

# PURDUE EXTENSION

**Allen County  
2024 Summary**

Purdue Extension - Allen County keeps growing and adapting to the needs of our community. Our new staff worked to elevate the traditions that built extension through 4-H activities, Master Gardener education, and Extension Homemakers programs. We also dreamed new ways to reach new and under-served audiences by meeting people where they are with practical education. Purdue Extension continues to focus on community and provide practical solutions to today's toughest challenges.

## NEW STAFF, SAME SERVICE

## ALLEN COUNTY OFFICE YOUR CONNECTION TO EDUCATION

New Staff since August of 2024

### Educators

Cora Hill, Horticulture & Urban Ag

### Support Staff

Kacy Flaugh, Administrative Assistant

Stephenie Wooten, Administrative Assistant

### Nutrition Education Program Advisor

Jeannette Mayer

### Open Positions - Hiring Soon:

Health and Human Sciences

Community Development

Program Assistant



**EDUCATORS  
DELIVERED  
PRACTICAL  
INFORMATION**

**7097**  
PEOPLE  
PARTICIPATED

**913**  
HOURS OF  
TRAINING

**223**  
EDUCATIONAL  
PROGRAMS

**530**  
NUTRITION  
PROGRAMS

**2811+**  
YOUTH ENGAGED IN  
EDUCATION

**278**  
DIAGNOSTIC &  
SOIL SAMPLES

**MORE THAN  
11,500**  
VEGETABLE SERVINGS GROWN AT  
JOHNNIE MAE FARM

**VOLUNTEERS  
SUPPORTED  
COMMUNITY  
EDUCATION**

**14588+**  
HOURS OF TIME  
DONATED TO  
EDUCATION

**194**  
4-H  
VOLUNTEERS

**140**  
MASTER  
GARDENERS

**75**  
EXTENSION  
HOMEMAKERS

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## SCREEN TIME: IMPROVING MENTAL HEALTH

### MENTAL HEALTH & SCREEN TIME

On average, a person spends 7 hours, more than one-third of their waking hours, using screens. The recommended daily amount of screen time is only 2 hours.

Increased screen time can create an adverse domino effect on mental and physical health.

**Mental Health & Screen Time** is a program detailing the impact of screen time on mental health. It outlines the connection between mental and physical health as well as how to track screen time.

Program participants learn how to apply techniques to reduce

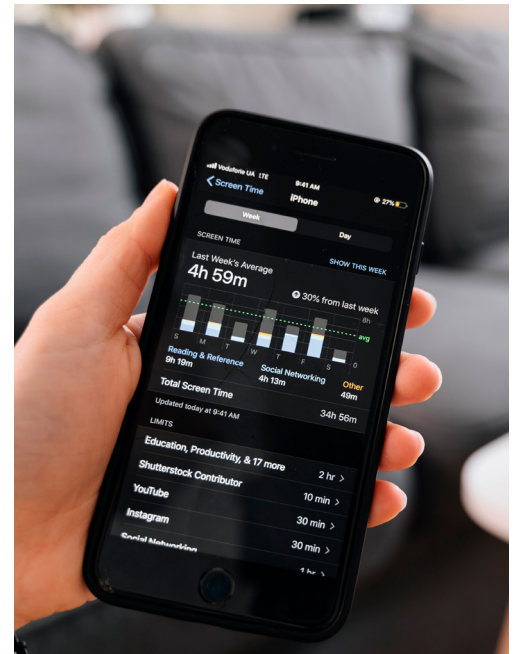
screen time in their daily lives.

Purdue Extension delivered the program 19 times both virtually and in-person this year, including at five area high schools. About 150 youth and adults participated.

Almost all participants reported they intend to decrease screen time after learning of the impact it has on mental health.

"It shined a light on a problem I knew about but gave me the motivation to change."

-Program participant



## HEALTH SUPPORT:

### IRON CHEF

Nearly 60 youth learned about healthy eating and put their cooking skills to the test at 6 libraries across Allen County.

After a nutrition lesson, youth were able to try new foods through a fun, hands-on competition to make the tastiest treat; **Iron Chef**.

The program considered food access and food safety to address nutrition choices youth might actually be able to make.

Creating healthy behavior change in youth is one way to help combat childhood obesity, which affects 1 in 5 kids between the ages of 2 and 19.

## COMMUNITY SUPPORT:

### INDIANA FOOD VISION

Jered Blanchard worked with the Food Insecurity and Nutrition Network to plan for and host an **Indiana Food Vision focus group** session. This event helped to promote the Indiana Food Vision and gather important input.

The event was also a launching point for important discussion and recognition of potential new initiatives to serve the needs of our community.

This event inspired several Allen County organizations to host another event to help spread the word and create further interest in the topic and importance of a food vision for the state.

## INDUSTRY SUPPORT:

### PESTICIDE SAFETY

Purdue Extension educators provided continuing education for 140 **commercial pesticide applicators** to help them safely serve more than 275,000 clients.

The program helped applicators learn to address two major pesticide issues in the community; pesticide drift and pollinator protection.

Additionally, applicators learned how to tell if their stored products are still usable for more effective pest control. Seven other programs in Allen County last year taught nearly 200 farmers to improve their pesticide use.