$38,930	\$8,670



Osage County

Health and Human Sciences

Local Impact

Childcare Team Highlights: A Year of Impact!

In 2023, our Human Development and Family Science childcare team trained 397 providers, delivering 794 clock hours across Missouri through engaging virtual sessions. "The environment felt very welcoming, and it was exciting," said one participant. Another mentioned, "I thought it was a great training session and very interesting and inclusive." Tina's dedication shone as she engaged with 305 participants on their certification journey across Boone, Callaway, Cole, and beyond.



Matter of Balance

In 2023, the Matter of Balance program, a crucial element of the University of Missouri Extension's commitment to healthy aging, achieved significant milestones under Tina's guidance. She conducted three courses in Boone and Saline counties, with 29 participants completing the program. Through goal-setting, fall risk reduction, and basic exercises, participants experienced fewer falls, enhancing their ability to maintain independent lives in the familiarity of their homes. This not only contributes to the active engagement of seniors in work and community life but also markedly reduces the burden on our local healthcare system.

Building Stronger Families in Missouri

Human Development and Family Science Specialists virtually extended parenting education across the state in 2023. The team successfully served 91 parents, accumulating a total of 740 hours, directly impacting over 181 Missouri children.

The impact extended beyond knowledge as participants actively applied their learnings:

- **Communication Skills:** 100% worked to improve their communication skills to be more constructive and positive.
- **Relationship Building:** 59% made intentional choices to build or repair relationships.
- **Family Stress Reduction:** 50% made intentional choices that reduced family stress.

Tina Edholm played a vital role by teaching or moderating nine virtual sessions and two eight-hour in-person sessions. In 2023, 22 participants from Cooper, Callaway, and Howard counties attended, earning a total of 160 hours of parenting education.

Boost Your Brain & Memory

The program identifies healthy practices that can help you remember things better, be more organized, pay closer attention, and reduce your stress. Boost Your Brain & Memory was offered at the Cooper County Extension office. Eight participants completed the course. Comments from the course included the following:

- "Very positive group - all wanted to achieve and learn additional positive experiences." - Anonymous BYBM participant, Cooper County, 2023
- "This was an excellent course! Well-presented and full of useful ideas and information. Also very much enjoyed this instructor like everyone else who practiced too." - Anonymous BYBM participant, Cooper County, 2023