



Epsilon Sigma Phi

Your Key to Professional Excellence

Title: YA4-H! Youth Advocates for Health: The Impact of 4-H Teens as Teachers Program

Presented By: Barbara Brody, Extension Agent

Additional Presenters: Maureen Hosty, Lynette Black, Carolyn Ashton,
Shanna Northway and Judi Peters

Type of Poster: Individual Presentation

Abstract: Engaging teens as teachers of younger youth has emerged as a popular strategy in 4-H programs, driven in large part by the “teen health ambassador” model, which grew out of the national 4-H Healthy Living Framework (National 4-H Council, 2009). In recent years, this model has gained popularity across the country as a method for delivering 4-H healthy living programs (Arnold, Flesch, & Lile, 2014).



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Title: Assisting New Jersey Municipalities in Reclaiming Flood-Prone Properties for Open Space

Presented By: Christopher C. Obropta, Ph.D., Extension Specialist in Water Resources

Additional Presenters: Brooke Maslo, Ph.D.; Jeremiah Bergstrom, LLA, ASLA;
Tekla Pontius-Courtney; Marta Goraczniak; Brian Schumm; and Dorian Wilkerson

Type of Poster: Individual Presentation

Abstract: Many residential properties in New Jersey have been damaged due to flooding and hurricanes over the years, most notably in 2011 during Hurricane Irene and in 2012 during Superstorm Sandy. Today, both residential property owners and municipalities find themselves grappling with difficult choices regarding flood-prone areas that they call home. In 2015, Rutgers Cooperative Extension (RCE) began assisting stakeholders by developing low-maintenance management and restoration strategies for transforming flood-endangered residential properties into community open space and flood storage.



Title: Preparing for Disasters

Presented By: Lynette Black, Youth Development Faculty

Type of Poster: Individual Presentation

Abstract: Do Extension Professionals have the background and experience to help their clients and/or communities prepare for and survive a disaster? The presentation is designed to prepare Extension Professionals by sharing important information on how they can help clients prepare for, stay safe and recover from a wide-spread disaster. This presentation will share resources with colleagues in the Extension Service which they can then share with their clientele. A community is only as prepared as each individual within the group is; we cannot help our communities if we ourselves are unprepared.

Extension plays an important role in assisting families, communities and businesses to enhance resiliency, reduce risk, and minimize losses due to the impacts of disasters. Extensive scientific literature on disaster preparedness and response has been used to guide extension work and educating ourselves on the why and how of preparation, and the resources available are of utmost importance during this time of increased natural disasters. There have been several articles in the Journal of Extension regarding the importance of Extension being involved in disaster preparedness and recovery. Here are two examples: "Extension Agents play a significant role in enabling families, communities and businesses sustain themselves through disasters. A substantial body of scientific knowledge is available to guide Extension efforts in enhancing local sustainability if Extension Agents knew of their availability." Boteler E. (2007) Building Disaster-Resilient Families, Communities, and Businesses. Journal of Extension. 45,6.

Extension has a primary responsibility for providing the public with educational materials congruent with Extension's program areas. North Dakota disasters brought many citizens to realize the significance of having a county Extension presence. New audiences emerged from the prompt service provided during the emergency. Eighmy, M., Gebeke, D., Hlall, T., Hvidsten, M. & Sahr, E. (2012). The Extension Service and Rural/Frontier Disaster Planning, Response, and Recovery. Journal of Extension. 50



Title: Turning the Tide for Healthy Lifestyles

Presented By: Nancy Kershaw, Oregon State University Extension Faculty

Type of Poster: Individual Presentation

Abstract: Tillamook County is a rural coastal county, population 25,000 with a poverty rate of 17.5%. Residents face a variety of health barriers: 20% smoking rate; 24% obesity rate; and 38.4% with high blood pressure.

In 2015, the Extension Service, Dairy Council and Department of Education co-sponsored a "Learning Connection Town Hall" bringing together community leaders. One outcome was designation by county commissioners of the 2016 Year of Wellness (YOW). The commissioners appointed a YOW task force, including two Extension representatives. Five subcommittees meet monthly to identify needs and how to meet them: Nutrition; Physical Activity; Mental Health; Tobacco Cessation; and Messaging/Marketing. The goal is to increase awareness of what constitutes a healthy lifestyle and provide access/motivation necessary to adopt new health behaviors.

To kick off YOW, county residents received a YOW calendar and <http://tillamookcountyhealthmatters.org/> was developed to share resources and provide an online challenge to encourage/establish healthy goals around sleep, tobacco cessation, increasing water intake, physical activity and consumption of vegetables. The challenge tracks individual goals and allows team competition. The first challenge quarter reached 300+ individuals.

Other YOW features:

- Monthly "Tillamook Talks" with well-known speakers such as Dr. Neil Nedley "Optimize Your Brain" and Dr. Miles Hassell, physician/author of "Good Food, Great Medicine."
- Free healthy cooking classes.
- Monthly YOW newsletter.
- Weekly YOW newspaper column.
- Weekly challenges including preparation of seasonal vegetables (OSU Extension "Food Hero" recipes), learning about fitness opportunities (YMCA, OSU Extension sponsored programs, etc.), participation in national events like "Kick Butts Day" or attending health screening programs.

Research shows that adopting healthy lifestyle habits can reduce health risk. The 2016 Year of Wellness goal is to inspire, encourage & support communities, businesses, organizations & individuals to make small lifestyle adjustments to improve overall health/wellness of county residents



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Title: Polk County Family Fun Nights

Presented By: Susan Busler, Extension Faculty

Type of Poster: Individual Presentation

Abstract: A recent Polk County youth survey indicated Saturday night (51.2%) as a period of boredom. There was high interest in board games, video game tournaments and movie nights as areas that 4-H could easily look to fill the gaps.

Using the above information, we offered Family Fun Night events on Saturday evenings. Polk County Ambassadors helped plan, coordinate and lead the activity stations.



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Title: Developing Leadership Skills in Middle School Youth -- Discovering the Leader in You! 4-H Conference

Presented By: Jeannette Rea Keywood, State 4-H Agent

Additional Presenters: Sharon Kinsey, Camden County 4-H Agent

Type of Poster: Individual Presentation

Abstract: In an effort to provide opportunities beyond county programming to engage middle school youth in leadership and personal development, the Discover the Leader in You! 4-H Conference was developed. For the past three years, more than 180 youth or approximately 60 4-H members in grades 6-8 annually, participate in a full day leadership conference.



Title: Connecting Campus and Community through Online Teaching: What's In It for Extension Educators?

Presented By: Sherri Cirignano, FCHS Agent

Additional Presenters: Alexandra Greci

Type of Poster: Individual Presentation

Abstract: Historically, the educational domain of Family and Consumer Sciences (FCS) nutrition educators has been community, not campus, settings, where they utilize their technical knowledge, skills, and practical experience in fostering behavior change to improve the health of their constituents. In 2014, a new opportunity provided a forum for experienced FCS nutrition educators to bring their knowledge and skills in the area of obesity and chronic disease prevention to undergraduate students for the first time.

With guidance and approval from the University, an online Junior/Senior Colloquium course was created for the eCollege platform by Extension Educators with nutrition and public health expertise. Course content includes evidenced-based approaches (i.e. USDA, CDC, American Institute for Cancer Research, American Diabetes Association) to understanding the causes, assessment, and treatment of obesity and related chronic diseases. It also provides students with an opportunity to explore, first-hand, community-based programs such as WIC, SNAP-ED, and FCS.

Now in its fifth semester, results of University student evaluations to date (n=83) are favorable. Instructional methods, meeting of the objectives and willingness to recommend the course were rated 3.7, 4.2, and 3.8 respectively on a 5-point scale. Feedback included that the course “Forced (them) to think about everyday issues in a new way,” and “taught (them) a lot about obesity and weight loss...a huge issue in our society.”

Teaching an online undergraduate course can broaden the reach of Extension Educators and benefit undergraduate students by connecting them to the larger community, thereby exposing them to practical applications of knowledge learned in the classroom. Participants will: 1) explore the process of creating/ implementing an online undergraduate course; 2) highlight a strategy to connect University students and Extension Departments; and 3) identify potential outcomes and benefits to Extension Educators, including increased leadership and technical skills, heightened professional visibility, and possible revenue enhancement.



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Title: Extension Professionals: Driving Tides of Change or Anchored in Safe Harbors?
Presented By: Kirk Bloir, Associate State 4-H Leader
Type of Poster: Individual Presentation

Abstract: Are Extension professionals driving tides of change, or anchored in safe harbors? This session shares a profile of one state's Extension professionals' dispositional resistance to change. Through interactive dialogue, presentation, and completing their own assessment, participants will learn more about change resistance and explore factors related to change readiness.



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Title: Assessing Life Skills: A 4-H Tool Kit for Success
Presented By: Amanda Wahle
Additional Presenter: Todd McKinney
Type of Poster: Individual Presentation

Abstract: This workshop will help educators evaluate the success of their own programs by looking at the growth and development of their students through long-term evaluation. By demonstrating the findings that were acquired in our baseline reporting of data for 2016, participants will learn about an assessment tool created by 4-H practitioners in 2007. This assessment tool, which can be adapted and implemented into participants own sites, provides significant information on how well their programs are doing in assisting youth to acquire life skills.

Participants will be able to:

- Identify an evaluation tool, used by 4-H educators, that assesses the acquisition of life skills through programming.
- List three of the eight essential elements that are proven to be vital to youth development in 4-H.
- Brainstorm ways to adapt this camp assessment tool in their own programs.
- Summarize the baseline data from our 2016 Maryland 4-H camp assessment.

The facilitators will present the information through various forms of learning styles to ensure that they meet the needs of all participants. Some information will be disseminated through PowerPoint slides (mostly research outcomes), while some of the information will be presented via group brainstorm, activities that engage the participants on a physical level as well as some hands-on demonstration on the

techniques used in facilitating the overall evaluation that the youth completed. All copies of the materials used will be available to participants and any other instructional material used will be made available following the conference.



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Title: Turning the Tide of ESP Award Nominations: Increasing Numbers and Educating Members

Presented By: Graham Cochran

Additional Presenters: Cassie Turner Anderson, Laryssa Hook, Jessica Rockey, and Travis West

Type of Poster: National Committee Presentation

Abstract: Each year, ESP members (both individuals and teams) have the opportunity to receive regional and national recognition for their service, leadership, or diversity programming. Unfortunately, the actual number of chapters that submit nominees for these award opportunities is not representative of the work being done across the nation. While 2015 saw a 5% increase in national award applications, in 2014 there were 24 chapters that did not submit ANY nominees for national competition. Of those nominated in 2014, 70% came from just four chapters.

Does your state struggle with convincing members to apply or nominate colleagues for ESP awards? Are members aware of the awards process and how it works? We know Extension colleagues do great work...and they should be recognized for it! The Ohio State University's Alpha Eta Chapter has an active JCEP/ESP Scholarships, Grants, & Recognition Committee that works throughout the year to educate members about state, regional, and national ESP award opportunities. Learn how chapters can promote award opportunities, provide state level recognition, and assist our colleagues through the application and/or nomination process. The poster session will provide information to access forms, procedure manuals and tools used by the committee that can be altered for use by other state chapters.



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Title: ESP Membership Recruitment & Retention Successes

Presented By: MRRRC Peggy Compton, Chair

Type of Poster: National Committee Presentation

Abstract: Does your ESP Chapter struggle with membership recruitment and/or retention? Could you use some new recruitment and retention tips and tools? The ESP Membership Recruitment and Retention Committee has gathered the best ideas from committee members and from Chapter reports and will share those ideas with you. We will also include an example of how members get a return on their membership dollars invested and also share recruitment ideas for Life Members.



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Title: Turning the Tide Through Team Leadership: Building Community Connections

Presented By: Patricia C. McGlaughlin

Type of Poster: Individual Presentation

Abstract: Exploring six competency areas of the Illinois 4-H Youth Leadership framework, 1) Planning, 2) Promoting, 3) Teaching, 4) Mentoring, 5) Advising, and 6) Advocating; participants will understand how youth develop and exercise leadership. The framework, built on youth/adult partnerships and community outreach, defines avenues for successful leadership skill development. Success components: needs assessment; issue identification; and connecting with community stakeholders.



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Title: Global Relations TABLE
Presented By: Elizabeth
Type of Poster: National Committee Presentation



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Title: Marketing Committee TABLE
Presented By: Rusty Collins
Type of Poster: National Committee Presentation