

IMPACTS 2006

For 2006, the WSU Spokane County Extension Office had a total of 61,500 class attendees and approximately 350,000 “hits” or visits to our web pages. These numbers contain some duplication since many people attend more than one class or visit our web site more than once. They are, however, an excellent indication of the activity of this office in providing education to the citizens of Spokane County. Documented impacts of WSU Spokane County Extension Programming in Spokane County include:

- 10,278 adults and 5,937 youth receiving or eligible for food stamps and children receiving free and reduced-price lunch at schools participated in the County **Food Sense Program**, funded through **Food Stamp Nutrition Education** and the **Extension Food and Nutrition Education Program (EFNEP)**.
 - They gained knowledge and skills in food safety through proper hand washing, sanitation of surfaces and elimination of cross contamination when preparing foods.
 - They also learned about healthy eating habits by selecting foods from all food groups, determining portion size and reading labels for increased understanding of nutritional value.
 - Cost saving skills increased as adults and youth look at price per serving, homemade versus pre-packaged and innovative ways to stretch the money they have for food.
- 14,500 individuals increased their knowledge about **Home Horticulture** practices. 98% of attendees reported an increase in knowledge and 75% reported they had changed their gardening practices to promote water conservation, protect water quality and reduce the economic and ecological damage by invasive species by increasing the application of sustainable management practices to home and public landscapes.
- 200 enrolled volunteers helped 1,500 youth participated in the **WSU Spokane County Extension 4-H Community Club Program** where they learned life skills in decision making, time use, conflict resolution, understanding diversity, respect, confidence, responsibility, and organizational skills.
- Spokane 4-H staff to partner with the Family Assistance Center staff at Geiger Armory using a grant from the USDA and the military, **Operation Military Kids** provided opportunities for youth of deployed parents/guardians to get together and learn new skills while having fun. 86 youth participated in the Washington Army Air National Guard Youth 4-H camp. In addition, summer day camps had 69 participants, with 13 adult volunteers assisting, and 8 teen counselors who attended a 5-day counselor training that included white water rafting in Montana.
- During the 3 day **Inland Northwest Turf Tree and Landscape Conference** 350 arborists; landscape designers, contractors, and managers; nursery employees; horticulture teachers; and pest managers improved business practices regarding pest management, water resource protection and general business management.

- 49 Spokane County farmers and ranchers attended **Farm Financial Analysis and Planning Informational** sessions to learn of benefits of analysis to business decision making and success. Nine farmers and ranchers used new software tools to determine **Machinery Operating Costs and Fair Custom Rates** to expand their farm business activities.
- 289 individuals learned **Personal Finance Skills** during a series of 2-hour required classes for bankruptcy filers as part of the national US Department of Justice, US Trustees personal finance class curriculum pilot project.
- 212 individuals from farm families attended training on **Farm Succession and Estate Planning** supported by a grant of \$32,488 from WSU's Western Center for Risk Management Education. After attending the first workshop, 79 farm families signed a commitment agreeing to continue with the planning process. They will each have the opportunity to receive the free services of a WSU-trained coach through November 2007 and to attend a second workshop in February 2007.
- The need well documented for parent education in the region was addressed by the **Nurturing Program** where 150 parents, 60 preteens, and 95 young children learned skills that improve family dynamics through effective communication and conflict negotiation skills. Additionally, Extension teamed with Spokane County Community Services to provide one 3-day NPP facilitator training which was held at the Spokane Tribal TANF where 26 people participated and 15 completed training as **Strengthening Families Program** facilitators.

16,215 youth and adults learned to eat more fruits, vegetables and whole grains through the Food Stamp Nutrition Education Program.

10,875 individuals increased the application of sustainable horticulture management practices to home and public landscapes.

Operation Military Kids, a partnership with the Family Assistance Center staff Geiger Armory to provided opportunities for youth of deployed parents/guardians to get together and learn new skills.