



Extension

UNIVERSITY OF WISCONSIN-MADISON
DODGE COUNTY



ANNUAL REPORT

2021

*We teach, learn, lead and serve, connecting people with the
University of Wisconsin-Madison, and engaging with them in
transforming lives and communities.*



Extension

UNIVERSITY OF WISCONSIN-MADISON
DODGE COUNTY

Positive Youth Development



The Positive Youth Development Institute prepares the youth of today to become the effective, empathetic leaders of tomorrow.

Our research-based programs give young people the hands-on experiences they need to develop an understanding of themselves and the world. In Wisconsin, Positive Youth Development includes Wisconsin 4-H and Community Youth Development programs.



525

4-H Youth Members



176

Adult 4-H Volunteer Leaders

7

4-H Chartered Groups

22

4-H Community Clubs

Highlights



Project kits for youth in Dodge, Sauk and Columbia counties were created for youth to learn project and life skills from the 4-H curriculum and materials supplied. The goal of this effort is for youth to complete their project work at home when in-person project meetings are not being conducted. Over 96 kits were ordered and distributed between January-June 2021.

A June-July summer afterschool program was an opportunity for youth outreach in Juneau. Marie Witzel, Youth Development Educator and Ellen Bohn, 4-H Program Assistant each taught the 6-week sessions. They used the *Explore 4-H* theme and completed several projects from the learning kits that youth could order over the past six months. The sixth week covered 4-H Promotion and participants completed activities that became part of the 4-H Promotion Booth at the Dodge County Fair.



ACHIEVING MORE TOGETHER



UW-Madison Division of Extension works alongside the people of Wisconsin to deliver practical educational programs where people live and work – on the farm, in schools and throughout urban and rural communities. With educators in all 72 counties, on 5 campuses and within 5 tribal nations, we're helping our neighbors put their own great ideas into practice with the support of our expertise, resources and university research.



Positive Youth Development

2021 WI Annual 4-H Annual Leader Training

A statewide training entitled, “**Youth Adult Partnerships: Building Relationships, Open Communication, and Inclusive Environments**” was held in an e-forum setting via Zoom on November 30, 2021. Some educators hosted in-person sites, others hosted zoom breakout rooms. Other educators will use the training on future dates to fulfill the Annual Leader Training requirement for 4-H clubs.



At least 253 attended virtually and 54 at in-person sites. In post-session survey responses (N=129), 85% reported a better understanding of what makes an effective youth-adult partnership and 86% learned strategies to strengthen youth-adult partnerships. In addition, 87% of participants were able to identify one idea from this training that they will try in the next 3 months. Common themes included “reframing negatives into a positive,” “invite others to lead,” “continue to listen to young people and create space for them to share their thoughts and ideas,” and an *if-then* activity that helped participants think about the benefits of engaging youth voice.

Reasons respondents gave for focusing on youth-adult partnerships include, “so that everything runs smoothly and that youth and adults works together as one;” (to) “see different perspectives, builds a bond of trust and leads to fostering feelings of being valued and supported;” “to learn from one another, and to grow the next generation of leaders;” and “increased youth leader engagement; more diverse ideas; development of leadership skills for youth and adults.” Almost 30% of respondents recognized places outside of 4-H where they will use these ideas to build more effective youth-adult partnerships.



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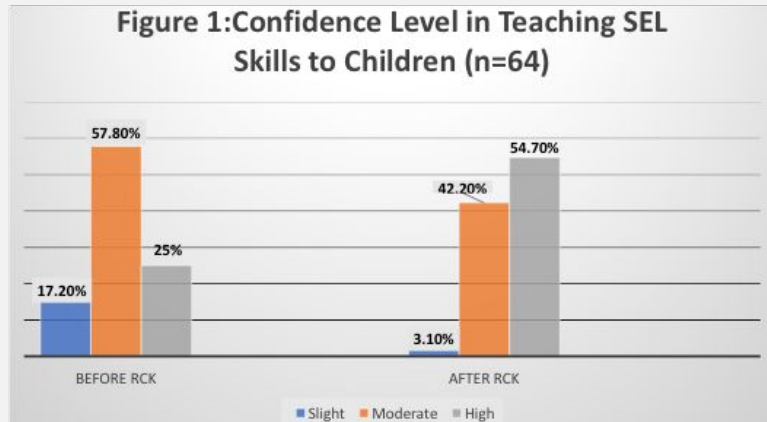
Human Development & Relationships



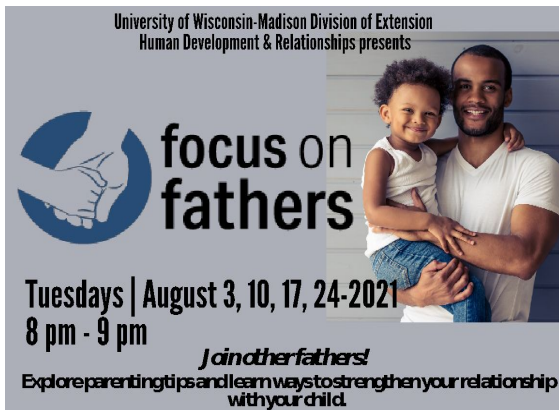
The Extension Institute of Human Development & Relationships provides the tools Wisconsinites need to thrive as well-rounded, capable individuals and families. We support families in caring for each other in ways that promote growth and understanding.



Strengthening Families through Parenting Education and Early Child care programming for Professionals.



2021 HIGHLIGHTS



- Parent Connect
- Parenting Behind the Behavior
- Focus on Fathers
- Triple P (Positive Parenting Program)
- Dodge County Interagency Network
- Statewide Fatherhood Needs Assessment
- Emotion Coaching Training for Early Childhood Educators
- Trauma Informed Care for Early Childcare
- Raising Caring Kids Journal Article

ACHIEVING MORE TOGETHER



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Human Development & Relationships

In August 2021, *Focus on Fathers*, a 4-week parent education and peer support series was provided for fathers and father figures statewide.

Participants/fathers learned about their unique contribution to parenting and strategies/skills to support the social and emotional learning of their children. Participants shared and discovered resources and gained skills to better communicate with their children. Virtual sessions were facilitated by Human Development & Relationships Extension Educators from around Wisconsin discussing the following topics:

Changing the Way you Look at the World, Relaxing & Enjoying your Children, Helping Kids Figure it Out, and Standing Up for Yourself. The *Focus on Fathers* program themes were selected from the **Raising Caring Kids** online resource

(<https://parenting.extension.wisc.edu/raising-caring-kids/>) developed by Extension educators and the Department of Public Instruction.

Post-program survey data results indicated that 80% of respondents (n = 15) said, “*Focus on Fathers* improved my understanding of how to help my child develop social and emotional skills.” In addition, 100% of respondents said, “*Focus on Fathers* increased my sense of feeling connected to other fathers or supports.” One participant stated, “I appreciated being able to talk with other fathers.” When asked what motivated them to sign up for *Focus on Fathers*, participants stated: “to help me with my daughter's behavior problems and how to handle the situation; information on being a better dad; looking for ideas/tips to become a better father; and to talk with other fathers.”



The **Every Child Thrives Coalition** aims to create a community where all children thrive in health, learning, and life. Carroll's role is primarily through parenting education. As a certified trainer Carroll offered three **Triple P** seminars.

- **Seminar I (12 participants), “The Power of Positive Parenting”** explored positive parenting techniques. Core principles include creating a safe and positive learning environment, using assertive discipline, having realistic expectations, and taking care of yourself as a parent.
- **Seminar II (eight participants), “Raising Resilient Children”** focused on the six key building blocks for success which include recognizing and expressing feelings appropriately and developing coping skills in stressful situations for children.
- **Seminar III (4 participants), “Raising Confident, Competent Children”** emphasized techniques to foster good communication, social skills, problem solving skills and independence.

On average, parents strongly agreed (5.5/6 point scale) that they felt they were more knowledgeable with topics presented during the **Triple P** parenting series.



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Agriculture: Crops & Soils/Dairy & Livestock

The agriculture educator team works to achieve better results through outreach supporting livestock management, crops and soils, farm management and horticulture. We work hand-in-hand with farmers, businesses and our community to build stronger, more diverse farm and food systems. Whether on the farm or in the field, we're working together to develop sustainable solutions that drive economic growth and keep our state's thriving agriculture tradition strong.



PROGRAM HIGHLIGHTS

Badger Dairy Insight Webinars provided an opportunity for the Dodge County dairy community to learn about relevant topics, discuss issues, and become inspired about new methods and ideas for the dairy farm.

Beef Quality Assurance (BQA) trainings held in Brownsville and Lowell provided certification to Dodge County area beef producers.

The **Youth Tractor Safety & Machinery** course certified 32 area youth. This safety training program certifies youth ages 12 years and older. The training was provided to instruct and certify youth with safe tractor and machinery operation.

The **Dodge County Master Gardener Association** reported 972 total Volunteer hours from 37 individuals active in Dodge County.

<u>ACTIVITY TYPE</u>	<u>HOURS</u>
Administration/Support	327
Answer Questions/Diagnostics	80
Educating Others	329
Gardening	236



Dodge County Master Gardeners maintain Education Display Gardens located at the Dodge County Administration Building, the Dodge County Highway Department, and Bethesda. Established in 2013 and 2014, they continue to evolve and change each year.

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Badger Dairy Insight

Badger Dairy Insight webinars were a part of the Extension's Agricultural Institute Farm Ready Research Winter 2021 programming for farmers and ag professionals. These educational webinars were to learn up-to-date information on topics from dairy and livestock production to farm management resources. Sessions were offered through April 2021.



BADGER DAIRY INSIGHT
IMPROVING DAIRY FARM EFFICIENCY THROUGH GENETICS
 March 16 | 1 - 2:30pm | Virtual
 Register at go.wisc.edu/FarmReadyResearch



BADGER DAIRY INSIGHT
GETTING THE MOST OUT OF YOUR FARM'S DATA
 Feb 16 | 1 - 2:30pm | Virtual
 Register at go.wisc.edu/FarmReadyResearch

Youth Tractor Safety

Thirty two (32) youth between the ages of 12 and 16 years old completed the Dodge County 2021 **Wisconsin Farm Safety and Tractor Certification Course**. The 2021 program consisted of a mix of virtual instructions (10 hours), self-study (10+ hours), a written exam, and an in-person driving exam.

This program offers area youth the opportunity to learn important farm safety and tractor driving skills. Youth explore topics around road safety with assistance from the Dodge County Sheriff's Department; age and skill appropriate task with Marie Witzel, Division of Extension Youth Development Educator; federal and state laws with Jonathan Gibbs, a local farmer; and PTO safety with Jim Kluetzman. After completion of the in-class and self-study hours, youth were given a written exam and participated in a tractor driving test. All 32 youth participating in the course passed both tests and received their state, and/or federal tractor safety certifications, depending on age.



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Healthy Choices, Healthy Lives

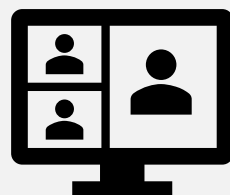


FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels.

The Challenge

In response to the ongoing challenges in reaching SNAP-Ed audiences with direct education during the pandemic, FoodWise increased the delivery of indirect education. This included an expanded social media and website presence, local online and print resources, electronic materials and handouts, and pre-recorded videos; all with the overall goal to continue to reach audiences with helpful nutrition information and resources empowering participants to live healthier lives.

Dodge County continued to deliver nutrition education **reaching 744 participants** through the use **adult handouts, point of sale signage at the food pantry and monthly educational posters.**



Community IMPACTS 2021



- In response to COVID-19, FoodWise Educator Kimberly Lafler transitioned from in-person teaching at elementary schools to live virtual instruction. Lafler learned three new online teaching platforms and taught nutrition education to 17 classrooms within 3 different school districts.
- Dodge County FoodWise provided a series of 6 lessons in 4 different third grade classrooms. Lessons addressed behaviors such as choosing healthy snacks, choosing more fruits and vegetables and making better beverage choices. Students were asked how often they chose healthy snacks. 64 pre-responses and 61 post-responses were collected. Using pre/post surveys with matching ID's, we found that 48% of students ate fruit everyday or most days on the pre assessment and 64% reported eating fruit everyday or most days on the post assessment leaving us with a percent change of a 33% increase in fruit consumption from pre to post assessment.
- In partnership with Blue Zones and the Beaver Dam's Playground Movement, FoodWise built 11 raised garden beds in the city of Beaver Dam and donated 653 pounds of produce to 2 food pantries. The project also secured community funding for the summer of 2022.

ACHIEVING MORE TOGETHER



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New Gardens Support the Community

A Growing Together project was started in Beaver Dam, WI during the summer of 2021. This project brought a handful of agencies together in support of the initiative. The 11 raised garden beds were built on a piece of city land in a neighborhood known for the Hispanic community. The produce was grown for and donated to two food pantries in the area providing increased access to fresh produce for residents.

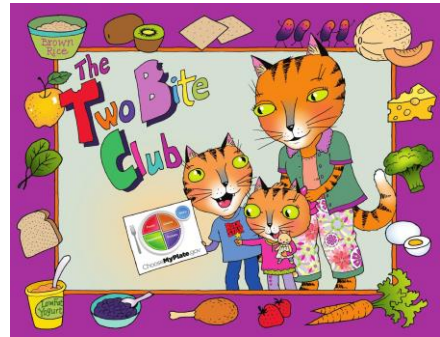


Some impacts of the project:

- A total of 653 pounds of fresh produce was made available to the community.
- 10 different organizations came together to build, maintain and harvest the gardens.
- The garden project has secured local funding from community partners to continue the program in the summer of 2022.

FoodWise Lesson Concepts Reinforced by School Staff

Dodge County FoodWise Nutrition Educator Kimberly Lafler partners with Dodgeland Elementary school to provide nutrition education in classrooms. In the kindergarten classrooms, Lafler read students the book “The Two Bite Club” as part of a lesson. The concept of the story is to try new foods even if you don’t think you will like them.



It was reported to Lafler that at a lunch hour following this lesson, a kindergarten student was hesitant to try the main school lunch dish. The student relayed, "I don't like this" to the principal. The principal reminded the student of the lesson, and the student did try two bites. After trying the food the student said, "Hmmm, it's pretty good!".

“Hmmm, it’s pretty good!”

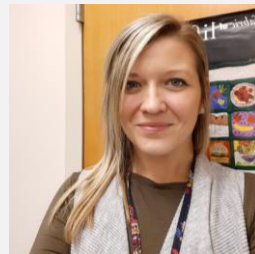
Having the habits of trying new foods established at a young age will increase the likelihood of these habits being carried throughout the student’s life which can lead to overall improved acceptance of foods and health.



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