



Cass County

Reliable, Responsive and Relevant to Today's Needs



UNIVERSITY OF MISSOURI
M Extension
Live. And Learn.

Public Value of MU Extension’s Business Development Programming Efforts:

By supporting business development programming efforts, enterprising Missourians receive information and training to successfully start, run and expand businesses. This increased business activity creates jobs, increases consumer demand, promotes economic development and generates tax revenue for the public’s welfare.



MU EXTENSION, MO SMALL BUSINESS & TECHNOLOGY DEVELOPMENT CENTERS (MO SBTDC), MO PROCUREMENT TECHNICAL ASSISTANCE CENTERS (MO PTAC), MO ENVIRONMENTAL PROGRAM, MO CAREER OPTIONS PROJECT, AND THE MO MARKET DEVELOPMENT PROGRAM. Served 426 people and their companies with business start-up and management counseling, training and other assistance.

Entrepreneurs and business owners in Cass County reported the following economic impact and activity as a result of the services provided by the MU Extension Business Development Program:

As entrepreneurs and innovators, Missouri’s small businesses are becoming a more diverse group that continues to make our state’s economy productive and vibrant. There are 500,000 small businesses in Missouri, with over 1000 in Cass County. Nearly 98 percent of all businesses with employees are categorized as small businesses.

Cass County Business Impact	
New Jobs Created	40
Increase in Sales	\$3,698,000.00
Government Contracts (#Awards)	\$618,833.00 (42)
Loans and Investments in Business	\$2,928,950.00
Acquired Assets	\$602,009.00

COMMUNITY INVOLVEMENT: MU Extension faculty and staff are actively involved with numerous community groups and organizations: Harrisonville Kiwanis Club, Belton Chamber of Commerce and many others. The office serves an educational resource and meeting location for many not-for-profit groups and organizations.

*A unique partnership exists between University of Missouri Extension and local government. In Cass County, we’re proud of the many ways our partnerships with local government, organizations and coalitions have worked to improve lives of our residents. This annual report is intended to be a snapshot of our program highlights. This past year MU Extension had **17,100** direct and **68,400** indirect educational contacts within our county! Over 11,000 hours, valued at \$236,000.00, were contributed by volunteers. We are committed to changing lives through local strengths.*

Jeff Cox
Luke Scavuzzo
Jimmy Odom
 2016 Cass County Commission

Valerie Jones
 Extension Council Chair

David Hoffman
 County Program Director



Public Value of MU Extension's Healthy Lifestyles Program Efforts:

When you support healthy lifestyles programming, Cass County citizens become more active and make healthier food choices, leading to lower risk for disease and illness which increases disposable income for families (reduced medical/pharmacy expenses, fewer days missed from school/work, etc.) and eventually leads to lower long term medical costs for families, communities, employers, Medicaid and Medicare.

LIVING HEALTHY WITH CHRONIC DISEASE is an effective self-management education program and consists of 6 sessions lasting 2-1/2 hours. **Results:** 25 participants learned techniques to manage their chronic disease, understand appropriate exercise, use of medications, effective communication with family, friends, and health professionals, increase their nutrition understanding and how to evaluate new treatment options. A participant recently diagnosed with diabetes was able to lower her A1C from a 7.1 prior to the class, to a 6.7 after the class. She accomplished this through her weekly action plans that included keeping a food diary, exercise, and twice-daily monitoring efforts. This participant also lost 7 pounds through her efforts.

LIVING HEALTHY WITH DIABETES helps people who have diabetes become better self-managers. **Results:** 33 participants learned healthy meal planning/balancing carbohydrates, physical activity and weekly action plan benefits and effective communication with health professionals. **Quote:** "I have become proactive in making decisions on eating a more balanced lunch."

FAMILY NUTRITION EDUCATION PROGRAM. Youth nutrition education was provided in kid-friendly terms with hands-on activities like taste-testing healthy foods and practicing healthy skills; Adult education included nutrition, food safety, physical activity, and food resource management. 3,528 youth and 2,288 adults were served through schools, community groups and agencies. Participating schools/agencies: Grace Early Childhood Center, Wee Rock Learning Center, Belton Cambridge Elementary, Archie Elementary, Drexel Elementary, East Lynne Elementary, Gladden Elementary, Harrisonville Early Childhood Center, Heritage Preschool, Peculiar Elementary, Sherwood Elementary, Phoenix Family Housing, West Central Community Action Agency, Belton Head Start, Harrisonville Head Start, Kids Country Daycare Head Start, Shepherd's Staff Food Pantry, Fishes N Loaves Beacon of Hope.

FOCUS ON KIDS. A parenting program to assist parents to help their children adjust to their parent's divorce. 97 parents attended, stating the class provided useful ideas and would help with ways to resolve conflicts regarding the children with the other parent.

PRESSURE CANNER TESTING. Pressure canner testing is recommended annually to assure that dial gauges are accurate. The process is quick and has assured that, if recommendations are followed, food is safe for those using tested pressure canners. Cass County tests canners throughout the year. Eight canners were tested, three needed to have dial gauge adjustments and five gauges needed replaced. Prior to testing food processed would be suspect to bacterial growth due to inaccuracy of dial gauges.

RISING ISSUES. Each year groups and individuals call the office seeking information on various topics. Five programs were developed in 2016 reaching 102 participants through presentations, self-directed learning and hands-on teaching. Topics included Energy Tips, Spice It Up!, The New Food Label and You, Eating to See Clearly and Freezer Meals 101. Participants expressed their appreciation for these efforts and requests continue into 2017.

STAY STRONG STAY HEALTHY/ADVANCED STAY STRONG STAY HEALTHY participants work to improve strength, balance and flexibility, resulting in fall risk reduction, better overall health and greater independence. These health benefits decrease the likelihood of a participant entering a nursing home, which costs on average \$58,035 per year in Missouri. Participants are more likely to remain active, independent and contributing to society longer. **Results:** Basic Stay Strong Stay Healthy classes reached 69 participants while 168 participants attended the advanced classes. 100% of participants indicated they feel physically stronger after completing the program while 92% of participants believe they have more energy as a result of the program. **Participant Quotes:** "These classes are so extremely important. I have increased my core strength and helped my back pain to lessen because of my participation in these classes." Advanced participants develop greater strength and skills through progressively challenging routines. "I am really glad you taught us how to get up from the floor using a chair. I didn't think I would need to do that but am glad I can get up using a chair properly." and "I can get up off the floor so much better now. I did not want to do this but it has really helped me."

Missouri ranks as the 10th most obese state, and Cass County ranks 10th of all Missouri counties with a 32.4% adult and 13.5% child obesity rate. Missouri increased in obesity of children ages 2-4 to 15% in the last year. \$190.2 billion is spent annually on obesity-attributed medical expenses. On average, obese adults annually spend 42% more on medical expenses than healthy weight individuals. Obesity impacts state economics by contributing to loss of productivity by employees due to absenteeism, disability and early death. And obesity is associated with an increased risk of chronic health conditions. MU Extension is a county leader in preventive nutrition and health programming, by partnering with hospitals, schools, agencies and private businesses.



FIRE AND RESCUE TRAINING INSTITUTE. Provided professional training to 152 county firefighters and emergency response personnel.

LAW ENFORCEMENT TRAINING INSTITUTE. Trained 30 county and city officers in basic to advanced skills.

MISSOURI TRAINING INSTITUTE. Provided 6 area business, public & non-profit organization employees and board members training in human resource management.

INDEPENDENT STUDY/DISTANCE LEARNING. High school and university credit/non-credit courses were provided through the internet, interactive television and independent study to 28 students.

2016 CASS COUNTY FINANCIAL SUMMARY

Faculty Wages / Benefits

County Funds \$0
State/Federal Funds \$263,237.00

Assistant Wages/ Benefits

County Funds \$41,100.00
State/Federal Funds \$0

Travel

County Funds \$10,380.00
State/Federal Funds \$6,600.00

Office Supplies / Equipment

County Funds \$8,520.00
State/Federal Funds \$6,000.00

Marketing / Postage

County Funds \$0
State/Federal Funds \$4,200.00

Office Operations (in-kind support of office space, phone, custodial service, maintenance)

County Funds \$80,724.00
State/Federal Funds \$0

Total

County Funds \$140,724.00
State/Federal Funds \$280,037.00



2016 CASS COUNTY EXTENSION COUNCIL The Extension Council serves as an advocate for University of Missouri Extension in Cass County. Elected and appointed members provide assistance in setting and accomplishing education program goals and objectives, managing center operations, and determining program priorities.

Valerie Jones, Chairman, *Garden City*
Glenn Yoakum, Vice Chairman, *Raymore*
Georgia Stull, Secretary, *City of Harrisonville*
Diane Bolinger, Treasurer, *Farm Bureau*

Glenn Coleman, *Peculiar*
Amy Endecott, *Cleveland*
Kathee Glodowski, *Peculiar*
Luke Scavuzzo, *County Commission*
Wayne Schrock, *Garden City*
John Vic Grice, *City of Raymore*

Paula Diaz, *Raymore*
Kathleen Garcia, *Pleasant Hill*
Ken Hatten, *Drexel*
Patti' Klaus-Schreihofer, *City of Belton*
Don Snyder, *Pleasant Hill*

CASS COUNTY FACULTY and SUPPORT STAFF

AGRICULTURE/ NATURAL RESOURCES

Nathan Cahill, *Agri-Business Specialist*, 660.747.3193
James Crawford, *Natural Resource Engineer Specialist*, 660.744.6231
Travis Harper, *Agronomy/Horticulture Specialist*, 660.885.5556
David Hoffman, *Livestock Specialist /County Program Director*, 816.380.8460
Phillip Boydston, *Lincoln University Small Farm Program*, 816.726.7720

BUSINESS & COMMUNITY DEVELOPMENT

Daniel Cash, *Community Development Specialist*, 816.482.5850
Amy Jackson, *Business Development*, 660.596.7391

FAMILIES & COMMUNITIES

Rhonda Kasper, *Family Nutrition Program Associate*, 816.380.8460
Holly Jay, *Nutrition & Health Ed Specialist*, 816.380.8460
Brittany Nieder, *4-H Youth Educator*, 816.380.8460
Dedra Thomas, *Family Financial Education Specialist*, 816.747.3193
Lisa Wallace, *Human Development Specialist*, 660.885.5556

SUPPORT STAFF

Jennifer Merriman, *Cass Co. Center Administrative Assistant*, 816.380.8460
Wayne Prewitt, *West Central Regional Director*, 660.890.0857
Peggy Divine, *West Central Regional Administrative Assistant*, 660.890.0857

Visit our web site:

EXTENSION.MISSOURI.EDU/CASS

UNIVERSITY OF MISSOURI
M Extension

Live. And Learn.

CASS COUNTY EXTENSION

201 W. Wall St., Harrisonville, MO 64701
Office: 816.380.8460 Fax: 816.380.8465
E-mail: cassco@missouri.edu

Equal opportunity is and shall be provided to all participants in Extension programs and activities, and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of their race, color, religion, sex, sexual orientation, national origin, age, disability, or status as a Vietnam-era veteran. This policy shall not be interpreted in such a manner as to violate the legal rights of religious organizations or military organizations associated with the armed forces of the United States of America."