

2019 University of Wyoming Extension Selected Impact Statements

University of Wyoming Extension is grounded in the belief people have the ability and power to enlarge their lives and plan for their futures. Extension education is research-based—an extension of the University of Wyoming—and results-oriented, with partnerships and collaboration key to the process. UW Extension educators and specialists gather input from stakeholders to ensure educational programs are relevant to the lives of Wyoming citizens. In 2017–18, they taught or facilitated 4,909 educational programs totaling 7,973 hours of instruction and directly reached 252,080 adults and youth through initiatives in range management, agriculture and horticulture, nutrition and food safety, community development, 4-H youth development, Cent\$ible Nutrition, and Master Gardeners. In 2018, extension submitted impact data to the USDA National Institute of Food and Agriculture. These snapshots show some of the ways UW Extension engages with Wyoming.



Statewide Collaboration Builds Toolkit for Strong Communities

Collaboration by the University of Wyoming Extension with 17 agencies and organizations created the Housing Toolkit, WyHoming. The group held meetings across the state to determine statewide needs. The toolkit helps residents and communities successfully address common struggles by developing tools and teams that provide resources, information, and a path leading to action. Knowledge gained and awareness of this toolkit will provide communities, residents, and municipalities the opportunity to meet their housing needs, requirements and desires. — *Hannah Swanbom, hswanbom@natronacounty-wy.gov, Duane Williams, WilliaDD@uwyo.edu; Kim Porter, Wyoming Business Council, kim.porter@wyo.gov*



LIFT helps Older Adults Stay Fit Together

Older adults face many barriers – fatigue, health problems, lack of motivation – when meeting physical activity guidelines. Lifelong Improvements through Fitness Together (LIFT), an eight-week, group dynamics-based physical activity program, helped participants reach minimum physical recommendations. Extension educators and community partners taught LIFT programs in three towns with 48 participants. A post-survey reported increases in balance, lower body strength, aerobic endurance, confidence, and a commitment to remain physically active at least three times a week. — *Laura Balis, lbalis@uwyo.edu*



Training Camps Increase 4-H Livestock Care Knowledge

An increase in beef, goat, sheep, and swine projects created a need for 4-H members, leaders, volunteers, and family members to learn more about general care of their livestock. The 4-H Livestock Committee hosted the Level Up Boot Camp (98 participants) and the Level Up Basic Training (51 participants). Participants learned about animal selection and confirmation, feed and nutrition, quality assurance, fitting, exercise, and showmanship skills. Post-survey results demonstrate participants' livestock knowledge increased. — *Kimberly Fry, KDB10@ccgov.net*



4-H Counselor Training Develops Key Core Skills

Teen camp counselors were provided appropriate training to help them manage the multi-faceted responsibilities involved with being a camp counselor. A training was organized with 21 participants from six counties. Hands-on sessions by extension professionals and volunteers helped develop eight core competencies: Teamwork and Leadership, Child and Adolescent Development, Camper Behavior Management, Risk Management, Teaching, Facilitation, Understanding Organizations, and Camp Environment. Nineteen participants answered a post-survey and reported a 100% knowledge increase in these areas. — *Amber Armajo, amwall@uwyo.edu*



Non-Lethal Losses from Predators Affect Bottom Line

Research on 65 beef producers on the effect of predations determined 13,845 cows and 12,460 calves would be affected by non-lethal losses. Nervousness results in losses from changes in grazing, lower birth rates, and lower weight gains. Sheep producers also reported similar non-lethal losses. Most concerning is the estimated economic impacts can equal or exceed those caused by mortalities. Survey results may allow for more effective predator mitigation techniques. — *Barton Stam, brstam@uwyo.edu*



Study Boosts Alfalfa Seed Yields

Alfalfa seed is one of Wyoming’s high-value cash crops. Uniform drying of alfalfa provides ease of harvest but is a challenge because of factors like weather, equipment, and regrowth of plants. A study determined there is more uniform drying if a slower sprayer speed is used prior to harvest to apply desiccants on alfalfa grown for seed. Data indicated a harvest three to five days earlier than normal and yields increasing 15–20%. — *Jeremiah Vardiman, jvardima@uwyo.edu*



Organizers Invigorate Fremont County Farm and Ranch Days

Fremont County Farm and Ranch Days provides educational programs and a venue for agricultural producers to network and learn about new industry practices. Thirty-two, 45-minute breakout sessions and two well-known, high-profile, keynote speakers were added to the agenda for the 34th annual program, resulting in maximum capacity for the venue and positive feedback about the information presented. — *Chance Marshall, cmarsha1@uwyo.edu*



Real Kids, Real Skills, Real Meals (r3)

Real Kids, Real Skills, Real Meals (r3) teaches children about food preparation and to learn about Science, Technology, Engineering, Arts, and Mathematics connections. Students participated in a much-needed afterschool program and resulted in an increased knowledge of eating fruits and vegetables, decreased sugar and sweetened drink consumption, and decreases in electronic device usage and families eating out. — *Julie Balzan, jbalzan@uwyo.edu*



Cent\$ible Nutrition Program Increases Food Security, Nutrition

Poverty, food insecurity, obesity, and chronic diseases (diabetes, coronary heart disease, and hypertension) continue to be issues Wyoming families face. Wyoming ranks 11th in the nation for its poverty level. The Cent\$ible Nutrition Program provides educational opportunities to Wyoming adults and youth resulting in an increased knowledge of nutrition, food safety, physical activity, and food security. — *Mindy Meuli, mmeuli1@uwyo.edu*



Thunder Basin Field Day Raises Natural Resource Awareness

A field day in the Thunder Basin region with 60 participants covered topics related to the ecology and agriculture of the area, an overview of vegetation, livestock, and wildlife extermination and sampling, bird communities, prairie dog ecology and management, precipitation variability, and disturbance and cheatgrass. This increased knowledge in all areas. One of the biggest areas of increase (32%) related to the region’s bird communities. — *Derek Scasta, jscasta@uwyo.edu*



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