

# 2022 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. UW Extension provides programming in agriculture and natural resources, community vitality and health, 4-H youth development, and Cent\$ible Nutrition. These snapshots show some of the ways UW Extension engages with Wyoming.

## 4-H Teen Leadership



Youth leadership skills are crucial for success in college, careers, and personal life, but many teens do not feel prepared for leadership roles. In Wyoming, the 4-H program provides hands-on opportunities for youth leadership development, including county-level programs, leadership camps, and statewide events. Adult mentors support youth in their leadership journeys by teaching personal leadership, communication, facilitation, and relationship-building skills. Evaluation shows that teens who participate in hands-on leadership experiences increase their ability to contribute effectively as team members, plan educational programs, and manage their time.

## Healthy for Life



According to the WY Department of Health, heart disease and diabetes are major health concerns in Wyoming. To address this issue in Laramie County, Extension deployed the Healthy for Life program, an evidence-based community nutrition and well-being program that focuses on healthy food, nutrition, and lifestyle choices. The program was held online over eight weeks and offered numerous educational experiences, including healthy cooking demonstrations. Survey results showed that participants developed increased confidence in their ability to engage in healthy behaviors and made improvements in their eating habits.

## Board Training



Appointed volunteer board members are an important, but overlooked group who are involved in making decisions crucial to a county's infrastructure and services. Board members must understand their agency's functions, procedures, and governance best practices to fulfill their roles and responsibilities. UW Extension conducted board training programs that successfully increased participants' knowledge and skills, and 55% of the 89 participants adopted best practices to increase civic engagement. The training allowed board members to interact, share ideas, and apply the information to real-life scenarios, which can help address the wants and needs of everyday residents of the county.

## Artificial Insemination



Reproductive performance is critical to the profitability of livestock operations, and the use of reproductive technologies such as artificial insemination (A.I.) and estrus synchronization can improve reproductive efficiency, genetic improvement, and profitability. UW Extension delivered 15 A.I. programs to reach 84 adults and 51 youth, teaching skills in semen handling, insemination technique, and reproductive management. A three-day A.I. school was held for beef cattle producers, and A.I. Days were held for youth in sheep, goats, and cattle. Participants learned about the benefits of A.I. and how to successfully implement it in their operations.

## Successful Rural Living

The Small Acreage Outreach Project in Wyoming educates small acreage landowners on how to properly manage their properties, in order to prevent soil erosion, water quality contamination, and other natural resource problems. The project provides educational resources through Barnyards & Backyards Magazine, Rural Living Workshops, Barnyards & Backyards Live! Shows, social media, and a website. Feedback from participants shows that the project has been successful in addressing landowners' concerns and helping them to make changes on their properties.

## Safe Home Canning

Home-canned vegetables are a significant cause of foodborne botulism outbreaks due to improper canning techniques. UW Extension provides workshops and consultations to improve safe food preservation practices, and they use USDA-approved techniques to ensure high-quality preserved foods. Participants in UWE workshops and online classes demonstrated increased knowledge and intended to adopt essential food safety practices. Following safety guidelines in home food preservation reduces the risk of foodborne illness.

## Profitable Grazing Management

Educational programs and workshops covered grazing management topics such as monitoring rangeland health, estimating forage, regenerative grazing, and grazing on public lands. Animal Unit Month was used to determine sustainable stocking rates for grazing. Participants learned about the benefits and challenges of grazing cover crops through a case study. Regenerative grazing workshops aimed to increase forage availability and production. The process of renewing grazing permits on federal land was discussed. Participants learned about methods for estimating forages and developing an effective grazing plan. Sound grazing strategies result in more profitable ranches, which contribute to the local economy.

## Managing Invasive Weeds

In northeast Wyoming, agricultural and natural resources educators delivered 12 programs and provided individual consultations on weed management, reaching 235 adults. The Medusa-nata Tour program provided information on invasive annual grasses and their treatment. Educators also worked with landowners to control the spread of invasive plants, including sagebrush, juniper, black henbane, and Russian knapweed, improving forage productivity and soil health. The management of invasive plants benefits both private and public lands.

## 4-H Community Nights

Teton County 4-H implemented a community meeting series to ensure project-based 4-H clubs had the opportunity to interaction with other members and participate in character-building opportunities. A series of three meetings emphasized the six pillars of character, team building, and showcasing each club's activities through skits. Results included increased knowledge about character pillars and increased interaction among 4-H members. The thriving 4-H programs serve as a marketing tool to recruit more members and families and grow the Teton County 4-H community.

## Alfalfa Weevil Management

Alfalfa weevils pose a significant threat to Wyoming's hay industry, resulting in losses of up to \$20,000 for some producers. UW Extension has conducted alfalfa weevil research and educational programs focusing on possible changes in their lifecycle, the development of a growing degree day calculator to predict their growth stages, and identifying insecticide resistance in alfalfa weevil populations in Wyoming and Montana. This work has helped raise awareness among producers and provided management strategies to delay or deal with insecticide resistance.

4,995



Programs  
Taught

97,209



Youth & Adults  
Reached

9,425



Instructional  
Hours



UNIVERSITY  
OF WYOMING

Extension

For more information  
& resources:  
[uwyo.edu/uwe](http://uwyo.edu/uwe)