



CHAMPAIGN COUNTY

No matter what your age, occupation, or where you live in Champaign County, University of Illinois Extension provides research-based information and educational programs for Champaign County residents to improve their quality of life in diverse and ever-changing communities.



WALK CHALLENGE

The city of Peoria challenged Champaign County residents to participate in Moon Walk 2008. University of Illinois Extension accepted the challenge to organize a 12-week “race to the moon” in an effort to encourage people to walk more and reap the health benefits. Moon Walk 2008 was based on research showing that exercising 30 minutes a day, five or more days a week can help prevent, arrest and reverse major health issues like obesity, heart disease, hypertension, Type II diabetes and depression.

U of I Extension rallied Champaign County residents to take the challenge by designing a way for participants to track their miles and offering incentives and educational newsletters along the way. This challenge was accepted by 1,584 people. Seventy percent of the Moon Walkers were new to Extension.

Although Champaign County was unable to defeat Peoria County on steps to the moon, the benefits to participants were apparent. Over 24% of the participants in Moon Walk responded to a survey that overwhelmingly indicated Champaign County’s

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MOON WALKERS SAID...

“With childhood obesity on the rise, this was a great way to encourage a few of those I care about to get involved and change their level of activity. It worked! There was a total of 35 pounds lost between 4 participants in my group.”

“I really enjoyed Moon Walk. It helped increase my awareness of my exercise level and helped build friendship within the working environment. It was a wonderful experience. I feel it helped bring people in the workplace together to work toward a common goal.”

“I kept parking my car far away and going places to walk at lunch.”

“U of I Extension consistently offers high quality programs to the community. We definitely want to participate next year!”



Launch! Urbana Mayor Laurel Prussing, Champaign Mayor Jerry Schweighart and State Rep. Naomi Jacobson proclaimed April 4, 2008 official Moon Walk Day.

PEOPLE MAKE IT HAPPEN

Winning Moon Walk Team

Members of the Bakers Square Team walked an average of 583 miles per team member! Jamie Kleiss, Health/Wellness Program Coordinator (right), presented them with a certificate of achievement at the Splash Down party.



Moon Walk! (cont.)

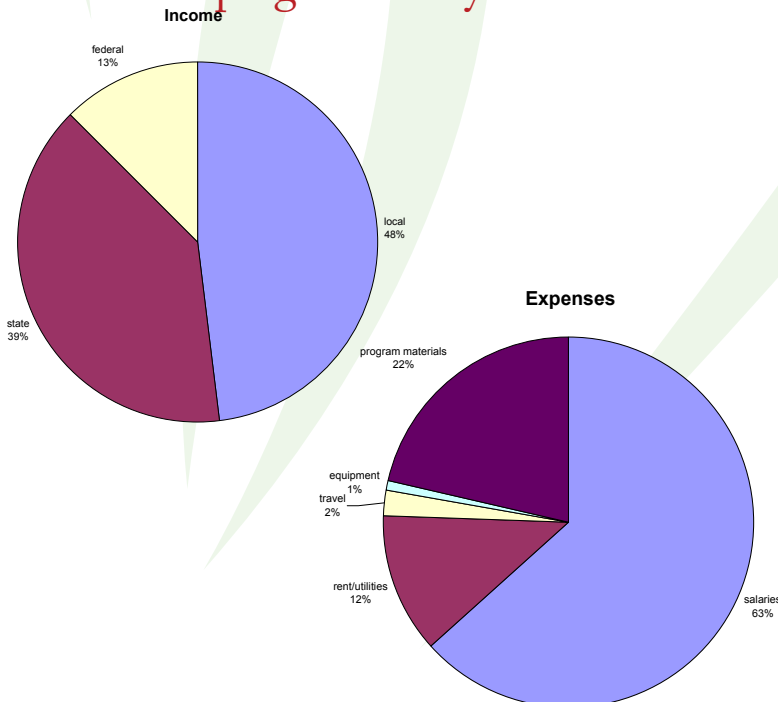
desire to compete again next year. The survey also attests to the success of Moon Walk 2008.

Prior to Moon Walk, 27% of the participants reported walking 21 or more miles per week. As a result of participating in the program 51% were walking 21 or more miles per week. Fifty-six percent indicated they are likely to maintain their increased activity level due to the success they achieved.

How We Reach You...

- Weekly News Gazette Columns
 - Horticulture-Homeowner's column
 - Agriculture-Crop, Stock and Ledger column
 - Consumer & Family-Extension Connections column
- Television features on WCIA, WICD and WILL
- Radio programs on local stations, WDWS, WBCP, WILL, WIXY, WDAN, and WITY
- 4,500 households receive the *Extension Connection* newsletter
- 125,350 internet users access educational information monthly through the Champaign County Extension website. (<https://web.extension.uiuc.edu/champaign>)
- Through Partnerships with Organizations such as...
 - Champaign County Soil and Water Conservation District
 - Champaign County Natural Resources Conservation Service
 - Champaign County Chamber of Commerce Ag Committee
 - Champaign County Farm Bureau
 - Champaign County Forest Preserve District
 - Champaign County Health Department
 - Champaign County Mental Health
 - Champaign Park District
 - Cities of Rantoul, Champaign, Urbana and Savoy
 - Grand Prairie Friends
 - Latino Partnership of Champaign County
 - Human Services Council
 - Osher Lifelong Learning Institute
 - Parkland College
 - U of I Child Care Resource Service
 - United Way of Champaign County
 - Urbana Park District
 - WILL TV - Young Learner's Initiative
- 520 Volunteers: 4-H Leaders, Master Gardeners, Master Naturalists, and general volunteers
- FNP programs in Champaign County schools, libraries, food banks, community centers, and Head Start Programs.

Funds Distribution in Champaign County



2007/2008 HIGHLIGHTS

Encouraging Environmental Responsibility

- Over 120 individuals became aware of biofuels and their impact on the economy.
- 160 area farmers learned ways to reduce tillage for conservation and reduced fuel usage through strip tillage meetings co-sponsored with Parkland and SWCD.
- Over 100 area pond owners learned best management practices for pond maintenance.
- 30 Master Naturalist volunteers completed over 60 hours of training.
- 65 Master Naturalists volunteered 2,565 hours.
- 46 Master Gardener Interns were trained.
- Over 1300 visited the Master Gardener Idea Garden.

• 5,600 volunteer hours were contributed by Master Gardener volunteers. Programs and projects were conducted at the Juvenile Detention Center, Champaign County Nursing Home, Crisis Nursery, Centennial High School, the Idea Garden, and others.



Enhancing Agricultural Profitability

- Over 75 farmers and landowners gained strategies for responding to volatile grain markets and increasing input costs by participating in monthly meetings of the Champaign County Corn and Soybean Marketing Club.
- More than 400 area producers and landowners attended the annual Variety Plot Open House that Extension co-sponsors with Gifford State Bank. Four corn and soybean variety plots, located throughout the county, gave farmers an opportunity to compare ways different varieties responded to this challenging crop year.
- 75 producers were trained and certified for the private pesticide applicator license.

Enriching and Nurturing Relationships

- Continuing education training for 500 child care providers.
- 19 workshops for child care providers to help them meet requirements for licensing.
- 800 individuals gained a greater understanding of themselves and how they can improve their relationships with others through True Colors.

- 21 Central High School students gained skills in enhancing relationships through the Relationship Smarts program that was taught twice monthly.
- 54 + workshops on food safety, food budgeting, and general nutrition were presented to audiences ranging from parents of pre-school children to senior citizens.

Discovering Practical and Timely Solutions

- Over 1200 inquiries were answered by Master Gardeners.
- Personal development and money skills were taught to over 800 Lincoln's Challenge Academy cadets and 159 Central High School students.
- 272 savers committed to reduce debt and save money through the Champaign County Saves effort for which Extension provided leadership.
- 175 seniors continued learning about nutrition and money management skills to remain self-sufficient.
- 70 individuals increased their awareness of the affects of poverty on individuals and families by participating in the Poverty Simulation.

Advocating Positive Youth Development

- Over 4,500 youth gained personal and social development skills through 4-H workshops, school programs, after-school programs, and library programs.
- 70 youth gained an understanding of science, engineering and technology careers during 4-H mini Science, Engineering, and Technology workshops.
- 416 children learned self confidence, problem-solving, good decision making, and helped others through membership in 30 4-H clubs.
- 21 girls from throughout the county met monthly to enhance their self-confidence, social and personal development skills.



PEOPLE MAKE IT HAPPEN

OUR STAFF

Current Staff:

Darla Heath	County Director
Steve Ayers	Farm Business Management Educator
Sandy Mason	Horticulture and Environment Educator
Angela Reinhart	Family Life Educator
Kathy Mullins	4-H Youth Dev. Program Coordinator
Karyn Traum	Master Gardener Program Coordinator
Jamie Kleiss	Health and Wellness
Betty Armstrong	Family Nutrition Program
Sharon Hamilton	FNP Secretary
Pam Herriott	Fiscal Secretary
Jo O'Connor	4-H Secretary

Relocated/Retired Staff:

Marilyn Brengle*	County Director
Karyn Mendoza**	4-H Youth Development Educator
Myrtle Ali***	FNP/4-H Youth Development
Alberta Roundtree***	Family Nutrition Program
Judy Becker***	Secretary

*promoted to Extension Admin. **relocated to West Coast ***retired in 2008

EXTENSION UNIT COUNCIL

Martha Baddour	Todd Gleason
Andy Buhr	Alex Haines-Stamper
Aaron Carlin	Adele Loazno
Bonnie Compton	Molly Maxstadt
Shari Day	Leroy Neitzel
Ruth Gerlach	Al Smith

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University of Illinois Extension provides equal opportunities in programs and employment.
United States Department of Agriculture • Local Extension Councils Cooperating



Extension programs teach life skills to a variety of Champaign County residents: youth, young parents, limited-income families, farmers, and senior citizens.

