



## UNIVERSITY OF NEW HAMPSHIRE COOPERATIVE EXTENSION

### Rockingham County UNHCE

Rockingham County UNH Cooperative Extension is part of a statewide network of county offices bringing the University of New Hampshire resources directly to the people who live and work in Rockingham County. Rockingham County Extension is backed by more than 30 campus-based Extension specialists.

UNH Cooperative Extension provides research-based education and information to New Hampshire citizens, enhancing their ability to make informed decisions that strengthen youth, families and communities, sustain natural resources and improve the economy.

#### County government in partnership with UNH Cooperative Extension

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## Support for Cooperative Extension Makes Positive Impacts in Rockingham County

### *Selected Highlights*

#### Agricultural Resources:

- According to the 2007 USDA Census of Agriculture, agriculture is an increasingly important component to the Rockingham County economy. Since 2002 the number of farms in the county increased 33 percent to 594. Further, the market value of products sold annually increased \$26,035,000 (a 54 percent increase since 2002). Rockingham County rank 38th in the nation in value of direct market sales to consumers.



- To help agricultural producers sell at farmers markets and farmstands, 10 workshops attended by 470 people were offered with new marketing strategies to make their farms more profitable.
- More than 6,000 requests from growers, towns, municipalities and landscapers received information and technical assistance on best management practices in growing crops, athletic fields, and landscape.
- Over 7,300 adults and 2,382 youth were reached through the Master Gardener program involving 1,700 volunteer hours.



#### Forest Resources:

- UNH Cooperative Extension has an agreement with the USDA Natural Resources Conservation Service to provide technical assistance to landowners who receive federal cost-share payments. As a result, Extension helped design two forest trails, two forest landings, approved three forest stand improvement practices, and conducted preliminary site inspections for remediation plans for seven landowners with over 680 acres.
- Prolonged rains of June and July last year

resulted in an increase in foliar diseases on shade trees. Publicity surrounding the Asian Longhorned Beetle resulted in numerous calls. In addition, 19 field inspections of various disease and insect problems took place and advice and control information was provided. An inventory of 35 acres at Brentwood Game Farm, a N.H. Fish and Game property, took place and a management plan for the property will be conducted.



#### Land and Water Resources:

- The Land and Water Conservation Educator worked with landowners, communities and private conservation organizations to complete 13 projects that permanently conserved 765 acres in Rockingham County.

## ROCKINGHAM COUNTY

### Financial Management:

■ Many families are experiencing increased financial pressure. Family Resource Management programs focus on increasing knowledge and skills. In Rockingham County, 242 individuals participated in workshops focused on decreasing debt, increasing savings, managing credit, improving credit scores, and helping children better manage money. Ninety-six percent reported increased knowledge of money management practices, and 92% indicated one strategy they would immediately implement to realize their goals.

### Youth Development:

■ The 4-H Positive Youth Development Program provides youth and adult volunteers opportunities to make a difference in their lives and in their communities. 4-H in Rockingham County helps young people acquire valuable knowledge and life skills. The program is flexible and offers a variety of ways for youth and families to participate, including community-based clubs, after-school programs, family programs and short courses.

■ Over 1,000 youth and 200 adult volunteers and student interns participated in 4-H clubs, after-school programs, special events (such as SPACES and the Stratham and Deerfield Fairs), and community coalitions such as the Raymond Coalition for Youth and the Lower Seacoast Youth & Family Coalition.

### Parenting Education:

■ Parenting education helps parents demonstrate healthy interpersonal relationships and provides appropriate nurturing and guidance to their children. Five programs presented to 88 parents/teachers focused on the media's impact on the

health of youth, individuals and families. Four programs on Understanding Bullying/Cyberbullying reached 89 parents, teachers and other professionals. Parents attended six presentations on Parenting Your Preschool Child, Limit Setting and Positive Discipline, and Building Self-Esteem.

### Food Safety:

■ The Center for Disease Control estimates that 76 million illnesses, 325,000 hospitalizations, and 5,000 deaths occur annually from food-borne illness. Extension's

food safety programs target knowledge and behavior within the food service environment to help reduce risks.

■ A total of 412 food service workers, volunteers and consumers participated in a variety of food safety programs. Seven Safety Awareness in the Food Environment programs provided food safety information to 142 food service workers or volunteers in a home health agency, Rockingham County Nursing

Home, three restaurants in Portsmouth and Windham, a Derry soup kitchen, and the School Nutrition Association of NH.

■ Fifty food service workers in Salem area schools participated in a two-part program, Serving it Safe. A food preservation demonstration was provided for 190 participants at Harvest Fest in Portsmouth.

### Nutrition Education:

■ Nutrition Connections, through the national Expanded Food and Nutrition Education Program (EFNEP), saves states and families money. Multiple cost benefit analyses in several states highlight the value of the program and document that for every dollar invested in EFNEP, benefits can reach as high as \$10.64 from reduced health care costs.

■ Three Smart Choices newsletters were mailed to adults age 62 and younger, reaching 5,000 Supplemental Nutrition Assistance Program Education (SNAP) households in Rockingham County with each mailing. Three Senior Smart Choices newsletters were mailed to 4,700 senior SNAP recipients.

■ Partnering with numerous agencies and organizations, recipients of nutrition education in Rockingham County included individuals, families, and groups from: the N.H. Housing Authority sites, Head Start centers, homeless shelters in New Generations and Portsmouth, GED programs in Derry and Portsmouth, after-school programs in Epping, Raymond and Seabrook, and family resource centers in Derry and Portsmouth.



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