

# Macomb County 2013 ANNUAL REPORT

## Message from the District Coordinator

In 2013, the state invested more than \$54 million in MSU Extension and AgBioResearch. In the past three years, MSU Extension and AgBioResearch have been able to leverage every dollar invested into \$2.19 in additional funding and have generated more than \$818 million for Michigan residents, resulting in a cost/benefit ratio of 15 to 1. This means, in Macomb County, MSU Extension is able to help the health and growth of Michigan's people and economy.

- Your support of MSU Extension 4-H Youth Development allows over 4,000 Macomb youth per year learn lifelong skills, develop leadership abilities and discover the value of community service. And MSU Extension's early childhood education programs are preparing thousands of Michigan's youngest children for scholastic success.
- When you support MSU Extension, residents learn about the safety, security and affordability of local fresh foods, how to use them, where to find them, or how to start a cottage food business of your own.
- Your support of MSU Extension food safety programs allows participating individuals to use safer food handling, preparation, storage and preservation methods, which lead to a reduction in foodborne illnesses and their costs.
- Your support of MSU Extension nutrition and physical activity programs allowed over 5,500 Macomb County residents to improve the quality of their diets and become more active which reduces the risks of chronic conditions and moderates the increase in associated healthcare costs.
- Your support of MSU Extension contributes to the health and growth of Michigan's economy by: educating citizens on safe and efficient use of water, fertilizer and pesticides; providing research and discovery of alternative, renewable and manageable energy resources; providing farm business, financial and employee management programs to farmers and landowners; and helping farmers learn more efficient production practices.
- Your support of MSU Extension and the MSU Product Center allows entrepreneurs learn to develop their own and launch new businesses that provide new products and services for everyone.

The [MSU Extension](#) web site contains a large number of informational articles, a calendar of events, an Expert Search, and a bookstore stocked with MSU Extension bulletins, soil test kits and many more resources. Check it out today!

Sincerely,  
Marie A. Ruemenapp, District Coordinator

## 2013 Macomb County Participation Numbers

Children & Youth.....	4,136
Volunteers.....	1,718
Natural Resources & Sea Grant.....	5,385
Volunteers.....	386
Financial Stability & Community Development.....	1,364
Community Food Systems.....	2,293
Agriculture, Agri-Business & Horticulture.....	5,544
Master Gardener Volunteers.....	311
Nutrition, Health & Wellness.....	6,863
<b>Total.....</b>	<b>28,000</b>

## Mission

Michigan State University helps people improve their lives through an educational process that applies knowledge to critical issues, needs and opportunities.



## Contact Us

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**The value of volunteer's time working with youth is \$22.14 per hour according to the Independent Sector, a Washington based coalition of foundations, corporations and nonprofit organizations.**

Michigan State University Extension's Staff and volunteers worked with 8,005 Macomb County youth during 2013 with specialized programs in early childhood development, 4-H Youth Development, mentoring, natural resource education and activities and nutrition education. 4,136 of these youth were involved in 4-H programs. The other 3,869 were involved in natural resources or nutrition programs.

### 4-H Youth Development

MSU Extension's 4-H Youth Development Program is designed to uniquely prepare Macomb County's youth to meet today's challenges and prepare for tomorrow's. It provides developmentally appropriate opportunities for participants aged 5-19 to experience life skills, practice them until well learned and to apply them when necessary throughout their lives. Programs provide hands-on learning opportunities across the county through 4-H clubs, after-school programs, school enrichment programs and local, state and national events.

During 2013, MSU Extension staff recruited, trained and provided oversight to 1,718 adult and 126 teen volunteers. These volunteers delivered 4-H educational programs focused on life skills; science literacy; leadership and civic engagement; and, workforce preparation throughout Macomb County. Volunteering a minimum of five hours a week with youth, according to a national study on 4-H volunteerism, the volunteers donated an estimated 8,590 hours of quality time to Macomb County youth, a value over \$10,200,000 according to Independent Sector, a Washington based coalition of foundations, and nonprofit organizations.

### 4-H Clubs

While the interests of club members expand and change throughout the years, currently there are many active clubs with a variety of project areas to keep youth in the county learning and developing throughout the years. MSU Extension staff strive to support project areas and ideas that develop youth's, financial literacy, science literacy, entrepreneurship, leadership and civic engagement, and life skills. These skills assist them to identify career choices and successfully enter the workforce.

An interesting variety of project areas are available to challenge Macomb youth. Fifty-one clubs with 856 members have multiple project areas including but not limited to the following:

- Animals have been 4-H projects since clubs were established. There are active clubs for projects for youth to grow, maintain, handle and train horses, rabbits, beef, swine, sheep and goats. Raising goats has developed into an entrepreneurial exercise as well. One club has an online store that sells goat milk products: soaps, lotions, and cheese. Small animals such as dogs, cats, rabbits, birds and poultry are particularly popular in urban areas.



- Outdoor education and recreation is another popular interest area. Shooting sports provide training in safe handling and equipment care in archery, riflery and musket loaders. The Dresden Outdoor Adventure Challenge Club engages in outdoor activities such as kayaking and spelunking as well as environmental science.
- Science and technology projects are popular and include rocketry and robots, entomology and bees, veterinary science, horticulture and gardening.
- Community service and volunteerism are 4-H goals that are reflected in club focus areas. These activities not only help communities but help build lifeskills such as public speaking and organizational development that can be used throughout life.
- Creative projects are like bread and butter to these youth. Woodworking, industrial arts, stained glass, photography, painting, and expressive arts develop interests in future hobbies or careers as well as coordination and self-esteem.



### Science, Technology, Engineering, and Math (STEM)

Science literacy among school-aged youth in Michigan is below the national average and directly affects students' college readiness. In response, MSU Extension has:

- Created and provided teachers with resource packets, aligned with Michigan science education standards by grade, along with training in how to incorporate those resources into their classroom lessons.
- 4-H has also responded with events such as 4-H Science Blast and National 4-H Youth Science Days throughout the state.
- Developed programs and activities where youth learn confidence, leadership and responsibility through science, technology, engineering and math (STEM) programs throughout the year.

### 4-H Tech Wizards Mentoring Program

2013 marked the third year of the 4-H Tech Wizards program in Michigan. Programming for small-group, S.T.E.M. (science technology, engineering, and mathematics) focused mentoring program took place in Mount Clemens, Warren, and Harrison Township. Youth engaged in hands-on projects along with staff and mentors, building relationships and being introduced to S.T.E.M. topics. Beyond weekly site meetings, participants enjoyed an Outdoor Skills Clinic, 4-H Mentoring Weekend and attending Maker Faire Detroit. In the fall, an AmeriCorps full-time service member joined the 4-H Tech Wizards team to help reach additional youth from military families through the addition of a military youth focused site in Harrison Township.

**4-H Tech Wizards youth from Oakland and Macomb Counties and program coordinator Lisa Kelley at Maker Faire Detroit**





**“ It (4-H Exploration Days) has made me think about how I will handle my time management, personal life, and the things that I want to experience all in one!.” – a Macomb County Exploration Days participant.**



One Macomb 4-H Tech Wizard had difficulty focusing on the tasks at hand and participating with the group as a whole. However, when the group participated in the “An Hour of Code”, a national computer science event in December, he worked after the program concluded, determined to finish the coding tutorial for Angry Birds. He was the only youth who completed the coding exercise and earned his certificate of completion in coding. He would not leave until his certificate was printed, his picture taken, and his success posted on Facebook!

Financial support in 2013 for the 4-H Tech Wizards program was primarily funded under the National Mentoring Program Year III Grant awarded by National 4-H Council through the Office of Juvenile Justice and Delinquency Prevention and included assistance from a Michigan 4-H Participation Fee Grant and Mentoring to Access Corps (MAC), a Michigan Nonprofit Association which enrolled and placed three full-time AmeriCorps members to assist youth mentoring programs through MSU Extension sites in Macomb, Oakland and Wayne counties.

By the end of 2013, four 4-H Tech Wizards mentoring groups were operational in Macomb County, serving 18 youth. Two new mentors joined the program and 50 adults and youth attended a symposium/leadership luncheon for the three metro counties. The network of sites started, community connections forged, programming resources secured, and staffing team created in 2013 have laid the foundation for growth leading into the 2014 program year.

### 4-H Exploration Days

The 44th annual statewide 4-H Exploration Days Conference was attended by 65 Macomb County youth from 11-19 years of age. This pre-college, three day event is held on the campus of Michigan State University annually and is designed for youth to experience residence hall life while they attend educational sessions, experience personal growth and explore careers and personal options for their future. This year attendees, including guests from Poland, were offered over 200 action-filled classroom and field trip sessions.

Examples of those offerings include: Veterinary School: is it for you?, Digital Story Telling, Small Engines, What’s on the Menu for Birds of Prey, Photoshop Basics, Basic Web Design, and What is 4-H Entrepreneurship?

When not in session, these participants were engaged in meetings, tours of the campus as well as social and campus activities. In the conference evaluation 64.4% indicated that Exploration Days influenced their desire to attend MSU, and 94.7% planned to attend college.

**A Macomb youth gets a first-hand view of what an Emergency Service Career would entail.**



MSU Extension Educator Kathy Jamieson from Macomb County provided six sessions during Exploration Days to 123 participants on career exploration and workforce preparation and included “Touch the Future Career Fair,” “I got the Job, Resumes and Interviews that Work,” “MSU: a Great College Choice,” “Emergency Service Careers-Is One for You?” “Green Fields are Growing,” and, “Landscape Architecture Design Adventure.”

### 4-H Great Lakes and Natural Resources Camp

At a residential camp near northern Lake Huron in Presque Isle, 70 teens ages 13-15 from 37 Michigan counties including three representatives from Macomb County, were



exposed to lighthouses, a national marine sanctuary, coastal wetlands, dunes, a limestone quarry, and diverse watersheds. While sessions at the MSU Extension 4-H camp covered ecological concepts such as fisheries management, wildlife, invasive species, limnology, recreation was also an integral part of the learning. Campers could try kayaking, sailing, or snorkeling — experiencing new fun activities responsibly in the outdoors.

Evening programs focused on team building, environmental policy and empower these youth to accept leadership roles. 2013 surveys showed increased interest in science, environmental stewardship, and college readiness: 98.6% planned to attend college, 78% were more knowledgeable about career opportunities in environmental fields and 97% increased their knowledge of different majors, career paths and opportunities at MSU.

### Youth Financial Literacy

Seven financial education programs servicing 240 youth in Macomb County and SE Michigan were offered during 2014. These programs included Mad City Money, Spartan Dollars and Cents, High School Financial Planning Program (HSFPP) and Bonzai.

Mad City Money is a financial education simulation where young people get a taste of the adult world complete with jobs, income, family and debt. During the three hour program, youth visit merchants to select housing, transportation, food, household necessities, clothing, daycare, and other needs while building a budget for their simulated family. Mad City Money allows participants to make mistakes



**“I learned new things, tried new things and met new people. I’m much more confident now plus I really had a lot of fun.”**  
 — a Great Lakes, Natural Resources Camper.

**Mad City Money education was offered to 184 youth.**





and suffer the consequences of their decisions in a realistic, but safe environment. Mad City Money was delivered to 184 youth including youth aging out of foster care, residents of the juvenile justice system, and youth from limited income families. This program was offered in collaboration with Extra Credit Union and over 40 adult volunteers served as various merchants.

**Bonzai** is a computerized financial education program where youth go through 30 real life scenarios while managing a budget. This program was delivered to 50 high school students participating in a Workforce Investment Act summer employment program.

**Spartan Dollars and Cents** is a budgeting game that teaches participants to prepare a usable budget. Participants receive an occupation with salary. The challenge is to complete a lifestyle questionnaire while staying within their income. To add to the excitement, unanticipated life occurrences are incorporated into the game. This program along with High School Financial Planning Program materials from the National Endowment of Financial Education were used with fifteen military youth involved in the "Get Hired" program.

Evaluation results received from participants of these programs indicate that 97%

plan to save regularly to achieve their goals and 91% agreed that as a result of the program, they plan to use a system such as a budget to track income and expenses.

### Youth Entrepreneurship

Entrepreneurship Academy was a camp in Macomb County where 46 youth took a full Saturday to engage in activities to teach them the basics of entrepreneurship. Seven local young existing entrepreneurs shared their expertise about product pricing,



Students working with volunteer instructors on the Bonzai financial program.

Amanda Jacobs with four future entrepreneurs at their Green Tree Produce farm stand.



target markets, advertising, distribution, customer service, sales and social entrepreneurship. At the end of the program, youth sharpened their public speaking skills by presenting their team business plan to the panel of entrepreneurs.

**Be your Own Boss- Youth Farm Stand** was a week-long camp held at the MSU Tollgate Center during the summer. This program involved 21 youth who learned about community food systems, gardening and entrepreneurship. As part of the program, youth interacted with guest speakers during the week and a variety of entrepreneurs on a field trip to Detroit Eastern Market. At the conclusion of the program, youth opened three farm stands and made over \$400 in profit.

To train adults, teachers and community members interested in enabling youth develop and operate a youth farm stand, **Creating a Youth Farm Stand**. This training was offered at the MSU Tollgate Center in March. Eleven adults attended this program.

### Early Childhood Literacy

MSU Extension works to improve school readiness and early childhood literacy skills. Studies show that compared to their peers, children who have adults read to them develop a larger vocabulary, become better readers and perform better in school. MSU Extension has worked with 11 Macomb County parents during the last half of 2013 to help them understand the need for helping their children start developing skills that will enable them to begin their formal education more readily.

## Natural Resources

To raise awareness, increase the understanding of and promote stewardship of this valuable natural resource, MSU Extension and Michigan Sea Grant provide significant programming in southeast Michigan on developing Great Lakes literacy and stewardship. To this end MSU Extension educators developed and provided the following programs in District 11 to 5,385 participants with assistance of 386 adult volunteers from Macomb County:

- Great Lakes Education Program (GLEP), a classroom and vessel-based education program for elementary, middle and high school students
- Summer Discovery Cruises, a vessel-based educational program for the general public
- Michigan Clean Marina Program
- Great Lakes Stewardship Initiative
- Recreational trails
- Department of Interior Partners in Conservation Award
- Groundwater Education
- Water Conservation Education



### Michigan Sea Grant Education Programs

Michigan Sea Grant, a program of MSU Extension and the University of Michigan, fosters economic growth and protection of Michigan's coastal Great Lakes Resources with support from NOAA. Throughout 2013 Michigan Sea Grant held a wide variety of programs or assisted with numerous projects in Macomb County including:

### Great Lakes Education Program

In 1991, MSU Extension and Michigan Sea Grant designed an education program called the Great Lakes Education Program (GLEP) to meet the lack of Michigan's K-12 curriculum covering the economic and environmental effects of all the Great Lakes to Michigan.

During 2013 classroom and vessel-based field experiences introduced 1,379 fourth-grade students from Macomb County accompanied by 271 adults to the Great Lakes and Lake St. Clair. The first part of the program began in the classroom with teachers utilizing the GLEP curriculum. The program included the integration of history, geography, physical and biological sciences, math, literature and the arts to increase student interest in natural resources and encourage understanding of their role as environmental stewards. These activities focused on water, land, people and life, to familiarize students with the lakes and their ecosystems.

The second phase is a field experience aboard a 65 foot Coast Guard certified boat which is converted into a floating classroom known as the "Schoolship." Onboard, students engage in exploration of the physical, chemical, cultural and biological dimension of the Great Lakes watersheds, specifically the Detroit River and Lake Erie. They experienced hands-on activities such as weather observation, navigation, marlinespike and marine knot-typing, bottom sampling, plankton sampling, dissolved oxygen experiments, pH and carbon dioxide experiments, water clarity and color testing.

The third or post-cruise phase of the program was presented by their teacher in their classroom to reinforce the concepts they experienced.



**Nautical knots, bottom samples, dissolved oxygen . . . All in a day's lessons aboard the shipschool.**





### Summer Discovery Cruise

Again in 2013 informal learners were able to learn about the Great Lakes by being on the Great lakes through the Summer Discovery Cruises, a unique opportunity to advance Coastal Urban Ecotourism throughout Southeast Michigan. During the summer, 77 cruises involved 1,716 learners from 12 Michigan counties, 12 other states and three foreign countries including 834 from Macomb County.

Sea Grant educators, partnering with Lake St. Clair Metropark and Lake Erie Metropark marinas, conducted educational cruises that provided physical and informational access to Lake St. Clair and the St. Clair River delta. Twenty-three types of cruises were offered in 2013: Nature; Lake St. Clair History; Great Lakes Science for Teachers; Lighthouses; Shipping Out; Journey through the Straits; Aliens Among Us; Night Watch; Eagle's Eye; Nature; Birds, Boats & Booze; Eco Art; Shipwreck and Sugar, Warfare on the Waterfront; and, Handy Billy. Partnering with other environmentally concerned groups provided Sea Grant educators the opportunity to offer Wetlands & Wildlife, with the MDNR; Fisheries, with MDNR; Shipwrecks! With DTE energy; ROV Adventures with DTW Energy partners; Detroit River Revival with U.S. Fish & Wildlife Service partners and, Wind, Waves & Weather with the National Weather Service.

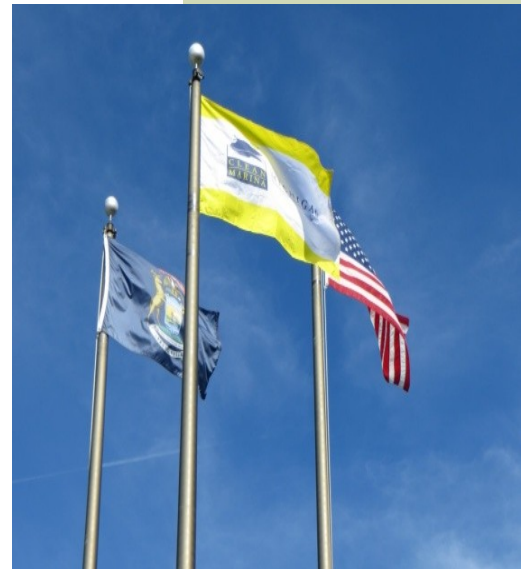
### Michigan Clean Marina Program

The Michigan Clean Marina Program is a cooperative effort between Michigan Boating Industries Association, Michigan Department of Environmental Quality and Michigan Sea Grant. The program seeks to protect the Great Lakes and Michigan's waterways through education and adoption of practices at marinas that reduce or minimize impacts on water quality and aquatic and coastal habitats.

In 2013, Belle Maer Harbor was recertified as a Michigan Clean Marina in Macomb County. Belle Maer Harbor is one of two founding members of the Michigan Clean Marina Program, and has participated since the program began in 2004.

### Great Lakes Stewardship Initiative

During the summer of 2013, MSU Extension, Michigan Sea Grant, the Southeast Michigan Stewardship Coalition and the Northeast Michigan Great Lakes Stewardship Initiative offered the first of three annual professional development opportunities for educators from southeast and northeast Michigan. During the four day workshop, 20 educators began their journey learning about the Great Lakes resources through place-based education and stewardship, developing inter-regional relationships in the context of Great Lakes literacy and implementing their knowledge and skills in their home school district.



Macomb educators participated in the 2013 Lake Huron Place-Based Education Summer Teacher Institute in northern Michigan. Teachers that attended worked with leading Great Lake scientists, Michigan Sea Grant educators from MSU Extension and MSU Department of Fisheries and Wildlife faculty and other experts in the field. While exploring lake sturgeon research with an MSU professor, his team was provided a hatchery tour and a return trip to the river to explore spawning



habitat, water quality, aquatic invertebrates and their relationship to the threatened lake sturgeon.

As a result of this workshop, one southeast Michigan teacher is now collaborating with the Clinton River Watershed Council where her students are supporting water monitoring efforts. Another teacher noted that the on-the-water experiences were the most valuable part of the workshop experience, sharing that these types of experiences can help make learning real and concrete for students. She aims to make science learning come alive by incorporating these experiences at her school.

### Developing Trails

Recreational Trails provide physical, economic, environmental and social benefits to a community.

They can help encourage healthy lifestyles, bring customers into local businesses, protect wildlife habitats and promote a strong sense of community and place. Trail Town is a concept started by the Allegheny Trail Alliance to explain how communities can leverage trail-based tourism and recreation for economic and community development in communities linked by trails.

The Downriver Linked Greenways Initiative celebrated the completion of the 30-mile trail for bicycle riders, walker and runners in southeast Michigan. The mile-long trail final piece of the east-west greenway connecting Oakwoods Metropark and Lake Erie Metropark was opened in October.

Several areas for enjoying local trails involve Michigan Sea Grant MSU Extension staff in their development including: The Detroit River International Wildlife Refuge Humbug Marsh, the Downriver Linked Greenways, the Detroit Heritage River Water Trail, and the Lake St. Clair Coastal Water Trail.



**While kayaking the river and wading coastal wetlands, educators and Great Lake scientists took to the waters of Lake Huron to explore how water science and studies can benefit student learning.**

## Department of Interior Partners in Conservation Award

Early this year representatives from Michigan Sea Grant, U.S. Geological Survey, Ontario Ministry of Natural Resources, U.S. Fish & Wildlife Service and the Great Lakes Fisher Commission traveled to Washing D.C. to receive the prestigious Department of Interior Partners in Conservation Award from the Secretary of the Interior on behalf of all who have contributed to the success of the Huron Erie Corridor (HEC) Initiative. *Note: The HEC Initiative has recently been renamed the St. Clair Detroit River System (SCDRS) Initiative.* This international partnership restores and improves the ecological function and resilience of the St. Clair-Detroit River ecosystem.

The Partners in Conservation Award recognizes groups that make exceptional contributions in achieving conservation goals through collaboration and partnering, gaining results by engaging external partners or fostering a collaborative culture within and across interior organizations. Michigan Sea Grant staff has contributed to the initiative in a variety of ways since its inception, including group facilitation, conference planning, website development research coordination and grant management of several fish spawning reef habitat construction projects.



**Ribbon cutting ceremony at Oakwoods Metropark completing the last mile of the 30-mile greenway trail.**

## Groundwater Education

Since 1993, Macomb MSUE has offered an “Understanding Groundwater” educational program for youth and adult audiences. In 2013, 239 students and 115 adults were offered groundwater basics, such as what it is, how it’s used, its connection with surface water and how to protect this important resource. Using the Groundwater Simulator Model, students and adults participate in a hands-on learning experience to acquaint them with the information and increase retention of groundwater concepts.

**Dept. Of Interior Partners in Conservation Award: From Left: Anne Castle, U.S. Department of Interior; John Dettmer, Great Lakes Fishery Commission; Mary Bohling, Michigan Sea Grant; Kurt Newman, U.S. Geological Survey Great Lakes Science Center; Sally Jewel, Secretary of the Interior; Rich Drouin, Ontario Ministry of Natural Resources; Jim Boase, U.S. Fish and Wildlife Service; and Bill Werkheiser, U.S. Geological Survey.**





**Justin Shelden explains a water cycle to Macomb students.**

### **Water Conservation**

In addition to groundwater education programs, MSU Extension and Michigan Sea Grant staff conducted 91 water conservation programs for 2,490 students in first through fourth grades during 2013. These programs took place in 25 schools from 16 different school districts throughout Macomb County. Four newly trained Water Conservation Volunteers assisted the staff who used visuals, games and hands-on activities to teach about water, the water cycle, how water gets to homes, how water is used and what can be done to conserve it.

### **Personal Finance and Housing**

During 2013, MSU Extension offered 33 financial literacy and housing education workshops or individual counseling sessions to 1,104 Macomb County residents. MSU Extension's financial literacy and housing education programs provide unbiased information in financial education programs which help reduce fraud in the market place, rewards quality businesses and help families provide capital for the economy by saving and spending appropriately. Participating in educational housing courses can reduce mortgage defaults and increase the likelihood of asset preservation among homeowners. Stable housing ownership is a foundation for a healthy community and the county tax base in Michigan.

### **Home Preservation and Foreclosure Prevention**

As a HUD and MSHDA Certified Counseling Agency, MSU Extension Home Ownership staff was able to provide 315 Macomb County residents seeking assistance to prevent foreclosure of their primary residences with foreclosure prevention counseling during 2013. Of client cases involving mortgage delinquency statewide 59% were able to keep their homes and get back on track with their mortgages and 2% were able to sell their homes to avoid foreclosure.

In addition, the Macomb Treasurer's Office has partnered with MSU Extension to provide assistance to 237 homeowners facing foreclosure due to unpaid tax bills. Through the **Help for the Hardest Hit—Step Forward** program, MSU Extension's certified housing counselors assisted homeowners complete the required paperwork to submit, saving them a total of \$1,700,000.

## Pre-Purchase Home Buyer Education

The MSU Extension's Pre-Purchase Home Buyer Program helped Macomb County homebuyers make affordable and informed choices prior to the purchase of a new home. The six hour class assisted 589 prospective homebuyers during 2013 with guidance to save money for a down payment and to learn of mortgage products that offer down payment assistance. An additional 42 prospective homebuyers completed MSU Extension's eHome America course, an online homebuyer education class at their own pace.

The home-buyer education program also provided certificates of completion for residents seeking Michigan Housing Develop Authority (MSHDA) down payment assistance. The program helped participants improve credit scores and financial standing which assisted eligibility for lower-cost mortgages and increased the likelihood that troubled borrows would not have to seek foreclosure assistance. Prospective homebuyers also received certificates good towards 4% of the purchase price of a Freddie Mac home to use for closing costs.

## Home Repair and Home Maintenance Education

MSU Extension's Home Maintenance & Repair Workshops were held at the Warren City Hall where 51 Macomb homeowners or prospective homeowners focused on home systems, standard maintenance requirements and basic home repairs. The participants learned to consider safety more, do routine maintenance to prevent problems, and stated they will continue to learn more about home repair and maintenance.

## Personal Financial Education

Money Management education programs were presented by MSU Extension staff to 62 Macomb County residents during 2013. MSU Extension utilizes two evidence-based curriculums, *Dollar Works 2* from the University of Minnesota Extension and *Money Smart* from the Federal Deposit Insurance Corporation. Program delivery ranged from a one hour session to a 16 hour series.

These sessions were made possible through ongoing partnerships with Macomb Habitat for Humanity, the City of Warren, United Way for Southeast Michigan, Macomb County Community Services Agency Home Preservation Staff, Macomb County Sheriff's Office, the State of Michigan's Investor Education in Your Community and Fifth Third Bank. Residents chose to attend these classes to improve their money management skills, prepare for homeownership or to prevent or recover from financial crises including foreclosure.

MSU Extension also offers an online money management course that's available 24/7. *eHomeMoney* is a low-cost, online course that helps people understand credit, manage their personal finances and prepare for purchasing a home at their own pace. *eHomeMoney* was completed by 11 residents of Macomb County.



In addition, MSU Extension financial coaches provided 45 low to moderate-income residents enrolled as Community Financial Center participants with assistance to develop plans to enable them reach their goals and achieve financial stability. By the ninth month in the program one client had gone from living paycheck to paycheck with credit issues to increasing income with a second job, developing a savings fund thereby increasing net worth and improving credit ratings an average of 44 points by paying off two collections and disputing another and having it removed.

All Macomb County residents have access to **eXtension**, including the “Ask an Expert” widget. These national resources assist consumers in getting expert answer and help from Cooperative Extension staff, university faculty and volunteers from across the United States.

### Land Use Education

In 2013, MSU Extension provided residents of Macomb County the Core, Advanced Academy or other advanced modules of the **Citizen Planner Program**. They received training in planning and zoning, plan implementation and development and the art of community planning, as well as local topics like Brownfield redevelopment, conflict management, farmland preservation, parks and recreation, new urbanism or other community focused topics.

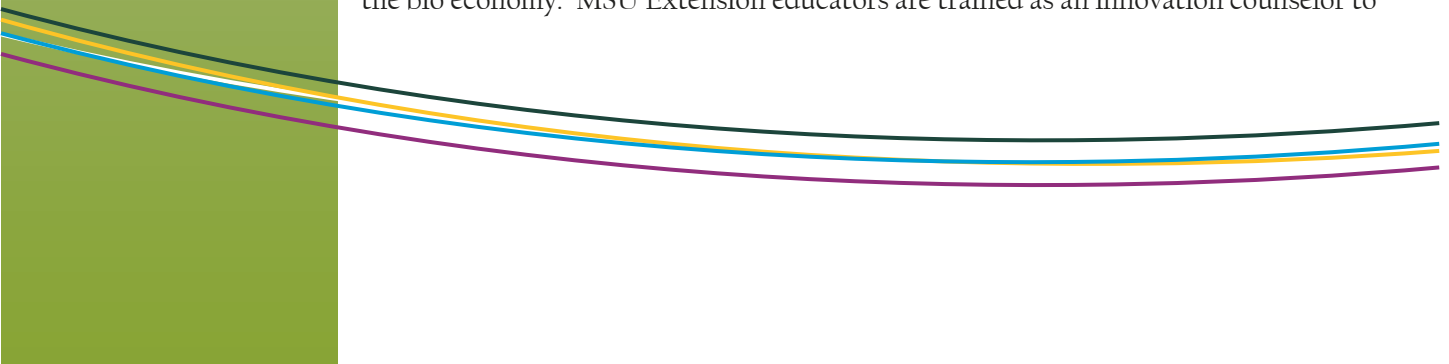
### Building Entrepreneurs

With micro-enterprises making up more than 61% of all U.S. businesses and with small business accounting for 89% of all firms (U.S. Census Bureau) Michigan State University and MSU Extension has recognized the need for providing research based education to develop knowledge and skills of Michigan entrepreneurs.

### MSU Product Center

Established in 2003, the MSU Product Center is emblematic of the way Extension and MSU AgBioResearch work one-on-one with entrepreneurs to supply objective, evidence-based methods for starting and growing their businesses. In fiscal year 2013, the Product Center advised 482 clients throughout Michigan resulting in 73 venture launches, more than \$3 million in total capital formation including \$2.5 million of owner investment in Michigan businesses, and 2,258 new jobs created or retained.

The MSU Product Center Food-Ag-Bio assisted Macomb County residents in developing products and businesses in the areas of food, agriculture, natural resources and the bio economy. MSU Extension educators are trained as an innovation counselor to



deliver these services. Business counseling is conducted on a one-on-one basis and may take place at the MSU Extension office or the client's home or business location.

Assistance is tailored to meet the needs of each client and may include:

- development of a business plan,
- navigation of the regulatory maze,
- understanding how to access the supply chain, or
- how to find funding options.

The educator also assists clients access specialized services that are offered through Michigan State University such as feasibility studies, nutritional labeling and product packaging assistance.

In Macomb County, 407 counseling sessions took place that assisted 68 entrepreneurs start a business or expand an existing business. Eleven new businesses were launched by Macomb County residents in 2013. New and existing Product Center clients reported \$1,763,000 of new or increased sales in 2013. The partnership between MSU Extension and the MSU Product Center Food-Ag-Bio is providing support for entrepreneurs in supporting economic development across the state.

## Connecting Entrepreneurial Communities Conference

The annual Connecting Entrepreneurial Communities Conference (CEC), was presented by MSU Extension in partnership with Microenterprise Network of Michigan. This event attracted 92 attendees from across the state from 26 Michigan counties including Macomb County, as well as, out of state and international participants who represented community organizations and businesses focused on growing and sustaining entrepreneurial cities, towns and regions.

The 21 break-out sessions included a session provided by District II Educator, Kathy Jamieson, who presented "Creating the Next Generation of Entrepreneurs," focusing on youth who have or would like to start their own business. The conference survey noted, 100% of the participants increased their knowledge of business concept, tools and resources to build entrepreneurship within their communities and the value of tourism, arts and cultural development as useful economic development strategies.

**Enjoyed networking and gaining many new, feasible, useable ideas I can take back to work and implement." -- CEC 2013 participant**



## Community Food Systems

A sustainable community food system integrates food production, processing, distribution, consumption, and waste management in order to enhance the environmental, economic, and social health of residents. Farmers, consumers, and communities partner to create a more locally-based, self-reliant food economy which improves access for all community members to an adequate, affordable nutritious diet. Accomplishing this requires a food system with a dynamic blend of local, regional, national and globally produced good food as well as consumers who understand and utilize the benefits such a system can provide.

MSU Extension supports the development of community food systems throughout Michigan by providing resources, specialist and educational programs to develop local food policy councils, farm to institutional purchasing, food hubs and farmers markets.

MSU Extension's Community Food Systems work team has developed several initiatives to promote consumer awareness and understanding of what "good food" is through nutrition education, providing community education of food systems, and assistance developing and expanding markets where locally grown foods can be accessed.

During 2013, 2,293 people from Macomb County attended workshops, presentations or worked one-on-one with a MSU Extension educator on understanding and developing community food system components.

### Macomb Food Collaborative

The Macomb Food Collaborative works to ensure access to safe, fresh, fair and healthy food for all, promote a vibrant, local food economy, sustainability and good nutrition through education, outreach and support.

The *All About Food Conference* held in February of 2013, stimulated

discussion on local food and economic development regarding food businesses among the nearly 150 attendees who represented farmers, food entrepreneurs, restaurants, gardeners, school food service staff and healthcare professions. Sponsored by the Macomb Food Systems Collaborative in which MSU Extension is a member, participants from Macomb, Oakland, Wayne and Livingston Counties were provided a variety of informational sessions such as food safety on the farm, how to start a community garden, and food demonstrations by local chefs.





Opening speaker, Mike DiBernardo, economic development specialist for the Michigan Department of Agriculture and Rural Development (MDARD), noted the greatest challenge as a state is to be prepared to meet the demand for fresh, safe food as the world population swells. He noted “At \$40 million a year, Michigan is fourth nationally in farmers’ market activity and sales.” DiBernardo feels the goal is to create aggregation hubs to serve as a go-between for farmers and institutions such as schools, hospitals and commercial eateries. Money would then stay in the community and access to a safe and healthy food supply would be met.

Post conference results indicated that 95% of participants would shop at a farmers market during the coming year and 82% planned to plant a vegetable garden in.

## Farmers Markets Support

Increasing Farmers Market Sales falls under MSU Extension’s Community Food Service initiatives of developing and expanding markets where healthy fresh food can be purchased.

- MSU Extension staff worked with **farmers markets** and their advisory groups to fund or begin using the Electronic Benefits Transfer (EBT) machine which enable markets to provide recipients of Bridge cards access to produce at the farmers’ booths at local farmers markets.
- **The Healthy Oakland Partnership** held a training session from the Michigan Farmer Market Associate to train their farmers’ market managers about EBT and the application for the machine. Macomb County market managers and representatives of the City of Eastpointe attended this training.
- By May of 2013, 50% of the farmers markets in Macomb County were accepting **Bridge Cards**; two years ago there weren’t any. The MSU Extension educator, Kathe Hale, also assisted the Mt. Clemens Farmers Market apply for a Bridge Card machine. As a result of presentations by MSU Extension and the Macomb Food Collaborative, three of five markets not only began accepting EBT, but also Double Up Food Bucks which enabled the buyer to double their fresh produce and the farmers to double those sales.



Westview Orchards requested Macomb County MSU Extension’s assistance and sponsorship in preparing their 200<sup>th</sup> anniversary celebration event in May. This proved to be an excellent venue for a Community Foods Systems display and presentations. Many resources were provided to the public including the new guide to farmers markets, information on the Macomb Food Collaborative as well as MSU’s Michigan Fresh program. Attending were Governor Snyder, Senator, Debbie Stabenow, Congress woman Candice Miller, County Commissioner Dan Brown, and Michigan Farm Bureau President Wayne Wood. Over 2,000 people attended the event.

**“Michigan’s 54,900 farms & 10 million acres of farmland provide products for the 312 farmers markets in the state making Michigan rank 3<sup>rd</sup> nationally.”**  
**– Michigan’s Food & Agriculture Industry, Pure Michigan.**

### School and Community Gardens

In Macomb County, the MSU Extension’s School Garden Training committee provided workshops at Macomb and Oakland venues within District 11 for educators and interested participants to learn innovative ways to create and maintain school gardens that could be used to educate students about the origin of the food they eat, develop entrepreneurship, and provide food for the school and community kitchens. These workshops included *Starting and Sustaining a School Garden*, *Utilizing a Green House or Hoop House for Education*, *Creating a Youth Farm Stand Project*, *Fresh from the Farm Curriculum Training*, and *Curriculum Connections with a Bountiful Harvest*.

Farm to School Program activities in Macomb County include:

- The Center for Regional Food Systems’ (CRFS) Colleen Matts coordinated a Farm to School focus group where schools and farmers that had worked with MSU Extension educator Kathe Hale, identify the gaps and challenges in the Farm to School program. Following the focus group, a meet-and-greet session was held to connect farmers and institutions.
- Turfgrass growers who also grow vegetables participated in a Farm to School presentation at their annual meeting in Romeo, Michigan.

### Horticulture

In 2013, 2,478 county residents participated in or were served by MSU Extension horticulture programs. At some point, every gardener will have a question -- what the local frost-free date is, how to take a soil sample, what native plants are well suited to the area, or another gardening dilemma. The MSU Extension consumer horticulture staff has developed several programs and tools to answer questions.

- The Toll Free Lawn and Garden Hotline (1-888-678-3464 or 1-888-MSUE-4MI) staffed by MSU Extension consumer horticulture educators and Macomb County Master Gardener volunteers, assisted 434 Macomb residents with their questions in 2013.
- Gardening in Michigan website at [www.migarden.msu.edu](http://www.migarden.msu.edu) houses resources tailored for beginning and experienced Michigan gardeners with sections that focus on vegetables, fruit, flowers, trees and shrubs, lawns and soil. The web site has fact sheets for each subject area and has 30 online gardening classes and topic-specific videos. Over 1,400 visits were recorded by Macomb residents during 2013, with people visiting an average of 2.97 pages per visit.
- Soil Test Self-Mailer and Soil Test Interpretation Website ([www.msusoiltest.com](http://www.msusoiltest.com)) With increased interest in home garden soil testing, MSU Extension offers an easy-to-use soil test self-mailer kit coupled with a user-friendly soil test interpretation site. Thirty-five boxes for commercial growers were purchased from the Macomb Extension office and 78 self-mailers were processed through the lab at MSU. The soil test kit can be obtained



online from the [MSU Extension Bookstore](http://www.bookstore.msue.msu.edu/product/soil-test-kit-selfmailer-1116.cfm) (<http://www.bookstore.msue.msu.edu/product/soil-test-kit-selfmailer-1116.cfm>) or from the local county MSU Extension office for \$25.

- **Ask an Expert:** The [Gardening in Michigan](#) and [MSU Soil Testing](#) websites feature an Ask an Expert widget where gardeners can electronically submit questions to horticulture experts at land grant universities across the nation. During 2013, 33 Macomb residents took advantage of this offer to ask questions. To contact an expert in your area, visit <http://expert.msue.msu.edu>, or call 888-MSUE4MI (888-678-3464).

### Smart Gardening

MSU Extension’s horticulture educators embarked on a new campaign this year to help folks become “smart gardeners” resulting in over 460 Macomb home gardeners attending workshops or trainings during 2013.

Launching the effort horticulture educators presented smart gardening at two public shows in Michigan. They were at the Novi Cottage and Lakefront Living Show and the West Michigan Home and Garden Show. These garden shows offered a variety of free seminars, informational booths and on-site “ask the experts” from MSU Extension about gardening questions. Fifty-six Macomb County residents participated.

In addition, the MSU Extension Horticulture team has developed a Smart Gardening Newsletter that is distributed to over 3,200 Extension Master Gardeners across Michigan.

MSU Extension staff provided *Vegetable Gardening – From the Ground Up* to 151 Macomb County participants with knowledge to grow healthy vegetables from testing and soil preparation through proper application of fertilizers and pesticides to protect water quality. During the spring and fall of 2013, classes on growing and using herbs reached 130 additional residents.

### Plants of Distinction

Mary Wilson and Rebecca Finneran, MSU Extension educators, developed and presented “*Plants of Distinction*” programs in Novi and Grand Rapids with additional presenters from Ohio State University, Illinois and Michigan. The program for homeowners and commercial horticulture businesses focuses on creating awareness the diversity of Michigan plants and of new or underutilized plants that are sustainable, low maintenance and impactful. Sixteen residents from Macomb attended one of these workshops.

### Master Gardener Volunteer Program

MSU Extension offered its first Master Gardener Volunteer Program in 1978. Today, more than 30,000 residents across Michigan have earned and enjoy the Master



**John Harvill, MSU Extension Advanced Master Gardener, answers the MSU Extension Lawn and Garden Hotline.**

Gardener Volunteer designation. The program serves two functions:

- To provide instruction in basic, research-based horticulture science to motivated and active gardeners through an adult educational program offered through MSU Extension.
- To provide MSU Extension with trained gardeners who will educate others in the community about environmentally and economically sound practices through horticulture-based volunteer activities.

During 2013, 204 Master Gardeners were recertified in Macomb County, 12 attended the Master Gardener College in East Lansing, and basic Master Gardener training was provided to 22 trainees. Upon completion of the educational component and 40 hours of volunteer service, the Master Gardener trainee will receive his or her Master Gardener Volunteer certification.

As part of their continued volunteer work within their communities, 311 Master Gardeners provided 12,196 hours of volunteer time in Macomb County during 2013, equivalent to \$270,095, according to the Independent Sector's value of volunteer time. Examples of their efforts include:

- Providing assistance at community gardens that provide fresh food for needy families in Southeast Michigan at community gardens.
- Diagnostic services were provided for 162 samples from Macomb residents.



### Master Composter Course

The Master Composter course was offered in October. Twelve participants attended the class and learned about correct composting procedures. The volunteers in this program provided 380 hours of volunteer service assisting residents on composting during the year, a value of \$8,413 according to the Independent Sector.

## Agriculture and Agribusiness

Michigan's agri-food system generates \$91.4 billion in total economic activity each year. With the nation's second most diverse commercial crop base providing over 300 raw and processed food and non-food products. With this extremely diversified portfolio for food processing, the food and agriculture businesses will continue to drive Michigan's economic development. With less than 2% of Michigan's population being farmers, food and agriculture creates a ripple effect that impact state, national and international economies. MSU Extension and AgBioResearch continue to fuel that growth by providing practical information to help people, businesses and communities solve problems, develop skills and build a better future. MSU Extension is a distinctive resource that, through partnerships with other organizations and networks, helps farmers and agricultural businesses and the entire food and agriculture system, learn to effectively manage production, financial and environmental systems for success from the individual farm to the consumer's dinner plate.

**Apples are Michigan's largest and most valuable fruit crop. The average harvest is about 20 million bushels or 840 million pounds of apples annually, contributing \$700 - \$900 to the state's economy.**

**– Michigan Department of Agriculture/MDARD**

The over-arching goals of MSU Extension agriculture-agribusiness programs are to:

- increase productivity and financial solvency on Michigan farms and agriculture-businesses which, through ripple effect, increase local, state, national and international economies;
- enable farmers to provide safe, affordable, high quality food for Michigan residents and global exports; and
- protect natural resources through programming that develops and targets new and more efficient use of energy, water, fertilizers and pesticides, ensuring the best resources for future generations.

MSU Extension's state-wide educators provide agriculture/agri-business programs and support for Macomb County. During 2013, 3,066 county residents attended workshops, webcasts or have consulted one-on-one with these agriculture/agri-business specialists.

Farmers and agri-businesses throughout the county, look to MSU Extension specialists to get information and training so they can produce a better product, save money, provide safe fresh food for their families or to sell, or enhance their own or their client's landscape.

In 2013, Macomb County farmers and agri-businesses participated in the following MSU Extension educational programs:

- Forage management at the Forage Technology Conference and through a webinar.
- Integrated Pest (IPM) Restricted Use Pesticide Core Reviews which provide the certification required by the Michigan Department of Agriculture and Rural Development for individual farmers or agri-businesses in order to buy and apply pest management chemicals.
- A follow up to the 2012 *Fungus Among Us* program that focused on disease identification and management, was held in 2013. It was called *Creature Feature: Landscape Insect Identification* and was designed for Green industry professionals and Master Gardeners, and used as advanced training for MSU Extension toll-free hotline volunteers.
- Farm animals were the subject of three programs provided by MSU Extension educators. Tom Guthrie offered a Proud Equestrian Program update on pasture management and rotational grazing; farm safety workshops; and a milk marketing and production update.
- In addition, MSU Extension educator Hal Hudson provided vegetable consultations to emerging vegetable growers in Macomb including Forgotten Harvest's vegetable production at Metro Park.

**Michigan is the number one state in highbush blueberry production with growers producing of 100 million pounds of blueberries every year.**

**– Michigan Department of Agriculture/MDARD**



The County Health Rankings report is published by the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation. Michigan data can be found at: [www.countyhealthrankings.org/rankings/data/mi](http://www.countyhealthrankings.org/rankings/data/mi)

## Health and Nutrition

Obesity, poverty and inadequate consumption of fruits and vegetables are all factors that can affect the quality of life for adults and their families and, even more importantly, increase their likelihood of chronic disease. Michigan is the 10<sup>th</sup> most obese state in the country according to the Centers for Disease Control and Prevention. Often caused by poor diet and limited physical activity, obesity increases the risk for chronic disease such as coronary heart disease, Type 2 diabetes, coronary hypertension, stroke and respiratory problems.

While Macomb County has the 10<sup>th</sup> highest median household income in Michigan, it also has the third-largest number of people receiving some form of government assistance. 43.9% of the children in the county receive free or reduced price school lunches. It also ranks 43<sup>rd</sup> in the state for health outcomes and 24<sup>th</sup> for health factors.

Nutrition and physical activity education are means to prevent obesity among adults and to prevent and decrease chronic diseases. MSU Extension offers multiple programs that focus on lifestyle changes to incorporate physical activity, healthy eating, food safety and social and emotional well being for individuals and communities. These programs are designed to serve the needs of children, youth, families and communities in urban, rural and suburban areas.

## Health and Nutrition Programs

MSU Extension nutrition programs served a total of 4,863 residents including a series of trainings to 1,318 youth and 982 adults as well as 2,563 individuals during one-time presentations.

Two major programs help provide this instruction for Macomb County residents:

- Partnering with the Michigan Department of Human Services and through the USDA's **Supplemental Nutrition Assistance Program (SNAP)**, MSU Extension provides nutrition education to those eligible, low-income individuals and families who receive SNAP benefits. The program helps establish healthy eating habits and increase physical activity while staying within a limited food budget.
- **The Expanded Food and Nutrition Education Program (EFNEP)** is designed to assist limited resource audiences in acquiring knowledge, skills, attitude and changed behaviors that will improve the total family diet and nutritional well-being. Curricula designed for these programs include *Show Me Nutrition*, *Eating Right is Basic*, and *Eat Smart Live Strong*.



**Show Me Nutrition** is a comprehensive nutrition curriculum that teaches youth from preschool through junior high how to lead a healthy lifestyle. Designed by University of Missouri Extension, the program educates youth with age appropriate content on nutrition, food safety, physical activity, media influence and body image. This program was provided to 1,309 youth in Macomb County who received handouts and content as well as engaged in activities to learn how to have a healthy lifestyle. Teachers reported 93% of the children were willing to try new foods and 88% reflected they were more aware of healthy nutrition.

**Eating Right Is Basic** focuses on teaching adults with low incomes how to choose and prepare healthful meals within a limited food budget, food preservation and maintaining a healthy weight through food and a healthy diet. In Macomb County, 545 adults participated in the EFNEP and SNAP programs with this curriculum.

Eating Right Is Basic provides a curriculum that can be adapted to many languages to enable the program to reach as many at-risk communities as possible. Able to speak Arabic and some African dialects, MSU Extension nutrition instructor, Sulaiman Mansour, used his language skills to instruct nutrition classes to recently resettled refugees at Lutheran Social Services of Macomb. His PowerPoint presentations in their native language and adaptation of the pictorials to match native foods reached 103 adult refugee participants in Macomb County.

The **Eat Smart Live Strong** program is a pilot program with MSU Extension this year that educates seniors on the importance of consuming fruits and vegetables, and incorporating physical activity into daily routines. This six-session series helped older adults improve their health:

- 95% said they learned ways to eat more fruits and vegetables within a limited budget.
- 58% increased their vegetable intake and 48% increased their fruit intake.
- 85% learned ways to overcome challenges that prevented them from engaging in 30 minutes of physical activity most days.

For more information visit: <http://www.choosemyplate.gov/>

**MSU Extension Program Instructor Sulaiman Mansour, adapts his nutrition classes to enable participants who speak Arabic or African languages to better understand.**

**Cooking Matters at the Store**  
MSU Extension has partnered with Share Our Strength and Gleaners Food Bank to hold nutrition education series with volunteer chefs for several years. In 2013, Macomb County was selected to be part of a *Cooking Matters® at the Store* mini-grant sponsored by



Gleaners. Selected instructors provided a grocery store tour and handed out \$10 gift cards to EFNEP participants. The *Cooking Matters* program equips families receiving food benefits with skills to stretch their food budgets, cook healthy meals at home and put nutrition information into practice. *Cooking Matters® at the Store* is now a stand-alone section of the program that involves a tour through a local grocery store to guide participants in making healthy, budget friendly choices.

*Cooking Matters* was profiled on NBC Nightly News in the show's "Making a Difference" segment. It can be seen at <http://nbcnews.to/121lPBS>.

**Project Fresh** is an educational program that provided 304 eligible participants of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) with \$30 coupons to purchase locally grown fresh fruits and vegetables at participating farmer's markets. Project FRESH helped them learn to:

- choose new locally grown produce
- prepare a fruit or vegetable in a new way
- store and preserve fresh fruits and vegetables
- increase fruit and vegetable consumption in their diets
- find other community resources of benefit to them

### Food Safety

Demand for wholesome locally grown food is rising. With food preservation being a cost-effective way to have nutritious, locally grown food year-round, MSU Extension food safety education programs meet the increased demand and provide consumers knowledge of the enhanced state food laws for safe foods. These food safety programs attended by 1,854 Macomb residents, help prevent foodborne illness and ensure a safe food supply for consumers.

**Food Preservation Instruction** — During 2013, food preservation workshops held in Macomb County, trained 1,818 residents on the selection of high-quality food to preserve and safe methods of preserving it. Residents received information on the selection of high-quality food to preserve and safe methods of preserving it.

A food preservation class for deaf and/or blind participants this August was the first of its kind delivered in Michigan by the MSU Extension Food Safety work team. To reach this audience for food preservation programming, Extension Educator Eileen Haraminac coordinated efforts with MSU Extension staff, agency interpreters and ten deaf or blind participants of the class for a successful completion of criteria and objectives.





**ServSafe** — Foodborne infections are a major public health concern in the U.S., causing 48 million illnesses and over 3,000 deaths each year according to the Centers for Disease Control and Prevention. MSU Extension offers ServSafe, a national certification program for those working in food service businesses, especially managers and other leaders. MSU Extension ServSafe staff delivered three training sessions during 2013 that 13 Macomb County residents attended.

**Cottage Food Law** — MSU Extension provided Cottage Food Law classes attended by 23 participants from Macomb County who planned or considered starting a food business. After the class ended, all participants reported they better understood what is necessary to run a successful cottage food business; 86% reported being able to legally produce and sell favorite food item under the cottage food law as a result of the program; 80% improved cleaning and sanitizing procedures; and 68% verify the refrigerator at 41 degrees.

### **Social and Emotional Well-being**

In 2013, 123 people from Macomb County attended the MSU Extension well-being programs noted below.

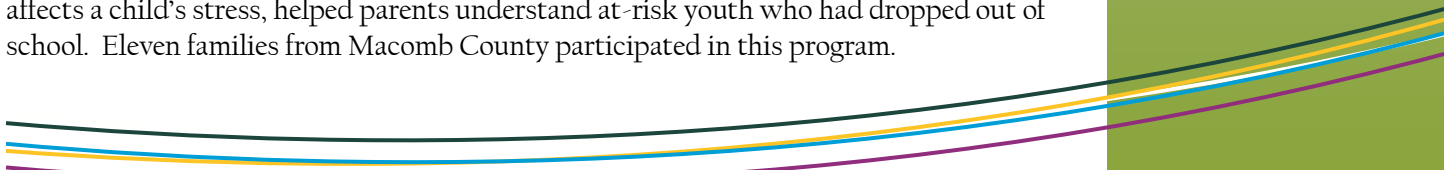
#### **Community Based Nurturing Parenting**

Research shows that babies who receive affection and nurturing care from their caregivers have the best opportunities for healthy development. Community Based Nurturing Parenting is for parents, grandparents, childcare providers and others who care for children from birth to teens. Participants learn what nurturing is and how to be a nurturing parent; to enhance positive relationships with children; to discipline without spanking; methods to handle stress and anger; child growth and development; to understand the brain development of children and teens; and, how to help build self-esteem. This program is an evidence-based program for caregivers to strengthen and build parenting skills that promote positive family relationships. Last year in Macomb County, 16 families participated in this program.



#### **Building Strong Adolescents**

The MSU Extension Building Strong Adolescents (BSA) program served parents with 16-18 year old children in the Michigan Youth Challenge Academy across Michigan. Three lessons from the BSA curriculum and a session on MyPlate describing how eating affects a child's stress, helped parents understand at-risk youth who had dropped out of school. Eleven families from Macomb County participated in this program.



### **Bullying Prevention**

MSU Extension's Be SAFE: Safe, Affirming and Fair Environments initiative, provides adults with opportunities to explore and connect around bullying issues. It is designed for adults who live with, care about and work with young people, including parents, caregivers and those who work in schools, youth and family agencies, youth organizations, juvenile justice, faith-based communities, recreation departments and other community groups.

The *ABC's of Bullying Prevention* program shares perspectives on the prevalence and types of bullying behaviors, examines bullying, bias and harassment through the lens of differences and explores strategies for addressing the issues. *The Be SAFE: Addressing Bullying in Out-of-School Settings* webinar series covered *Helping Kids Connect with Their Emotional Resiliency*, *Trauma Reaction to Bullying: Voices from Kids with Autism Spectrum Disorders* and *Exploring and Preventing Cyberbullying*.



### **RELAX: Alternatives to Anger**

Chronic stress is a major issue for many Americans and has been proven to lead to a variety of health problems. Stress affects us on a cognitive and emotional level. It can affect the part of the brain that has to do with decision-making, keeping us stuck in unhealthy behaviors. Those experiencing chronic stress are more likely to eat high-fat and sugary foods, increasing the risk for becoming overweight and developing obesity or diabetes. Stress can cause long-term health problems such as high blood pressure, muscle or joint pain, shortness of breath, diseases such as fibromyalgia, digestive problems heart disease, and can alter blood glucose levels.

RELAX: Alternatives to Anger, a four-part education series, is designed to help adults, parents, teens and caregivers increase their knowledge about stress and anger issues. Participants put healthy relationship skills into practice by better managing emotions. Eighty residents in Macomb County took advantage of this program during 2013.

### **Disease Prevention and Management**

Preventing or managing chronic diseases is the top health challenge of the 21st century. Seven out of 10 deaths each year are from chronic diseases. More than 75% of healthcare spending (in Michigan and the U.S.) is for people with chronic diseases including heart disease, stroke, cancer, diabetes, kidney disease, and dementia. Leading a

healthy lifestyle can greatly reduce the risk of developing chronic diseases according to the Michigan 4 by 4 Wellness Plan. In 2013, 23 county residents participated in MSU Extension’s disease prevention and management programs.

### Managing Diabetes

According to the Centers for Disease Control and Prevention, about 35% of adults have pre-diabetes but many do not know it. In Michigan during 2012, more than 9% of adults were diagnosed with diabetes, an estimated 701,000 people. In addition, 364,400 Michigan adults are estimated to have undiagnosed diabetes.

Diabetes Personal Action Toward Health (PATH) workshops were held in various locations in District II during 2013. Fifteen residents from Macomb County participated. The PATH for Diabetes workshop provides information and skills to adults with diabetes and their family members. Participants learn ways to reduce pain and stress, cope with fatigue, use medications wisely, and benefit from healthy eating and exercise. Participants also learned about self-help methods that can enhance daily activities.

Participants who completed the PATH for Diabetes workshops reported decreased frustration with their diabetes, increased time in exercise and increased confidence to exercise, as well as increased confidence in following their eating plan and managing their blood glucose levels.

### Managing Chronic Pain

An additional MSU Extension PATH program was conducted at the Village of Peace Manor in Clinton Township for eight Macomb County residents. PATH for Chronic Pain is a workshop for people experiencing chronic pain and their family members or caregivers. It enhances regular treatment by giving participants the skills to coordinate what they need to manage their health and stay active. Participants who completed this six-week reported increased energy, decreased frustration about health problems, improved relationships with others and increased time spent exercising as well as increased confidence in managing their condition and keeping it from interfering with everyday living.

### 2013 MSU Connections in Macomb County

Macomb County students enrolled at MSU -----	3,045
Veterinary medicine students -----	20
Medical students -----	172
Medical internships & residencies -----	283
Alumni in Macomb County -----	12,455
Spending with local businesses -----	\$8,169,088
Financial Aide disbursed -----	\$46,238,886
Product Center-value of increased investment ----	\$2,429,000
Estimated total economic impact -----	\$123,567,401

# Macomb County Program Contacts



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