

EXTENSION TRENDS: **CANYON COUNTY**

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2023 By the Numbers

- **21,504** direct contacts
- **12,390** youth participants
- **288** volunteers
- **4,853** volunteer hours
- **\$1,199,419** extramural funding

Our Advisory Council

Special thanks to our volunteers who help shape programming and inform the work we do for UI Extension in Canyon County: Bryan Kida, Daniel Adams, Jen Wallin-Ruschman, Don Benson, Julie Eldredge, Kathy Harris, Maria Held, Laura Hayman, Cindy Tekus, Debbie Lowber and Paul Webster.

UI Extension Educators



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2023 Impact

Educator Tasha Howard continues to offer the Diabetes Prevention Program and implemented a new program, Dementia Friends. Canyon County has one of the higher rates of diabetes diagnoses with just over 10% of adults diagnosed in recent years. One of the top five concerns in the Community Health Needs Assessment includes aging health. Dementia Friends builds understanding and invites participants to choose an action which can improve the friendliness of their community to an aging population. Howard also participates in the Caldwell Health Coalition, Extension Poverty Task Force, and the Western Region Stress Assistance Program.

Plant Clinic occurred for 22 consecutive weeks from May-Sept. with 333 direct contacts. A total of 576 volunteer hours were donated to the community, adding a value of more than \$55,000 worth of practical horticulture knowledge. The Plant Sale recorded nearly \$3,000 in sales and raffle items, nearly double the income from the previous year. Master Gardeners volunteer countless hours, as well as supplies/seeds for the Plant Sale to help support the horticulture program in Canyon County.

Educator Cheyanne Myers held a 10-week program designed to help landowners increase their stewardship. New citizens are moving into the community who have never owned land before. This class helps them learn new techniques and who to contact when they have questions.

4-H in Canyon County

UI Extension, Canyon County offers traditional 4-H programs and a series of spring and summer day camps, Short Term Enrollment Programs, in-school and after-school programs, and community events. With over 660 members in 50 clubs, Canyon County is home to one of the largest 4-H programs in Idaho. To address the impacts on social, emotional, and educational needs of youth effected by the pandemic, Educator Carrie Clarich and colleagues received an Idaho Department of Health and Welfare grant to launch the Creating a Spark in Treasure Valley Youth program, which expanded 4-H programming to reach 13,885 youth in 2023.

Howard worked with 4-H youth to provide mental health education using Building Fences, a new program that teaches youth how to manage stress, provide insight for their friends who may be struggling, and become aware of resources that can help others. The Junior Master Gardener team held a multitude of educational activities and Educator Brad Stokes visited multiple schools, ran a 4-H day camp and mentored youth. Myers is a member of the Treasure Valley Dairy Replacement Heifer Program which teaches youth hands-on experience with the dairy industry. She also holds nutrition workshops to help youth who plan on showing animals at fair, to teach them about proper feeding and nutrition of animals.

On the Horizon

The EXCITE (Extension Collaborative on Immunization and Teaching Engagement) project will continue to provide poverty informed education across the county and state. Partnering with health districts, this program will train health workers on poverty and help them implement poverty informed practices into their work. Dementia Friends will continue providing education for community members on how to become dementia friendly communities. Information sessions will be held across the state and Howard will become a Dementia Master Trainer to provide more training and increase the number of trainers over the next year.

The Master Gardener and horticulture program has strong community partners including the Nampa Library, Caldwell Library, Middleton Library and Homedale Library, as well as several county schools for outreach to youth. Two local community gardens are led by Canyon County Master Gardeners (Trinity Community Garden and Canyon Springs Community Garden). The combined gardens have donated more than 7,000 pounds of local fresh produce to the community.

Myers will host a new pasture management course instead of Living on the Land, based on the needs of clientele.