



# Shiawassee County 2023 ANNUAL REPORT



\$25,487,509  
economic impact



243  
Enrolled students



\$3,263,619  
Spending with local businesses



2,545  
MSU alumni in Shiawassee County



\$3,766,859  
financial aid disbursed



2,723  
Youth Participants in 4-H

## Message from the District Director



**MSU Extension** offers a broad range of research-based education outreach to county residents. Over this past year, we've continued to innovate and have empowered families and individuals to live healthier lives, supported new and local businesses, created opportunities for youth leadership development and career exploration, helped farmers with business management and mental health, and much more.

Our staff live and work alongside county residents, are rooted in community relationships, and are responsive to community needs. Our partnership with you makes all this possible.

On behalf of the MSU Extension team serving Shiawassee County, thank you for another great year. We look forward to your continued support and hope you will be able to join us during one of our upcoming programs.

**Mark Rankin**

**District 9 Director**

**Serving Bay, Genesee, Midland,  
Saginaw and Shiawassee Counties**





## Shiawassee County Annual Report, January 1 –December 31, 2023

Michigan State University (MSU) Extension delivers affordable, relevant, evidence-based education to help adults, young people, and families in urban and rural communities be healthy. Programs focus on helping participants gain the skills they need to buy and prepare nutritious, budget-friendly foods; increase their physical activity; breastfeed their babies; and stretch their food dollars.

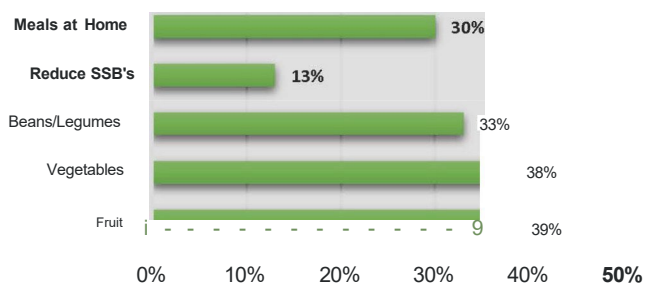
Throughout the state, community nutrition instructors (CNIs) deliver comprehensive, evidence-based programming to **SNAP-Ed-eligible** participants in their communities. These programs include face-to-face classroom instruction, one-time health presentations or demonstrations, and initiatives that improve the policy, system, or environmental factors of an organization, worksite, or school.

Below is a summary of **SNAP-Ed** nutrition education youth programming in **Shiawassee County** from January 1 to December 31, 2023. In total, **1,961 participants** (n=780 adults; n=1,181 youth) attended either a one-time presentation or a series-based nutrition education program. Participants in series-based programming were asked to complete a pre- and post-test survey before and after the program, respectively. Only participants who completed both surveys are included in the following outcomes; missing data for each item was excluded case-wise. Students in grades K-2<sup>nd</sup> were assessed using a Teacher Observation Form at the end of programming.

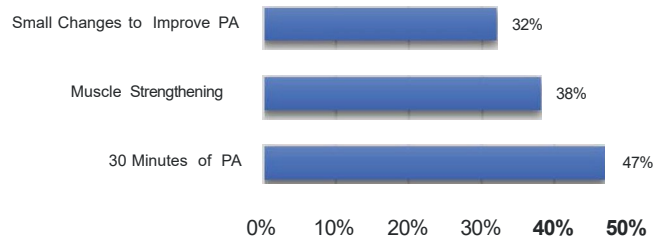
### Adult Programming

Adults who completed a series-based nutrition education program completed a pre-and post-test survey to measure improvements in nutrition, physical activity, food safety, and food resource management-related behaviors. Below is a summary of their results:

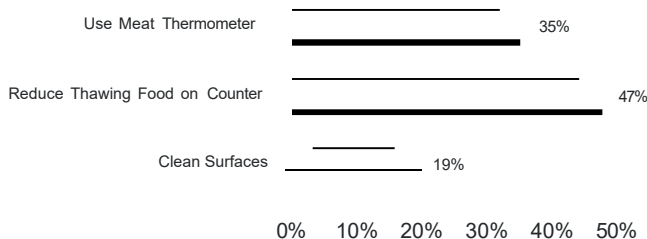
Improvements in Nutrition-Related Behaviors



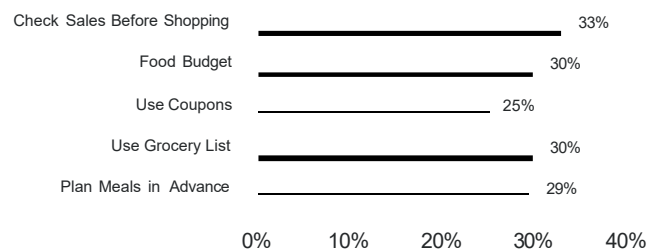
Improvements in Physical Activity-Related Behaviors



Improvements in Food Safety-Related Behaviors



Improvements in Food Resource Management-Related Behaviors



### Senior Project Fresh

Adults who participated in the Senior Project Fresh one-time presentation completed a retrospective survey examining the intent to make healthy choices and their confidence in using SPF coupons to purchase fruits and vegetables. Below is a summary of their results:

- **96% of participants intend to eat more vegetables**
- **92% of participants intend to eat more fruits**
- **97% of participants intend to purchase more fruits and vegetables from vendors**
- **93% of participants had previously visited a farmers market**
- **97% of participants who previously participated in Senior Project Fresh used all of their coupons**



### Youth Programming

Youth in **grades 6-12** who completed a series-based nutrition education program completed a pre- and posttest survey to measure improvements in nutrition, physical activity, and food safety-related behaviors. Below is a summary of their results:

Area		% Improved
Nutrition Behaviors	Fruit Consumption	19%
	Vegetable Consumption	10%
	Whole Grain Consumption	40%
	Reduce SSB Consumption	52%
Physical Activity	# of Days Participating in PA	19%
Food Safety	Wash Hands	40%
	Wash Vegetables	33%

Additionally, youth in grades **Pre-K to 2<sup>nd</sup>** were evaluated by their classroom teacher using a Teacher Observation Form. One hundred percent of teachers observed students **washing their hands more often**, while 87% of teachers observed students participating in more **physical activity** and **eating more fruits and vegetables**.

### Policy, Systems, and Environmental Programming

In 2023, a total of 233 youth and adults were influenced by eight systems and environmental nutrition and physical activity changes. A total of five needs and readiness assessments were completed with four sites. The nutrition and physical activity changes included:

- Improved menus/recipes (variety, quality, etc.)
- Providing opportunities for unstructured physical activity time/free play
- Incorporation of physical activity into the school day or during classroom-based instruction
- Using Farm-to-table/use of fresh or local produce
- Having healthy food/beverage defaults {whole wheat bread, salad, or fruit instead of fries, water instead of soda, etc.)

# Shiawassee County MSUE Welcomes

Saltanat Mambetova

I am honored and excited to join Michigan State University (MSU) Extension as a Vegetable Extension Educator. My assigned area covers eastern Michigan (Thumb area). I will be based at the Saginaw Valley Research and Extension Center in Frankenmuth, Michigan.



## **Vegetable Extension Educator**

**"I am originally from Kyrgyzstan** and grew up in a post-Soviet time when every citizen who had land became a farmer.

**"During my graduate and postdoctoral** studies at MSU, I had the opportunity to participate in and organize field days, grower meetings, and conferences as well as collaborate with potato and vegetable growers. Along with my Ph.D. advisor Noah Rosenzweig, MSU Extension Educators, and the ANR Communication team we published a series of YouTube videos about the importance and management of soft rot diseases during planting, growing, harvest, and storage.

**"I am excited to return to Michigan** for the opportunity to serve vegetable growers in the **eastern region of the state**, I aim to develop an Extension program based on the needs of the industry and continue the legacy of a strong partnership between growers and stakeholders and MSU.

**"I look forward to serving Shiawassee County.** Along with my colleague Teresa, we hope to restore some past programming, such as the Pesticide Training.

**"My office is located at the Saginaw Valley Research and Extension Center in Frankenmuth,** Michigan. I encourage you to stop by, call, or send an email if you want to talk about your production challenges, invite me to your operation, or discuss how MSU Extension can best assist you."

# Agriculture Extension Educators to the Region

**Field Crops Agronomy Educator** Originally from southern Illinois, Crook attended the University of Illinois: Champaign-Urbana for her bachelor's degree in agricultural economics with additional classes in agronomy. Her formal education was completed by her master's degree from Michigan State University in weed science under the direction of Karen Renner. As a result of her research, her love of plants became firmly cemented.

**After graduation**, Crook was an MSU Extension agricultural agent before moving to the Thumb to become an agronomist for Michigan Sugar Company where she conducted research trials and supervised the research and grower laboratory.

**"I understand crop growth and physiology, soils and nutrient management,"** said Crook. "My goal as a field crops agronomist educator is to ensure MSU Extension remains relevant for those utilizing us. I look forward to helping producers with agronomic concerns or questions. I recognize farmers have many options to acquire information, and MSU Extension is a provider of unbiased scientific data. While I cannot promise to accommodate every request, I can do my best to help supply balanced information.

**"If you have any questions** concerning field crops or nutrient management or have ideas for how MSU Extension can better serve you, please feel free to contact Crook at 989-652-3552. Crook said, "I'm looking forward to this next career chapter and helping to serve producers in my new role."



**As of December 2023, Teresa Crook is one of the newest members of the Michigan State University Extension team.**

**She serves as a field crops agronomy educator serving the Saginaw Valley and Thumb region.**

**Crook's office is located at the Saginaw Valley Research and Extension Center in Frankenmuth, Michigan.**

# Shiawassee County Extension Providing 4-H Youth Development

Michigan 4-H, provides more than 200,000 young people across the state with experiential learning opportunities to explore new interests and discover their passion.

4-H is growing current and future leaders: growing kids who are confident and strong, curious enough to question and capable enough to find the answers; growing youth who stick to a job until the job gets done and know how to work with others, as well as lead. 4-H grows from the farms to the towns, and from the suburbs to the cities. Anywhere curiosity roams and confidence thrives. Anywhere technology can be advanced and achievement is valued. Anywhere positive change is possible and giving back moves communities forward. After all, true leaders aren't born; they're grown!

4-H is Michigan's largest youth development organization. Shiawassee County reached over 2,723 youth in some capacity through the year. Whether it be club participation, camp, SPIN clubs, or other 4-H programs. Our 4-H youth livestock, horse, and community service projects provide a great opportunity for them to learn about animal husbandry, veterinary science and giving back to the community. Youths learn valuable life skills like responsibility, record-keeping and budgeting. Shiawassee 4-H also offers opportunities for youth to gain knowledge about dogs, poultry, entomology, photography, theatre, arts, crafts, baking, and more. Our youth are even working with companion animals, learning about what to feed them, how to train them and how to enhance their environment. We look forward to serving our Shiawassee Community and supporting our youth in all future programs.



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