



Macomb County 2016 ANNUAL REPORT

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Mission Statement

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

MESSAGE FROM THE DISTRICT COORDINATOR

2016 saw the continued partnership of Michigan State University Extension and Macomb County. Through this partnership, county residents experienced over 33,000 points of contact where they received resources to enrich their lives. Michigan State University Extension continues to work with local residents to improve their environment, develop their youth, live healthier lifestyles and much, much more. We thank you again for your continued partnership. We look forward to the future and all that it will bring in service to Macomb County Residents!



Sincerely,

Richard Wooten

District Coordinator, District II

Our Mission

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

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MEASURING IMPACT

4-H Children & Youth	10,103
Volunteers	539
Natural Resources & Sea Grant	4,115
Volunteers	236
Health, Nutrition & Wellness	5,666
Financial Stability & Community Development.....	1,202
MSU Product Center	40
Community Food Systems	1,365
Consumer Horticulture.....	1,431
Master Gardeners	7,182
Master Gardener Volunteers.....	416
Master Gardener Hotline	949
TOTAL IMPACT	33,244

DIGITAL OUTREACH

Technology has come to shape almost every aspect of the lives of Michigan’s residents. Michigan State University Extension has spent the past several years working to integrate technology into the delivery of many of its resources. In addition to the diverse array of services MSU Extension has provided directly to Macomb County residents, the expanded digital reach of our resources can not be ignored!



In 2016, the MSU Extension website received 38,621 visits from Macomb County.



Those Macomb visitors produced 89,791 individual page views while browsing the website.



50% of those Macomb website visitors accessed the site through a mobile device.

Developing Youth and Communities



When you support MSU Extension 4-H programs, youth participants learn life skills that prepare them for the workforce – especially for highly sought after jobs in science, technology, engineering and mathematics (STEM).

When you support MSU Extension 4-H programs, youth participants learn life skills that prepare them for the workforce, especially for highly sought-after jobs in science, technology, engineering and mathematics (STEM). Extension programs help children develop early literacy skills that support school readiness. They learn leadership and decision-making skills in 4-H that increase their likelihood of becoming civically active.

4-H participants also demonstrate reduced high-risk behaviors such as drug use, and learn to complete tasks, solve problems and seek any help they might need from peers and adults. 4-H involvement also helps participants avoid or reduce involvement with the court system. This helps ensure more young people succeed in school, attend college and contribute to their communities. More successful young people in communities results in greater tax revenues and consumer spending and increases the likelihood that young people will stay in, or return to, their communities.

Growing True Leaders

With innovative ideas, exuberant energy and the ability to look beyond preconceived obstacles, youth have the capacity to change the world. However, many lack the skills and confidence to empower these assets into motion. They need experiences and training that help them to feel ready and capable to lead. Michigan 4-H helps to prepare current and future leaders by offering numerous opportunities for leadership development. From the club experience to statewide youth councils, all youth have the chance to serve in a leadership role. Those experiences and various leadership trainings provide youth with skills to last a lifetime and empower them to stand up today as true leaders in their families, schools and communities.

4-H Youth Development

In Macomb County, Michigan State University Extension's staff and volunteers worked with 10,103 youth during 2016 with specialized programs in 4-H Youth Development, mentoring, natural resources and nutrition education. MSU Extension's 4-H Youth Development Program is uniquely designed to prepare Macomb County's youth to be successful in present and future endeavors. It provides developmentally appropriate opportunities for participants aged 5-19 to acquire life skills and utilize them throughout their lives. Youth are able to participate in experiential learning opportunities across the county through 4-H clubs, after-school programs, school enrichment programs, day camps, mentoring programs and local, state, and national events. In 2016, MSU Extension staff recruited, trained and provided oversight to 539 adult and teen volunteers. These volunteers delivered 4-H educational programs focused on life skills, science literacy, leadership, civic engagement, and workforce preparation throughout Macomb County.

4-H Club Programming

Interests of club members expand and change throughout the years. There are currently 28 community clubs, 19 in-school clubs, 6 mentoring sites, 3 military clubs and 1 special needs club throughout Macomb County exploring a variety of project areas.

Animal projects have been around since 4-H clubs were established. In Macomb County, 1346 youth participated in clubs with animal projects where they learned how to raise, train, and



Developing Youth and Communities, continued



show many types of animals. For some clubs, raising animals has developed into an entrepreneurial exercise as they auction off their animals at a livestock sale or sell animal products online such as lotions or cheese. Small animals such as dogs, cats, rabbits, birds and poultry are particularly popular in urban areas where 497 youth participated.

The Macomb County 4-H Horse Program is also very popular with just under 200 riders competing at each of the 10 horse shows put on for youth this year. The riders who excelled were able to compete with youth from around the state at the 4-H State Show. Macomb riders fared well and took home many ribbons.

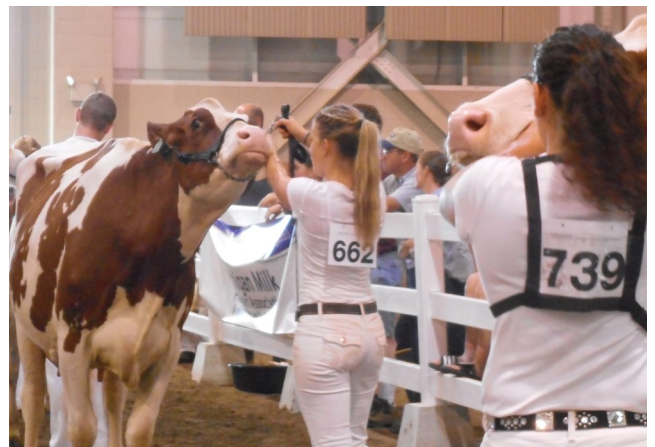
Outdoor education and recreation is another popular interest area. 4-H Youth experienced Michigan's great outdoors by hiking, climbing and paddling around the state. Many youth participate in 4-H shooting sports programs which provide training in the safe handling of equipment including archery, riflery, shotguns and even muzzle loaders.

Technology and engineering projects are becoming more abundant as youth explored rocketry and robots, aerospace, GPS/GIS, mechanical science, digital and computer technology, entomology and bees, veterinary science, horticulture and gardening.

Community service and volunteerism are a significant component of 4-H. This year, over 870 youth were involved in both short term and long term volunteer service projects. These activities not only help improve communities but build life skills for the youth such as public speaking and organizational development that can be used throughout life.

4-H at the County Fair

The Armada Fair is a large part of the Macomb County 4-H community. Youth are at the fair every day to care for their livestock, answer questions about their projects and volunteer to clean and monitor the barns. At the end of the fair week youth auction off their livestock projects. In preparation for the fair two cleanup events were held. Over 113 volunteers gave approximately 12 hours of their time over the two days. The 2016 fair began Sunday, August 14 with the judging of 1,658 still projects. There were 39 adult volunteers acting as Superintendents, 50 Judges and additional 10 adult volunteers assisting in the still projects event. Throughout the week there were 61 Dog, 269 Rabbit, 119 Poultry, 71 Swine, 57 Goat, 65 Lamb, 125 Beef Cattle, 4 Dairy Cattle, 9 Prospect Beef, 15 Sheep, 557 Horse, 16 Draft Horses and 160 Miniature Horse entries.



4-H In-School Programming

Program Coordinators provided in-school programming to over 30 elementary schools throughout Macomb County. The China Art project had over 2500 students participate. This ready-made educational kit allowed teachers to engage their students in global education and learn about China through art. Another highly successful and popular classroom workshop, facilitated by Macomb County staff and youth volunteers, was the "Honey Bee Challenge". Six hundred and ninety four children in 16 elementary schools participated. This program gave a real world problem to students to critically think about a solution by educating youth to the crisis with honey bees and the importance they play in agriculture.

Developing Youth and Communities, continued

4-H Mentoring

The 4-H Youth Mentoring Program serviced 183 youth through community and peer mentoring programs in 2016. During the 2016 school year, 4-H peer mentoring programs took place in five local school districts in Macomb County. We added our newest site in November of 2016, focused solely on working with youth who have severe emotional impairments. Over the 2015-2016 school year 4-H Mentoring programs have engaged youth in building relationships, resume writing, goal setting and teamwork activities. We have collaborated with partner agencies within Macomb County and statewide to provide additional programming to expand the minds of the youth we serve. In addition, the programming offers the matches an opportunity to better engage with their mentees/mentors in a more structured arena while having fun.



4-H Tech Wizards

4-H Tech Wizards is a unique small group mentoring program funded by National 4-H and the Office of Juvenile Justice and Delinquency Prevention (OJJDP). This funding allowed for a fourth year of successful mentoring at Mt. Clemens Middle School, L'Anse Creuse Middle School Central, and Anchor Bay Middle School South in Macomb County. 4-H staff partnered with Axalta Coating Systems, Inc., Southeastern Michigan CARE, the Mt. Clemens Optimist Club, The US Army Garrison Children and Youth Social Services and Middle School Teen Program (CYSS/MST) to recruit mentors. Eleven caring adult volunteers worked as mentors to 52 youth on a weekly basis for an entire calendar year. Each two-hour site meeting allowed for the mentors and their mentees to develop strong relationships. Exploring STEAM (Science, Technology, Engineering, Art and Math) activities facilitated communication and helped strengthen these relationships. With the employment field increasing its number of new jobs in STEAM industries, 4-H staff designed many of its hands-on activities to correlate with common core standards.

4-H Camps

In 2016, Macomb County staff expanded the number of 4-H day camps to five at the Max Thompson Family Resource Center in Warren. There was a winter break, spring break and three summer camps offered. Youth ages 5 – 12 were engaged in activities focused on Healthy Living (physical, nutritional and social emotional), STEM projects, gardening, theater and arts and crafts. There is an ongoing Teen Counselor program at the center. Fifteen high school students from the surrounding area were recruited and trained to assist in the day camps. These teens committed to volunteering over 40 hours a week during the day camps in exchange for certificates of community service and a letter of reference based on their performance and professional development. Professional development for the teens included workshops on financial literacy, facilitation techniques, public speaking, youth development and programming. In addition they had opportunities to participate in 4-H statewide events such as Exploration Days, Kettunen Center workshops and Bigley Clear Lake Camp in the Upper Peninsula.



Developing Youth and Communities, continued

A number of opportunities were available for youth to experience overnight camping experiences. Youth from Macomb County took a trip 'Up North' with youth from Delta and Alger counties. The summer camp took place in the Hiawatha National Forest at the Clear Lake Education Center located in the heart of Michigan's Upper Peninsula. Campers exchanged family traditions, participated in team building games and visited the Pictured Rocks National Lakeshore among many other activities. The camp was very successful bringing together youth from across the state to build relationships and to learn what life is like for other youth around the state.

Additionally, 4-H Tech Wizards youth traveled to the National 4-H Conference Center in Chevy Chase, MD to participate in Leadership Washington Focus, a week-long national leadership workshop for teens. Chaperoned by their mentors the youth worked collaboratively with 4-H'ers from across the United States to develop their personal leadership and life skills. 4-H Tech Wizard youth and their mentors traveled to the Michigan 4-H Conference Center in Tustin, Michigan to attend the 8th Annual 4-H Mentoring Weekend. The mentor matches bonded over fun activities and met other adults and youth from across Michigan.



4-H Healthy Living

The 4th "H" in 4-H stands for health. In Macomb County, 4-H Healthy Living is active in promoting and offering youth development programs that increase physical fitness, healthy food choices and gardening options in urban areas. Healthy Living Teen Ambassadors were trained to assist with the facilitation of 4-H health programs in schools, camps and community outreach programs. In 2016, there were 8 Macomb County 4-H Healthy Living Teen Ambassadors. They played a major role in supporting youth day camps held during school breaks at the Max Thompson Family Resource Center. 4-H Healthy Living Teen Ambassadors also assisted with a youth smoothie station at the Macomb County Women's Health Event on October 15, 2016.

Preparing Youth for Academic Success

Youth who are not proficient readers by fourth grade are 68 percent more likely to drop out of high school. Research shows that young children who develop literacy skills prior to entering kindergarten are better prepared for school reading curriculum. Children's school readiness improves when parents and caregivers are taught methods that increase early childhood science and reading literacy, and ways to prepare children socially and emotionally. Programming provided through MSU Extension and other organizations prepare children for academic success by giving parents and caregivers the tools they need to help their children succeed in school.

MSU Extension's Early Childhood Development program was reestablished in September 2016. To date, Sixty-four adults have been engaged in workshops to provide the tools necessary to facilitate the development of literacy and social-emotional skills in young children.



Understanding Community Food Systems



During the 2016 program year, the Community Food Systems program based in Macomb County reached 1,365 participants through educational opportunities within southeastern Michigan and the state. Highlights from a few of these programs are below.

Macomb Food Collaborative

Hosted by the Macomb Food Collaborative, the *All About Food: From Farm to Fork Conference* was held in March of 2016. This conference was supported by MSU Extension, a member in the Collaborative, and convened food system stakeholders from around Macomb County, with additional participants from surrounding counties, including Lapeer, Oakland, St. Clair and Wayne. Educators, farmers, farmers market vendors, consumers and food business owners were represented in the 147 attendees. The conference evaluation demonstrated that 65% of respondents increased their knowledge on where to find local resources and connections to others working in their local food system, and 51% committed to prioritizing purchasing local, regional and Michigan grown food products, as a result of this conference. Sessions were offered on a wide range of topics, including antibiotic use in food systems, farmland preservation, food justice, and food preservation.

Farm to Institution

Farm to Institution is a comprehensive approach to building the regional food system by providing foods that are nutrient dense to students and patients, creating more economic opportunity for local growers, and establishing a more connected food community. To foster Farm to Institution programs in 2016, the Community Food Systems work team hosted tours focused on cherries, a local produce processing facility and a joint carrot and potato tour. The team also hosted educational workshops, including Starting and Sustaining a School Garden, where participants learned how to begin or expand their school garden through facilitated goal setting and hands-on activities. Technical support, one-on-one counseling and presentations were all utilized to assist practitioners in sourcing more local food through their meal programs.

In 2016 a new program called Making Michigan Recipes Work was piloted around the state in five locations. This hands-on workshop allowed participants to experience preparing whole Michigan produce, learn about food safety, seasonality, and other considerations for bringing more Michigan produce into school meal programs. Alongside the training, a free curriculum and set of videos was developed to reach a wider audience throughout the state and region. This program was funded through a Specialty Crop Block Grant.



MSU Extension efforts in ensuring safe and secure food lead to a healthy population, which in turn helps keep health care costs in check and our communities viable.

Ensuring Strong Communities



MSU Extension understands that building healthy economic structures leads to greater opportunity and stronger communities.

Improving Fiscal Health of Michigan Communities

Only with healthy, vibrant communities can Michigan residents be expected to thrive. To help Michigan prosper in a sensible, sustainable fiscally responsible way, MSU Extension launched the Center for Local Government Finance and Policy in late 2015.

The center is led by MSU Extension economist Eric Scorsone, who has assisted multiple cities during fiscal crises including Detroit, Flint and Lansing. The center will advise cities during fiscal hardships so communities can find a sustainable path forward. It will also develop fiscal tools and offer outreach to help communities improve their fiscal health. In addition, the center is committed to connecting legislators with experts in public policy and forging partnerships in the public and private sector.

The center's efforts include:

- Assisting in the development of performance metrics for government budgets, strategic plans and public accountability reporting.
- Providing an overall assessment of long-term and short-term trends in revenues, expenditures, debt, general fiscal health and recommendations regarding adoption of financial policies.
- Publishing an annual local government fiscal health report for communities wishing to improve fiscal health.
- Publishing an annual legislative mandate report that identifies the costs imposed on local governments and their impact on fiscal and operational health.

Homeownership

Homeownership education helps participants understand the home buying process. Topics include: advantages of homeownership, steps in the home buying process, understanding the cost of homeownership, understanding credit and debt management, and shopping for a home and obtaining a mortgage loan. In 2016, Michigan State University Extension reached 385 Macomb residents through homeownership related programming.

Money Management

MSU Extension provided several money management seminars in Macomb County during 2016. These three-week sessions focused on helping consumers gain confidence and skills related to their personal finances. Participants attend these classes to understand their money values and how to communicate about money, write SMART (Specific, Measurable, Achievable, Relevant, Timely) goals, manage debt and improve credit, and create savings plans.

Ensuring Strong Communities, continued

Since 2015, Michigan State University Extension has partnered with Macomb Community Action to provide financial coaching to their clients in the emergency assistance program. The goal is to help clients learn to budget their money so that they can avoid the inability to make rent and/or utility payments in the future.

In addition to the aforementioned partnership with Macomb Community Action, MSU Extension also partnered with the City of Warren to provide pre-purchase and pre-closing counseling to their clients participating in the Neighborhood Stabilization Program (NSP). The goal was to help clients understand all costs associated with homeownership and how to budget for those expenses. This partnership also included working with the City of Warren's Drug Court to provide workshops for the participants in The Treatment Court program. Participation figures for money management programs included, but were not limited to:

- Money Management workshop participants – 47
- Macomb Community Action Financial Coaching participants – 14
- City of Warren's Drug Court participants – 30
- One-time Money Management participants - 165

Foreclosure

MSU Extension's Foreclosure Prevention Program has had an important partnership with the Macomb County Treasurer's Office for several years and in 2016 expanded the partnership to reach even more households than any prior year. Through one-on-one counseling appointments, MSU Extension Educators and program instructors met with 209 homeowners who were three years behind on their property taxes. As a result, homeowners entered repayment plan agreements with the Treasurer, applied for financial assistance programs, and learned how to budget during a financial crisis. One recent participant who had fallen behind on his taxes due to losing his job during the recession, was approved for approximately \$28,000 in assistance through the Step Forward Michigan program. MSU Extension foreclosure counselors helped him throughout the application process and also helped him devise a savings plan so that his future taxes will be paid on time.

MSU Extension's foreclosure hotline is also an important resource for distressed homeowners in Macomb County who aren't sure what help is available. In 2016, MSU Extension talked with 272 people via phone and provided education on foreclosure prevention options and what steps they can take. Often times a homeowner needs to speak with someone urgently about their housing situation, so having a person just a phone call away is an important service. One homeowner was recently quoted as saying, "I am so grateful there is someone I can talk to about this; I have no one else that will listen. I feel a lot better knowing how much time I have, and that there is help available."

County government is responsible for handling a diverse array of functions for Michigan residents. Every two years, the citizens elect county commissioners to develop policy and provide financial oversight on all aspects of county government. The role of a county commissioner is well defined by statute. However, understanding the relationships between the county board and other elected officials and department heads is very complicated.

Since 1968, MSU Extension and the Michigan Association of Counties (MAC) have offered New County Commissioner Workshops (NCCW) following the November election. In 2016, a team of MSU Extension Educators offered NCCW at seven locations around the state, including two in SE Michigan. The workshop consisted of four hours of training on the fundamentals



Ensuring Strong Communities, continued

of county government and included time for networking with other county officials, MAC staff, and MSU Extension staff and administrators. 213 people attended the workshops with seven from District II (Macomb -2; Oakland - 4; Wayne - 1). Based on workshop evaluations, 86 of reporting participants were newly-elected county commissioners, 16 were commissioners for less than four years, 13 were commissioners for more than four years, 8 were county administrators or controllers, 9 were other elected officials or other county staff, and 8 were other types of participants.

This training educates commissioners so that they understand their roles within the complex system of county government. Participants leave NCCW with:

- deeper understanding of their civic responsibilities and roles within their own communities;
- increased confidence to make decisions;
- skills and information to better manage community resources;
- knowledge of how to implement best practices
- better understanding of the importance of building quality living spaces in Michigan.

Citizen Planner Program

The Citizen Planner Program has been offered in Macomb County bi-annually since the program went statewide in 2002. This seven-week program provides education on all aspects of community planning and zoning including topics from ethics to zoning for economic growth to effective meetings. In 2016, 29 people participated in the program with 28 receiving certificates of completion. Participants represented nine Macomb communities as well as three additional counties. Post program evaluations showed that nearly 100% of participants increased their knowledge on the topic of the week.

Leadership Macomb

MSU Extension was invited to join the Junior Leadership Macomb (JLM) program council to organize the monthly program days for juniors in high school. Extension organized, facilitated and presented at the Leadership Macomb Environment Day, Leadership Day and Community Services Day. Environment Day included tours of a waste water and drinking water plant, a water quality boat cruise doing water quality related activities, and an interactive activity around water and agriculture. During Leadership Day, the students participated in the MSU Extension Issue ID process, a community focus group survey taking place once every five years. The student session mirrored the adult sessions as they completed the job of identifying issues from bullying in school to national debt and then narrowing them down to the top issues. One of their issues was money: understanding and managing, and finding funding for college. On Community Services Day, MSU Extension educators organized an entire session on Mad City Money, an MSU Extension Financial Literacy curriculum, designed to help them gain an understanding of how to manage money. An Extension Educator also served with Leadership Macomb as chair of Environment Day. Partnering with Macomb County Planning and Economic Development, this day is planned annually to present the most timely and relevant information. The day included tours of a landfill, waste water and drinking water plants; low impact development installations, land use and agriculture issues and energy. A presentation on regional infrastructure covering roads, water, energy and communications was added to cover water issues in Flint and the formation of the Governor's 21st Century Infrastructure Commission. 43 people participated in this program.

Due to her ongoing support of Leadership Macomb on both the Board and Program council for adult and youth programs, MSU Educator, Terry Gibb was nominated for and received the Don Torline Legacy Award in November, 2016 which is their highest award for service to the organization.



Refugee Outreach & Entrepreneurship



When you support MSU Extension, you help participants understand the economic, environmental and social benefits of purchasing local and regional foods.

MSU Extension and the MSU Product Center help Michigan entrepreneurs develop and commercialize high-value, consumer-responsive products and businesses in the food, agriculture, natural resources and bioeconomy sectors. When you support MSU Extension, you help participants understand the economic, environmental and social benefits of purchasing local and regional foods. You also help young people develop business skills that will help them succeed as adults and help communities capitalize on their ecological, social and cultural assets. This fuels the economy by creating and retaining jobs, and helps ensure a healthy tax base.

Building entrepreneurial spirit and skills

As the backbone of the economy, small business owners play a critical role in the prosperity of the nation. But to be a successful entrepreneur, one must have not only the ambition to take a risk, but also the business sense and skill to make a profit. To ensure the business owners of tomorrow are triumphant in their future endeavors, they need to learn the entrepreneurial concepts that pave the way for success.

MSU Extension is helping to meet this need by providing youth and the adults that support them with the skills and resources necessary to turn ideas into business ventures. Through simulations and workshops, Macomb County residents learn how to develop business plans and operate their own companies, as well as how to be more entrepreneurial in the way they approach their personal finances.

MSU Product Center

The Michigan State University Product Center continues its long tradition of working with local entrepreneurs to provide resources that make it possible for individuals to bring food based products to market. Through the center's venture development services, Macomb County residents have access to an innovation counselor who can assist clients in accessing specialized services, learning about and navigating Michigan's Cottage Food Law and building connections with retailers to bring products to wider markets.

In 2016, the MSU Product Center forged a new partnership with Crain's Detroit

Business in order to sponsor and expand the Crain's Food Summit and Investor Forum. This successful event connected entrepreneurs from across the local food system with educational and financial opportunities. This year the Product Center provided services to 370 clients statewide, including 40 clients from Macomb County.



Refugee Outreach & Entrepreneurship, continued

Samaritas Refugee Programming

There is a great deal of uncertainty and conflict in today's world. These conflicts often produce scores of men, women and children who have been displaced and are in need of an opportunity to start a new life. In 2016, MSU Extension formed a new partnership with Samaritas (formerly Lutheran Children Services) in order to provide health and nutrition programming as well as entrepreneurship education to Samaritas clientele who were newcomers to the United States and who had fled wars in their home countries. MSU Extension staff successfully delivered 2 eight week sessions of the Healthy Food Matters curriculum, ServSafe Food Safety training and information about the Michigan Cottage Food Law.

The result was approximately 60 Iraqi and Syrian refugees who received nutrition and food safety classes and an introduction to the MSU Extension Product Center with the Cottage Food Law course. In addition to the classes, a field trip with all participants and their children was attended at MSU Tollgate Farm and Educational Center in Novi, MI. At the Tollgate Center, participants saw the farm operation and animals, picked organic apples, visited the vegetable gardens, saw the bee hives and talked to the bee keeper, bought fresh, organic honey, and learned first-hand how maple syrup is made!

As a result of these series, participants reported an 81% improvement in one or more food resource management practices, 56% increased their fruit consumption, 40% more often planned meals in advance, 73% more often used "Nutrition Facts" on food labels to make food choices, 88% improved in one or more nutrition practice, and 56% improved in level of physical activity.

Participants now have food safety knowledge for home and food handlers' jobs as well as information on business start-ups in cottage food or commercial production with the Product Center. They have gained knowledge about food safety practices, including hand washing and personal hygiene. These classes were designed to help refugees acclimate to the American system of food safety, nutrition, starting a successful business in cottage food and utilizing this information for possible job opportunities in food handling, and food service.



Keeping People Healthy



Encouraging healthy behaviors helps reduce food and health care costs by helping prevent chronic health conditions and providing safe environments throughout a person's life span.

When you support MSU Extension, you help participants learn safe food handling practices, increase their physical activity and improve the quality of their diets. Encouraging these healthy behaviors helps reduce food and health care costs by helping prevent chronic health conditions and providing safe environments throughout a person's life span.

Improving Nutrition and Increasing Physical Activities in Michigan Communities

Limited income and poor nutrition affect quality of life and can increase healthcare costs. The Centers for Disease Control and Prevention reports that more than 30 percent of Michigan adults are considered obese, and one out of every three deaths in Michigan is caused by cardiovascular disease, influencing the quality of life and adding billions of dollars each year in economic burden.

MSU Extension delivers affordable, relevant, evidence-based education to help residents in urban and rural communities stay healthy throughout their lifespans. Programs teach participants how to buy and prepare nutritious, budget-friendly foods and increase physical activity. In 2016 alone, these programs reached more than 112,000 adults and youth across the state in over 1,600 different locations.

- 79% of youth participants improved their abilities or gained knowledge about how to choose foods according to Federal Dietary Guidelines.
- 79% of adult participants made a positive change in at least one nutrition practice, such as preparing foods without adding salt, or using the Nutrition Facts labels to make food choices.
- 73% of adult participants made a positive change in at least one food resource management practice, such as planning meals in advance or comparing prices when shopping.



Keeping People Healthy, continued



MSU Extension Health and Nutrition instructors strive to support and encourage healthy lifestyle choices for the diverse populations they serve. The nutrition and physical activity work team reached 5,666 adults and youth through educational programs, presentations, and breastfeeding education and support in 2016.

Breastfeeding Initiative Mother-to-Mother Program

MSU Extension proudly partnered with Macomb County Women Infants and Children (WIC) program at Arab Community Center for Economic & Social Services (ACCESS) to provide the Breastfeeding Initiative Mother-to-Mother Peer

program to refugees and immigrants. The trained bi-lingual peer counselor provided support and education for 484 women as they prepared for the birth of their babies in their new country the United States. Support included home visits, phone calls, and weekly classes held at ACCESS.

Success stories abound, but one such story shared by the peer counselor was working with a new mother of twins who was struggling with how to breastfeed both babies. During one-on-one home visits, this new mother learned how to breastfeed her babies on both sides through the caring support and guidance of the peer counselor.

Youth Nutrition Programs

Youth nutrition & physical activity programs reached 1,771 students at area school which met the required USDA 50% or higher free & reduced lunch percentages. Youth programs also took place at 4-H camps, and with the Fraser Soccer Association. In addition to direct education for students, 10 school cafeterias in Warren participated in the Smarter Lunchroom Program to assess their school nutrition environment. MSU Extension partnered with the Michigan Department of Education and a Team Nutrition grant to fund the Smarter Lunchroom Program which will continue into 2017.

Health Care Providers and Substance Abuse Treatment Centers

Evidence based nutrition and obesity prevention programs have linked MSU Extension with the St. John Providence Masonic Medical Center in St. Clair Shores. Patients diagnosed with prediabetes or diabetes were referred to the Eat Healthy, Be Active nutrition & physical activity program to expand their knowledge and understanding of food selection and healthier cooking techniques to reach their health goals. Additionally, a long term partnership with Salvation Army Harbor Light in Mt. Clemens provided adults in residential substance abuse treatment with weekly Eat Healthy, Be Active nutrition classes designed to empower them to make health a priority. The importance of MSU Extension community based nutrition and physical activity education is evidenced by pre/post survey data, showing 85% of adults enrolled SNAP-Ed education program made one or more improvements in their nutrition practices.

Making the Most of Our Natural Assets

Natural Resources

MSU Extension has a mission to raise awareness and increase the understanding of our natural resources. Serving a total of 4,115 Macomb residents this year, Extension provided a number of programs, throughout southeastern Michigan, to encourage good stewardship among youth and adults, of our valuable natural resources.

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 the National Oceanic and Atmospheric Association (NOAA). Throughout 2016 Michigan Sea Grant held a wide variety of programs or assisted with numerous projects in Macomb County including the following:

Great Lakes Education Program

Natural Resources staff, Justin Selden and Steve Stewart, implemented the 2016 season of the Great Lakes Education Program (GLEP) on Lake St. Clair, the 26th season of the program. Classroom and vessel-based field experiences introduced 1,416 students from Macomb County accompanied by 236 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 was a field experience aboard a 65 foot Coast Guard-certified boat, the *Clinton Friendship*, which was 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 Clinton River and Lake St. Clair. They experience hands-on activities such as weather observation, navigation, marlinespike (marine knot-typing), bottom sampling, plankton sampling, dissolved oxygen experiments, pH measurement, carbon dioxide experiments, water clarity and color testing.

Schools from 13 districts participated, including, Chippewa Valley, L'Anse Creuse, Lake Shore, Romeo, Utica, Warren Woods, Great Oaks Academy, Southfield, Ann Arbor, Ferndale, Oak Park, Hazel Park, and the Archdiocese of Detroit.

Evaluations were conducted with teachers and adult chaperones. Adult participants were asked to rate individual learning activities on a 1 (poor) to 4 (excellent) scale with respect to how well they help achieve curriculum goals. Teachers were asked how well GLEP helps them meet Michigan educational benchmarks on a 1 (poor) to 4 (excellent) scale, with the mean response being 3.62. Of the teachers who reported use of the GLEP curriculum, 63% encouraged other teachers to participate; 50% visited the Great Lakes more often; 47% visited the Metroparks more often; 94% felt a greater responsibility for the Great Lakes; and 25% engaged in new Great Lakes stewardship activities.



Better land stewardship benefits communities by protecting and enhancing Michigan's natural resource assets.



Making the Most of Our Natural Assets, continued



Summer Discovery Cruises

For the 2016 program year, informal learners were, once again, able to learn about the Great Lakes by being on the Great Lakes and participating in the Summer Discovery Cruise series, a unique opportunity to advance Coastal Urban Ecotourism throughout Southeast Michigan. The 2016 season was the 14th completed on Lake St. Clair and cruises were conducted out of Lake St. Clair Metropark June 27 – July 26, and September 17. During the summer, 55 cruises involved 1,037 learners from multiple Michigan counties, including 448 participants in Macomb.

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. Sixteen cruise types were offered in Macomb County in 2016, including Nature; Lake St. Clair History; Wetlands & Wildlife (with Michigan Department of Natural Resources partners); Great Lakes Science for Teachers; Great Lakes Science for Kids; Lighthouses; Fisheries (with MDNR partners); Shipwrecks! (with DTE Energy partners); Shipping Out; Night Watch; Handy Billy; Birds, Boats & Booze; Fireworks; Channels, Islands, Bays & Reefs; Research & Restoration (New); Birds of the Wetlands (New); and Journey Through the Straits (a transit of the Detroit River from Lake St. Clair to Lake Erie). Partnering with other environmentally concerned groups provided Sea Grant educators the opportunity to offer Wetlands & Wildlife, with the MDNR; Fisheries, with MDNR; and Shipwrecks! With DTE energy; ROV Adventures with DTW Energy partners.

Each Summer Discovery Cruise (SDC) adult participant was asked to complete a two-page assessment survey at the end of each cruise. Participants were asked to rate their overall cruise experience, as well as a number of SDC elements. Participants were also asked to provide open-ended suggestions regarding Summer Discovery Cruise improvement. Those who had gone on Summer Discovery Cruises in previous years were asked about the impact those cruises had had on their behavior. The evaluation results that follow are for the cruises that took place in Macomb County - Lake St. Clair Metropark (Lake St. Clair).

Of the total 448 participants at Lake St. Clair Metropark, 335 (75%) returned completed surveys. Using a scale of 1 (poor) to 4 (excellent), the average ratings of all respondents (N=335) participating at Lake St. Clair Metropark were as follows: Amount of New Information (3.78), Relevance of New Information (3.79), and Overall SDC Experience (3.85). Participants were asked if they had previously been aware of education offered by the Metroparks, MSU Extension, and Michigan Sea Grant, with positive responses of 53%, 44% and 33% respectively. For 27% of participants, Summer Discovery Cruises were the primary reason for being in Macomb County. Of those completing the program assessment at Lake St. Clair Metropark, 47% had participated in previous Summer Discovery Cruises.

These returning participants reported the following changes in behavior as a result of their previous participation (reported as a percentage of returning participants): 93% told others about Summer Discovery Cruises, 86% shared SDC information with an average of 10.23 others (providing an added reach of 3,941 persons for Lake St. Clair), 88% felt a greater responsibility for the Great Lakes, 76% sought more information following their participation, 77% visited the Metroparks more often than before, 68% visited Lake St. Clair more often than before, and 34% engaged in new Great Lakes stewardship activities following participation.

Examples of new Great Lakes stewardship activities included sharing



Making the Most of Our Natural Assets, continued



conservation information, participating in Lake St. Clair beach cleanup, donating to Metroparks, volunteering with Clinton River Watershed Council, reducing usage of straws, sharing Stop Aquatic Hitchhiker information, teaching children at the workplace, and conducting an education project with youth.

Lake St. Clair Fisheries Workshop

On April 14th, 2016, Sea Grant Extension conducted a Lake St. Clair Fisheries workshop at Sportsmen's Direct. There were several fisheries workshops held annually throughout the state by Sea Grant Extension, and this workshop added a much-needed focus on

Lake St. Clair. 57 attendees learned about the following topics:

- Dr. Rochelle Sturtevant, a Sea Grant Extension Educator from the National Oceanic and Atmospheric Association (NOAA) Great Lakes Environmental Research Lab (GLERL) presented on, "Invasive Species of the Huron-Erie Corridor."
- Jan-Michael Hessenauer, a fisheries research biologist from Michigan Department of Natural Resources Lake St. Clair Fisheries Research Station presented on "Effects of Fishing on Bass: Lessons from Michigan and Connecticut."
- Gerard Santoro, Macomb County Program Manager-Land and Water Resources Group discussed Macomb County's efforts to improve access to Lake St. Clair
- Mike Thomas and Todd Wills, fisheries research biologists from the Michigan DNR Lake St. Clair Fisheries Research Station gave an update on the Lake St. Clair fishery status.
- Mike Thomas and Todd Wills also presented, "Are There Really too Many Muskie in Lake St. Clair?"

Water Conservation Education Program

Justin Selden's work on the Water Conservation program in Macomb County has been very successful and it is suitable for implementation on a broader basis. In 2016 MSU Extension and Michigan Sea Grant representatives conducted 74 water conservation programs. The programs took place in 27 schools representing 17 different school districts throughout Macomb County. A total of 1,843 1st-4th grade students and 74 teachers were involved in the 50-minute hands-on science program. A plan has been developed to secure an AmeriCorps member for 2017 that could, in addition to multiple duties in Macomb County, pilot Water Conservation education in elementary classrooms in selected Wayne County schools with which we work.

Macomb County Blue Economy Initiative

During 2016, MSU Extension employees participated in the Macomb Blue Economy initiative in a number of ways. Educators provided assistance and consultation to the Water Resources Advisory Council and Wayne State University Huron to Erie Alliance for Research and Training (HEART) Freshwater Laboratory. Steve Stewart and Justin Selden provided assistance in developing current Macomb County boat slip location and density maps. A new Lake St. Clair Fisheries poster, the current NOAA Lake St. Clair food web poster, a Restoring Fish Habitat fact sheet, and the annual report summary for the Summer Discovery Cruises were provided to the Macomb County Planning and Economic Development Department. A Summer Discovery Cruise ad was also put into the annually updated version of The Tour Lake St. Clair map to help enhance lake and coastal tourism in Macomb County.



Consumer Horticulture and Master Gardeners



When you support MSU Extension, you help participants learn profitable and efficient business and production practices.

Consumer Horticulture

In 2016, 8415 Macomb County residents were served, directly or indirectly, by MSU Extension Horticulture programs. Extension strives to answer the questions that every gardener will have at some point. The MSU Horticulture staff has developed several tools and programs to address all of the needs of the local gardener and landscaper.

- 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 949 Macomb residents with their questions in 2016.
- Educational classes are offered to the public on community gardening, vegetable gardening, lawn care, Integrated Pest Management, Household and Nuisance pests and other garden related topics.
- Diagnostic services are available at the Macomb MSU Extension office to help identify insects, plants, and plant problems.
- MSU Extension provides soil testing services through the use of a self mailer that is available for purchase in our offices or through the MSU bookstore website. Utilizing the self mailer and soil test interpretation website allows easy access to affordable soil testing with customized fertilizer recommendations.



- The Master Composter Program is offered yearly to provide volunteers who can help educate the public on proper composting methods. In 2016, 23 active Master Compsters provided 685 hours of volunteer service to the community.
- Smart Gardening is an initiative that helps gardeners at, any level, adopt environmentally friendly practices. Using focused themes such as smart plants, smart lawns and smart soils, gardeners are taken along a continuum of learning.

Consumer Horticulture and Master Gardeners continued



Master Gardener Volunteer Program



The MSU Extension Master Gardener Program is a horticulture education and volunteer leader training program that connects gardeners across the state to MSU faculty members and educational resources. It is aligned with national standards shared by Master Gardener programs across the country. Participants who complete the training and become certified, then showcase what they've learned by educating others through community volunteer projects. MSU Extension offered its first Master Gardener Volunteer Program in 1978. Today, more than 30,000 residents across Michigan have earned and enjoyed the Master

Gardener Volunteer designation. The program serves two functions:

- To provide instruction in basic, research-based horticulture science to motivated and activate 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 2016, the Master Gardener program saw 340 volunteers recertify for the year with 76 new volunteers trained. 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, these 340 Master Gardeners provided 14,936 hours of volunteer time in Macomb County during 2016. Through these volunteer hours, Master Gardeners provided programming and resources to 10,561

Macomb County residents. Examples of their efforts include:

- Providing assistance at community gardens that provide fresh food for needy families in Southeast Michigan at community gardens.
- Providing diagnostic services for Macomb residents.
- Answering gardening questions at local farmers markets.

Celebrating the 25th anniversary of the Master Composter education program, an excited graduate displays his certifications!



Macomb County VerKuijen Office Building

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