



We teach, learn, lead and serve, connecting people with the University of Wisconsin, and engaging with them in transforming lives and communities. Serving Washington County since 1918, Extension educators take pride in delivering programs which apply the research, knowledge, and resources of the University of Wisconsin to meet the issues and needs of Washington County.

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).

Pamela Bartoli, FoodWise Nutrition Coordinator

- Education and outreach for visitors of the Community Connections Market drive-through, providing tips for helping children eat healthy. The goal of this event was to meet and foster trust with families in our communities and bridge the gap in accessing resources.
- A six-week nutrition education series (FoodSmarts) for adults with developmental disabilities at The Threshold, Inc. where they learn about nutrition, food preparation/cooking, and food safety. The goal of this effort is to empower the participants to adapt healthier lifestyles by teaching them the knowledge and skills needed to prepare nutritious snacks and meals at home.

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.

Positive Youth Development

Ron Jakubisin, Positive Youth Development Educator

No report submitted



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 & Livestock

Tina Kohlman, Regional Dairy Agent

- A bi-weekly radio interview for farmers, agricultural industry persons, youth livestock, and youth dairy where they learned about extension agriculture related resources, information, and timely webinars to help them to be connected and supported, and make better informed decisions regarding their farm business operations or youth large animal project.
- A dairy production and management newsletter for farmers, managers, employees, and agribusiness professionals, where subscribers learned about managing heat in pre-weaned calves and overstocking affects on cow performance. This effort was designed to provide a timely and reliable source of dairy management news and updates.
- A factsheet for dairy farmers, managers, employees, and agribusiness professionals where they learned about heifer hoof health. This effort is designed to teach individuals how to find, treat, and monitor digital dermatitis in heifers as a way to reduce the incidence of digital dermatitis and lameness in the milk herd in order to maintain and/or increase economic viability.

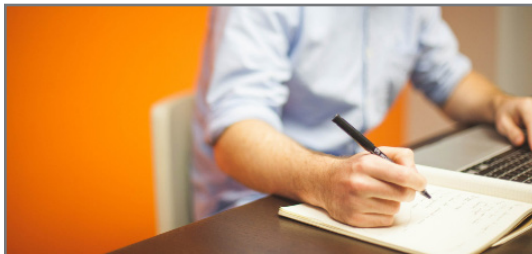
Crops and Soils

Mike Ballweg, Regional Crops and Soils Agent

An on-farm project to monitor the quality of alfalfa growth and development, in planning for first crop harvest, which makes up 30 - 40% of the total production for the year. Because there are yearly weather variations impacting plant growth, results from this study help farmers in deciding the optional time to harvest alfalfa for high quality dairy forage. Harvesting at the optimal time helps farmers avoid higher costs of purchased livestock feed, increases their milk yields and improves the profitability of dairy farms.

The alfalfa quality project included: Washington, Ozaukee, Fond du Lac and Sheboygan Counties within the region. Based on the most recent ag census information there are approximately 135,000 acres of alfalfa grown in the region which support the region's nearly 400 dairy herds. If only half of the region's alfalfa acres were harvested one week earlier because of this Extension alfalfa quality educational program, an additional \$7.3 million of annual milk sales would be generated for dairy farmers within the region. An economic impact breakdown by county shows: (Sheboygan 2.19 million), (Ozaukee .73 million), (Washington 1.38 million) and (Fond Du Lac 2.99 million). Biweekly (twice a week) emails were sent to 1000 farmers and ag-industry professionals across the region (Regional Ag Email list) throughout the month of May.

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. In short, the Community Development Institute plants and cultivates the seeds for thriving communities and organizations.

Paul Roback, Community Development Educator

Since 2014, Paul and Human Development and Relationships Educator Carol Bralich have facilitated Real Colors workshops in response to organizations and local governments expressing a need for staff development in effective communication and team building. These goals align with the outcomes for Real Colors, which is an interactive three-hour workshop that teaches skills to understand human behavior and improve communication with others.

Carol and Paul recently taught two workshops for 34 Washington County employees and a workshop for 19 staff of a local early learning center. All participants completed end of session evaluations. From attending the workshop, 100% increased their ability to recognize their strengths and recognize the strengths of others. Additionally, 92% increased their ability to build rapport quickly with others, 98% increased their ability to understand how others process information, and 94% increased their ability to modify their communication to connect with others. Overall, 98% evaluated Carol and Paul's facilitation of the workshop as good or excellent. One participant commented they would use workshop information "to communicate more efficiently with my teammates" and another commented that they will "be more mindful of how I work with others." Commenting on the workshop overall, one participant stated, "Really well done, liked the group activities and felt very comfortable! Learned a lot!"

HUMAN DEVELOPMENT AND RELATIONSHIPS



The Extension Institute of **Human Development & Relationships** provides the tools Wisconsinites need to thrive as well-rounded, capable individuals and families. We support families in caring for each other in ways that promote growth and understanding. Our programs promote aging-friendly communities, coach effective parents and help families put technology, mindfulness and financial awareness to use.

Carol Bralich, Human Development & Relationship Educator

- A community connection resource event for WIC participants where attendees received Extension financial, parenting and healthy eating resource information in order to foster trust with families in our communities and bridge the gap in accessing resources.
- A series of e-mail communications for community partners where they learn about parenting, relationships, family caregiving, finances and well-being so that they can share the latest resources with their clients. The purpose of this effort is to improve parenting skills, support their family caregiving role and improve their financial skills and their personal well-being.
- An online self-study program, where participants learned about spending plans, credit, and paying bills on time. This effort is designed to improve the success of participants in maintaining timely payments so they have transportation to access employment and improve their credit score.

Mike Ballweg
Regional Crops and Soils Agent

Tina Kohlman
Regional Dairy & Livestock Agent

Ron Jakubisin
Positive Youth Development Educator

Paul Roback
Community Development Educator

Carol Bralich
Human Development & Relationships Educator

Pamela Bartoli
FoodWise Nutrition Coordinator

Cindy Sarkady
Area Extension Director

Karen Girard
Michelle Hanson
Support Staff

Cassi Worster
Area Marketing Specialist