

## YOUTH DEVELOPMENT



*Positive Youth Development prepares the youth of today to become the effective, empathetic adults of tomorrow. Our research-based youth enrichment programs like teens in governance build youth and adult capacity and partnerships that help both sides grow. 4-H clubs, camps and after-school programs give young people the hands-on experiences they need to develop an understanding of themselves and the world.*

### 4-H

*Sarah Tarjeson, 4-H Youth Development Educator*

- The 4-H Project Leader Resource Fair for Sheboygan County Project Leaders took place on March 20, 2023, and was intended to increase leaders' understanding of their roles, responsibilities, and resources available in this important role. 92% of participants (n=12) agreed or strongly agreed with the statement, "I feel more prepared to serve in the role of 4-H Project Leader" in a post-reflection evaluation. 100% of participants agreed or strongly agreed with the following statements:
  - I can identify several resources available to me as a 4-H Project Leader.
  - I feel like I am an important part of the 4-H Program.
  - I understand the importance of 4-H Projects in achieving the goals of the 4-H Program.
- 4-H Project Day included 43 youth participants who engaged in specific learning opportunities around projects or areas of interest. There were 10 sessions to choose from and each child was able to participate in up to three sessions including areas such as sewing, crocheting, book art, small crafts, and more. 100% of participants who responded to the evaluation (n=26) rated the day as good or excellent. 81% of participants responding to the survey agreed or strongly agreed with the statement, "I felt I belonged here." Another 81% indicated that they had to follow step-by-step plans to reach their goals." 58% of participants responding to the survey agreed or strongly agreed with the statement, "I felt stretched and pushed in new ways."
- Distributed a monthly newsletter starting in January throughout the year geared for New or 1st Year 4-H Families to introduce various components of the 4-H Youth Development Program, develop a sense of belonging to our organization and build confidence in parents and members as they participate in club and project opportunities.
- Recruitment of youth participants for the 4-H Fine Arts Festival where youth identify, develop and showcase talents in a variety of art forms. Participation in the arts helps students stay in school, increases motivation, improves attitudes and attendance, and improves academic performance.



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
SHEBOYGAN COUNTY

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## YOUTH DEVELOPMENT (CONTINUED)

### ***Positive Youth Development***

*Lisa Sanderson, Positive Youth Development Educator*

Preparation continues for the first Sheboygan Outreach Collective event in Plymouth, to be hosted by Generations multi-generational center. Seventeen organizations to date have registered, including new community partner UMOS “...a non-profit advocacy organization, provides programs and services which improve the employment, educational, health and housing opportunities of under-served populations.” Outreach efforts are targeting rural employers such as Sargento, Sartori, Georgia Pacific, Toro, and others who employ Spanish-speaking workers. The event will be offered on a Sunday so that shift workers are likely to be available. Flyers will also be shared through Plymouth Food Bank outlets and Plymouth School District.

In other news, SOC met with the Kohler Arts Center to support their community outreach in preparation for resource-related art-making during Leavitt Amp concerts this summer in Sheboygan. We also welcomed new Health and Human Services Community Program Supervisor Ruth Ruiz to our meetings for collaboration on shared goals.



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## AGRICULTURE



*If it happens on a farm or in a field, the Extension Institute of Agriculture works with you to achieve better results. Our innovative dairy management programs range from genetics to farm and business management. Extension researchers work hand-in-hand with row crop, forage and fresh produce growers to provide best practices for every aspect of the growing phase. We also advise communities on using sustainable practices to create inviting spaces free from invasive species.*

### **Dairy**

*Tina Kohlman, Regional Dairy Agent*

- A Fond du Lac regional Confined Animal Feeding Operations (CAFO) Update Meeting, in collaboration with WI Department of Natural Resources (DNR), for WPDES (WI Pollutant Discharge Elimination System) permitted farms, farmers owner/operators, crop and dairy managers, agriculture engineers, crop consultants, agronomists, professional and on-farm nutrient applicators, government agency personnel, and other interested individuals. This effort is designed to discuss and teach individuals the latest research and regulatory update to improve environmental sustainability and farm business viability by protecting ground and surface water through dairy management and feeding efficiency; manure storing and handling; and nutrient management.
- A webinar for dairy owners/managers, employees, and agribusiness professionals where they learned about providing an enriching environment for all management groups within the dairy herd to improve animal welfare and business viability.
- A presentation for dairy owners/managers, employees, and agribusiness professionals where they learned the impact of transport and best management practices to reduce stress from animal transport (hauling) which can improve animal care and welfare and business viability.
- A conference for dairy owners/managers, engineers, agribusiness professionals where they learned about innovative manure handling processes to recycle nutrients, produce biomass (renewable) energy, and to reduce manure gas greenhouse emissions to improve business viability, environmental sustainability, and food safety through animal husbandry and welfare.

## FOOD SECURITY, HEALTHY EATING, AND HEALTHY LIVING



*FoodWise advances healthy eating habits, active lifestyles and healthy community environments for families with limited incomes through nutrition education at the individual, community and systems levels. FoodWise reaches individuals and families through local community partners by providing nutrition classes in-person and virtually, indirect education (newsletters, etc.), and social media/marketing. FoodWise is an obesity prevention program that addresses policy, system and environmental changes through local and state public health efforts.*

*FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP).*

*Amanda Miller, FoodWise Coordinator*

According to the 2020 Sheboygan County health assessment, 60% of survey respondents consumed at least two servings of fruit in an average day, while only 28% of survey respondents consumed at least three servings of vegetables in an average day. The goal is to increase the fruit and vegetable intake of Sheboygan County residents, which can contribute to prevention of overweight/obesity and chronic disease.

The Small Steps Fruit and Vegetable Prescription Program, sponsored by United HealthCare, is a way to get fresh produce on the plates of underserved community members. United HealthCare provides \$2,000 in \$5 vouchers to be used at the local farmers market. Vouchers can be distributed in a variety of ways, including at the physician's office, during community programs, or at the local food pantry.

It has been a few years since this valuable program has been in Sheboygan County. As a part of leading the Sheboygan County Activity and Nutrition Coalition (SCAN), Amanda Miller has initiated new conversations and rebuilt relationships with the local United HealthCare representative. A meeting is scheduled to plan the program for next summer's farmers market. Amanda also helps administer this program in Fond du Lac County.

- Partnering with the Sheboygan County Aging and Disability Resource Center (ADRC) to distribute placemats at their restaurant style senior meal site as an indirect educational resource. These monthly placemats include healthy messages and nutrition resources for older-aged adults.
- Conducted one-on-one key informant interviews for the Sheboygan County Public Health Leadership Council in which local stakeholders and partners identified and discussed the most important health issues in the community. The goal of this effort is to support the local public health department's community health assessment process.



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## APRIL 2023 REPORT

### COMMUNITY DEVELOPMENT



*Community Development provides educational programming to assist leaders, communities, and organizations realize their full potential. We work with communities to build the vitality that enhances their quality of life and enriches the lives of their residents. We educate in leadership development, organizational development, food systems, community economic development, local government education and much more. In short, the Community Development Institute plants and cultivates the seeds for thriving communities and organizations.*

*Kevin Struck, Community Development Educator*

- Partnering with the Center for Land Use Education at UW-Stevens Point and the Sheboygan County Planning & Conservation Department, Kevin helped to coordinate a workshop on the UW-Sheboygan campus for over 50 local board of appeals/adjustments members and other interested officials. Participants learned about the basics of zoning, when to grant (or deny) variances, and best practices for protecting shoreland areas.
- At the request of a local town, Kevin wrote an article for the town's spring newsletter explaining the importance of testing well water and where to do so. The newsletter will soon be mailed to approximately 1,500 households in the town with private wells and also posted on the town's website. The article included a link to the website of the state certified lab at UW-Stevens Point, which offers a multitude of tests for reasonable prices. The lab's phone number and email address were also included. The lab mails out sampling kits upon order placement.
  - Web: <https://www3.uwsp.edu/cnr-ap/weal/Pages/Homeowner.aspx>
  - Email: [weal@uwsp.edu](mailto:weal@uwsp.edu)
  - Phone: 715-346-3209

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