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## Community Involvement - Health / Service

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## PARTNERSHIPS PRODUCE A NATIONAL CENTER FOR HOME FOOD PRESERVATION RESEARCH AND EDUCATION

Elizabeth L. Andress\*, B.A. Nummer, M.A. Harrison and W.L. Kerr

### ABSTRACT:

The National Center for Home Food Processing and Preservation is a multi-institutional collaboration funded by CSREES-USDA with The University of Georgia as the primary institution. Scientists from Alabama A&M University and the University of California Davis are partners. Experts in home food preservation from eight U.S. universities and industry comprise an advisory committee. Interest in home food preservation and processing remains high in the U.S., and the Cooperative Extension System is an important resource for knowledge in this arena. It is critical to provide educators and consumers with access to current, science-based information concerning safety and quality issues regarding home processing of food, and to encourage adoption of new practices. Therefore, the Center is creating, gathering, evaluating, and disseminating science based recommendations and conducting research as needed in support of those recommendations. Multiple strategies for making safe food preservation recommendations available are being used: critical literature reviews and publishing of results; updating of existing USDA and Extension consumer publications; and establishing channels for dissemination of guidelines, including a new website. The Center's website ([www.homefoodpreservation.com](http://www.homefoodpreservation.com)) is the place to find information about the Center's projects, USDA home food preservation publications, Center publications, links to other Cooperative Extension System publications, multimedia resources for educators (graphics, slides, animations, and video), and how-to guides. Other programs in development through collaborations of the Center include a model volunteer-based Master Food Preserver Program, an instructional video series, and an original web-based curriculum on home food preservation.

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## NATIONAL 4-H HEALTHY LIFESTYLES GRANT PROGRAM

Diana Friedman\*

### ABSTRACT:

The Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity, Overweight Children and Adolescents reported that poor nutrition and a lack of physical activity results in 300,000 premature deaths each year in the United States. Many communities are largely unaware of the problem. However, by educating young people and adults on nutrition, fitness, and positive lifestyles, we can reverse the trends of poor health related to obesity. With this in mind, National 4-H Council with funding from Kraft Foods, Inc. gave grants to 8 organizations across the country to foster community-based, collaborative action to decrease the growing trends of obesity. Programs that were funded involved youth, ages 5-12, and their families in activities on health, nutrition, and exercise. This interactive workshop will demonstrate through activity, discussion, and presentation how these communities developed and implemented strategies to encourage youth and their families to lead healthy lifestyles. Participants in the workshop will get a copy of the national program final report and take part in actual activities that have been utilized at the local grantee sites.

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## BIG SURPRISES ON THE ROAD TO HAPPINESS, PRODUCTIVITY, AND CLOSE RELATIONSHIPS

H. Wallace Goddard\*

### ABSTRACT:

The standard American idea is that you can't love anybody or be happy and productive until you love yourself. Research shows two problems with this idea: 1. It doesn't work. (People aren't very good at consistently loving themselves.) 2. It isn't true. (Loving oneself does not make a person more loving or productive.) There are exciting new discoveries on how people can be more happy, more productive, and have better relationships. This presentation will provide tools to improve your happiness, productivity, and relationships as well as to help you cultivate the same skills in the youth, families, volunteers, and professionals you work with. The skills that are described in these materials are based on The Great Self Mystery developed at Auburn University (Goddard & Morgan, 1995), and new discoveries in happiness based on signature strengths (Seligman, 2002). Each participant will leave the seminar not only with a solid process for discovering and developing talents, but will leave with exercises and activities that can be used to teach the skills to others.

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## CONNECTING THE 4-H CLOTHING PROJECT AND COMMUNITY SERVICE

Nancy Kershaw\* and Elaine Husted

### ABSTRACT:

"I pledge my hands to larger service" is part of the 4-H pledge and an important focus of the 4-H project. A recent report by the Independent Sector and Youth Service America illustrates the impact of youth service on the giving and volunteering habits of adults. Approximately 2/3 of adults who volunteer began contributing their time as youth. This poster provides ideas for ways to involve 4-H members and leaders in community service projects through the 4-H clothing project. Highlighted are the statewide 4-H clothing, knitting and crocheting "Hands for Larger Service" fair exhibit classes implemented in 2000 that provide an avenue for sewing and donating handmade items to local charitable organizations. Over the past three years 164 items have been exhibited at the Oregon State Fair in these classes. Additional items have been exhibited at county fairs throughout the state. These exhibits have been distributed through local charitable organizations to those in need. In addition several counties implemented workshops for 4-H members and leaders that taught sewing skills and involved members in sewing for community service. As a result of workshops in two counties over 400 polar fleece hats were distributed through local schools and Head Start; 50 tote bags were sewn for Early Intervention and 150 baby items were sewn and donated to a local Hospital Auxiliary. Handmade quilt raffles raised over \$9,000 for children's shoes over the past 10 years in one county.

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## NEAFCS LIVING WELL PUBLIC SERVICE CAMPAIGN

Jane A. Landis\* and Jean Clarkson Frisbie

### ABSTRACT:

NEAFCS has embarked on an ambitious public service campaign to make the public more aware of the educational services of Extension Family and Consumer Sciences. Each state Living Well contact was given a campaign kit.

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## THE HEALTHY DIABETES PLATE

Rhea Lanting \*, Martha Raidl, Shelly Johnson, Joey Peutz, Marnie Spencer, Barbara Petty, Laura Sant and Mimi Hartman

### ABSTRACT:

A four-part curriculum called "The Healthy Diabetes Plate" was developed around the Idaho Plate Method by the University of Idaho and evaluated by the Idaho Diabetes Control Program. Eight Extension Educators piloted the program to disparate populations (N=70) in rural Idaho. This program visually taught participants how to use a "plate" to: (1) modify current food intake, (2) plan meals using a variety of foods, (3) incorporate recipes; and (4) eat out in restaurants. Surveys were used to determine participants' diabetes self management care and eating habits. Frequency analysis was determined using Epi Info 2000. Diabetes self-management results indicate that approximately: (1) 95% of participants had a flu shot; (2) 86% checked blood sugar levels and had an eye exam; (3) 71% had a foot exam; (4) and 60% had a hemoglobin A1C test within the last year. There was an increase in knowledge with 60% of participants planning meals correctly at the end of class 1, and 81% planning meals correctly at the end of class 4. A pre/post eating habits survey indicated that participants increased their whole grain, fruit, vegetables and milk consumption from 4 to 30% by the end of class 4. The curriculum increased knowledge and changed eating behaviors of participants. Data are currently being collected on changes related to diabetes self-care measures.

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## PRODUCT LOOK-ALIKES

Phyllis B. Lewis\*

### ABSTRACT:

For people with limited reading abilities, "reading" the AUTHOR: of a product may mean reading the picture on the label rather than the words. With more latch key youth being more responsible for their own welfare or living with grandparents who themselves may have limited eyesight, not knowing the importance of what the package truly contains can be a life-threatening situation. Accidental household poisoning is not a new topic, but one that needs to be periodically addressed in a new format, such as the one Phyllis B. Lewis has developed. The objective of the display is to physically illustrate how closely household cleaning and personal care products look alike, as well a prescribed medications and candies. By covering the AUTHOR: on two similar products (i.e.: Ben Gay and Colgate toothpaste), audience members quickly realize they can not tell one product from the other. That leads to looking at pictures on similar cans (cat food/tuna fish; Ready Whip/Rapid Shave). Can you tell what the product is by the picture? Prescription medicines and candies are also compared in this safe hands-on display (gummy bear vitamins/gummy bears; Sudafed/red hots). As a result of visiting this display, the audience realizes how important it is to keep products and prescriptions in their original containers (compare motor oil in recycled jar to honey, apple juice, PineSol cleaner). Kindergarten students realize why they shouldn't help themselves without getting assistance from an adult. Adults learn an awareness of look-alikes (Parmesan cheese/Comet) and why they need to use proper storage methods. After participating in this display lesson, many participants are able to identify other look-alike products in their local stores.

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## RAISING DIABETES AWARENESS IN LATINO COMMUNITIES

Anna Martin\* and Marciel A. Klenk

### ABSTRACT:

Take Care Of Yourself! !Cu dese bien! This new curriculum is designed for those working with Latino clientele in the Expanded Food and Nutrition Education Program (EFNEP) and focuses on diabetes awareness and prevention for adult Latinos. The target audience for educators' classes are adults at risk for diabetes rather than those already diagnosed with the disease. The curriculum includes information about the risk and consequences of diabetes, treatment, early diagnosis, and control; Latino attitudes, beliefs, and lifestyle factors; traditional folk remedies used to treat symptoms; and suggestions for ways to make positive changes in behavior. The curriculum also includes two sample lesson plans, participant self-tests and answer key, tips for facilitating group discussions and suggestions for starting a walking program. Also included are 10 reproducible black-and-white handouts in English and Spanish with quizzes, exercises, recipes, and other tips for success.

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## YOUTH FIRE AND EMERGENCY SERVICES DAYS

Earl McAlexander\* and Jerry Chizek

### ABSTRACT:

A major problem for nearly all of the 839 volunteer fire departments in Iowa is recruiting new members, especially younger adults recently out of high school and into the local workforce. Through efforts of Iowa State University Extension, a partial solution may have been discovered. The Youth Fire and Emergency Services Day is a program that introduces high school youth (grades 10--12) to the volunteer fire service and discusses the overall need of community service and volunteering in rural communities. A curriculum based around hands-on activities was developed by Extension staff and a local volunteer department fire chief. This was endorsed by the Iowa Firemen's Association and the Fire Service Training Bureau of the Iowa Department of Safety. Topics covered in the program include fire behavior, fire extinguisher use, protective firefighting gear, hose handling, search and rescue, and general EMS. The students learn an appreciation of the training that firefighters go through continuously and the amount of safety gear firefighters wear for protection. The program was piloted in four locations over a three year period and conducted in at least one location in nine counties in Northwest Iowa during 2003. While many of the participants may leave the local community, the purpose of the program is to expose the students to community volunteer opportunities as adults. While much attention is given to community service to students in school, this program gives encouragement to students to continue volunteering as adults, wherever they may go.

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## TAKING A FALL OUT OF YOUR FUTURE

Marian Ross\* and Dana Tarter

### ABSTRACT:

Falls precipitate 40% of nursing home admissions, each year over 200,000 hip fractures occur and falls are ranked as the number 1 injury related death for those over 65 years of age. To address this serious health risk among older adults in Tarrant County an educational program "Taking A Fall Out of Your Future" was conducted. County Extension Agents addressed center directors at a staff training meeting, who then followed up to schedule their sites for the "Taking A Fall Out of Your Future" educational program. "Taking A Fall Out of Your Future" included a short video of six scenarios showing where most falls in the home occur. The video is narrated and following each scenario, a discussion was held regarding changes in the home to reduce the risk of falling. Following the video, discussion of physical factors, risk taking behaviors and environmental factors that relate to falling. Topics include: reducing the fear of falling, using caution and assessing one's home to make changes and improve safe behavior and habits. The educational program was conducted at 33 sites, 421 in attendance, including a presentation in Spanish. Among evaluation results 75% indicated that the program was "very helpful" and most often cited "removing environmental hazards around the home", "adding safety features" and completing a "home safety check" as the changes they would make in their own living environment. Of those responding with an evaluation, 81% indicated that they would share the information with others.

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## GETTING THE MOST OUT OF YOUR SERVICE LEARNING PROJECTS

Joanne Roueche\*

### ABSTRACT:

Successful service-learning projects provide each individual an opportunity to make a difference. Former President Bush began a widespread, grassroots recognition program (PSSA) to encourage young people to become involved in voluntary community service. That program gained momentum at the "Summit for America's Future." The goal is to get 2 million young American to provide 100 hours of service. The mission of the 4-H program is to assist youth in acquiring knowledge, building character, and developing life skills in a fun learning environment that will enable them to become self-directing, productive members of society. This mission can be accomplished through well-designed service learning projects. A national study suggests that youth involved in service learning projects do better academically, increase school attendance, and are more responsible in their personal and social lives. Research from the Search Institute indicates that youth involved in service at least one hour per week are less likely to be involved in negative behaviors such as: Binge drinking, problem drug use, cigarette use, vandalism and skipping school. This workshop will focus on: (1) community networking to determine needs and resources; (2) developing a sound service-learning project; (3) funding - resources; (4) getting more mileage from your project; (5) recognition for volunteers.

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## QUICK & EASY COOKING SCHOOLS: WHETHER YOU'RE 9 OR 90, THIS HANDS-ON COOKING SCHOOL IS FOR YOU

Radonna Sawatzky\*

### ABSTRACT:

Due to the alarming rate of foodborne illnesses in Oklahoma, Sawatzky and Kristy Spalding developed the Quick & Easy Cooking School Curriculum to help reduce the number of cases. They partnered with other Extension Educators and the Oklahoma Pork Council (financial partner) to provide Quick & Easy Cooking Schools throughout Oklahoma. Whether your 9 years of age or 90, this program will benefit you and others you cook for. Participants received age-appropriate educational information on food safety, as well as basic nutrition and cooking techniques. Participants then practiced using the information by cooking a recipe for the tasting luncheon. A pretest was given at beginning of program and a posttest was mail 6 weeks after program. This hands-on, educational program did make a difference in the decreasing the foodborne illness rate. After the pilot adult cooking schools, Spalding's county went from 159% higher than the state rate (219% higher than U.S.) to 100% lower than state rate. Sawatzky's county went from 20% higher than the state to 21% lower. Furthermore, from all 40 adult cooking schools, the pretest & posttest data indicated a significant increase in participants' safe food handling practices, such as using a meat thermometer and not thawing meat at room temperature. Fifty youth cooking schools are currently being taught throughout Oklahoma. Data from the pilot youth cooking schools indicated a significant increase of knowledge on cross-contamination and other food safety matters. The youth cooking schools have been integrated into school programs, after school programs, day camps, summer workshops, and 4-H camps.

\*Arapaho, OK

## LIVING SAFELY WITH LEAD: REDUCING THE RISK

Vernon Waldren\*, John Fech, Carrie Schneider-Miller and Sharon Skipton

### ABSTRACT:

The University of Nebraska Extension in Douglas-Sarpy Counties has developed a new curriculum called Living Safely With Lead: Reducing The Risk for use with parents of children at risk for lead poisoning. It is a two-hour program for use in a classroom setting. The program covers preventing lead poisoning with landscaping, housekeeping, and nutrition management practices. Program format includes four power point segments on the risk of lead poisoning, landscaping to cover and stabilize lead contaminated soil, housekeeping to reduce inhalation or ingestion of lead dust and dirt, and nutrition to prevent lead absorption. Also included are participant educational materials on landscaping, housekeeping, and nutrition best management practices for lead poisoning prevention, and an evaluation instrument. Information is research-based and have been reviewed by lead specialists from the University of Nebraska and Douglas County Health Department. The program has been used with over 50 parents of children at high risk of lead poisoning. The program is well received, and evaluations indicate knowledge increased and practice changes were planned.

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## CARE FOR KIDS DAY

Rachel West\* and Judy Bland

### ABSTRACT:

Care for Kids Day, a free community sponsored health fair, targeted families of young Children. The goal was increasing awareness of health care to prevent disease. One in five children are overweight today. Research shows that this alarming statistic leads to Type II diabetes diagnosis in adolescents, high blood cholesterol and blood pressure levels as well as early diagnosis of heart disease in their future. Poor dental health and increased diagnosis of asthma are also known problems. Since Tift County has a rich history of community collaboration related to children's issues, Tift County Extension Agents had no problem initiating the concept of Care for Kid's Day. Groups contacted included the local hospital, health agencies, recreational groups, civic clubs, youth groups, law enforcement and others to begin preparation for the yearlong event. Free health screenings included vision, dental orthodontics, scoliosis, hearing, height/weight, asthma and more. Educational activities, finger printing, ID cards, a child car safety seat check and a bicycle rodeo with free bicycle helmets were also offered. Fun activities for the children were successful. Walking cartoon characters, hands-on art activities, interactive drama and story telling, gymnastics exhibitions and relays were enjoyable components for children. Free T-shirts and lunch were provided for all participants. The impact of Care for Kids Day was evident with 1102 children and adults from 8 counties attending the event. Twenty-five children tested required further vision care while 6 tested positive for scoliosis. On-site referrals were made for further dental care and other health needs.

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## WOMEN'S HEALTH MONTH PROGRAM

Marjorie Wolford\*

### ABSTRACT:

Women's Health Month, a program unique to Ohio, has been observed annually during September. This program has been used as a model for community education in other states. It has also been published by National Center for Education in Maternal and Child Health. The Ohio Department of Health oversees the observance and provides funding to local counties and organizations who apply through area health education centers. Ohio State University Extension in Pickaway County has been the lead organization in offering women's health month programs for the past seven years. The committee includes representatives from the local hospital, Health Department, American Cancer Society, American Heart Association, Circleville Junior Women, YMCA, Central Ohio Diabetes Association, Mental Health Association, Heart Health Network, and OSU Extension. The goal is to increase health awareness and develop strong linkages to community resources. The annual events have reached 1800 women, including limited resource clientele and interested community people through forums, screenings, motivational speakers, and health fairs. The Women's Health Team has consistently used demographic data and evaluation results from the previous year to assist in the next year's planning process. Six physicians spoke during the 2000 Women's Health Forum. Evaluations conducted five months later revealed that 59% improved their diets, 45% checked moles and 43% moderated sugar intake. The 2001 forum participants planned to "try to implement a better lifestyle." The 2002 event reached 300 high schools students with timely topics of body piercing, self image and performance enhancement drugs.

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