

**COOPERATIVE EXTENSION SERVICE**  
**WEEKLY UPDATE**  
**Week Ending 6/6/08**

1. Items for Approval – None this week.
2. Items for Discussion – None this week.
3. Summary of County Visits by Dr. Jon Ort

DATE	COUNTY VISITED	PURPOSE
6/3/08 – 6/5/08	Forsyth County	SAC/SPC Meeting

4. Items for Information

- ☒ Heart Disease and Stroke are the 1st and 3rd leading causes of death in Davie County. Some risk factors are high blood pressure, physical inactivity, and being obese/overweight. NC Cooperative Extension, Davie County Center and the Davie County Health Department provided the *Eat Smart, Move More, Weigh Less* program to Davie County residents. This is an 8-week, weight management program that teaches the skills needed to change eating and physical activity patterns; 5 consumers participated in the program. On the first and last class sessions, each participant was weighed and measured along with having their blood pressure taken and Body Mass Index (BMI) calculated. A total of 72 pounds and an average of 1.5 inches were lost per person, and 100% lowered their BMI. Due to the outcome, we will continue to offer this program.
- ☒ Nine elementary Schools in Robeson County, with low End of Grade (EOG) test scores, are implementing after school programs as part of a 21st Century Grant. Each school targets low performing youth and offers homework assistance, tutoring, and life skills curriculum in an effort to raise the students EOG scores. NC Cooperative Extension’s 4-H program in Robeson County partnered with these schools to offer life skills activities. In the 2007-2008 school year, the 4-H staff worked with more than 150 youth offering science, communication, and expressive arts curriculum. At the end of the school year, through verbal and observed evaluations, 70% of the students demonstrated an increased knowledge of science, 80% demonstrated increased communication skills, and 95% showed an increased interest in the expressive arts. Due to the demonstrated increase of knowledge and interest among the students, the 4-H staff will continue to work with established after school programs in the future.
- ☒ After one of Beaufort County’s rural hospital's kitchen received less than satisfactory results during their initial accreditation process, the Public Information and Staff Educator from the hospital contacted NC Cooperative Extension and asked that food safety education be taught to their entire kitchen staff. Due to the kitchen staff being educated in safe food handling techniques and putting their food safety knowledge to work, the kitchen received glowing reviews during their accreditation process. According to the Public Information and Staff Educator, the kitchen passed inspection without a single demerit, and the hospital is now accredited. These food service workers have improved their operational food safety practices and patients eating at the hospital are no longer at risk for a possible food-borne illness outbreak.

- Many elementary school teachers in Alamance County are uncomfortable teaching certain science objectives outlined in the NC Standard Course of Study. NC Cooperative Extension, 4-H and our Extension Associate from the Department of Horticultural Science assisted the school system by offering the *4-H Soils Solutions* program. This program meets several NC Standard Course of Study objectives for 3rd grade. In November, our Extension Associate conducted training for 14 third grade teachers on this curriculum. Five of these teachers have returned their evaluations. 110 students gained an interest in class work; 105 students demonstrated an increase in quality classroom work; and 107 students demonstrated an increase in academic performance (grades). These results are good indicators that the *4-H Soils Solutions* program has a positive effect on the participating teachers and students in the Alamance Burlington School System.
  
- Students need to experience hands-on experiments to help them understand and appreciate science. In 2008, Henderson County 4-H provided embryology training, curriculum, quail eggs and incubating equipment for 730 youth in 42 second grade classes. Teachers supervised their classes each day as children turned the eggs, and recorded the temperature and humidity in the incubators. Youth experienced the miracle of watching chicks hatch. Along with the teachers, fifteen adult and youth volunteers helped with this program. Teachers reported that students' scientific knowledge and skills were enhanced through this program. Students developed the skill of responsibility and an interest in wildlife and caring for wildlife.

5. Routine Items – None this week.