

# EXTENSION TRENDS: **BINGHAM COUNTY**

University of Idaho Extension, Bingham County • [www.uidaho.edu/bingham](http://www.uidaho.edu/bingham)



## 2024 By the Numbers

- **1,552** direct contacts
- **386** youth participants
- **3** volunteers
- **36** volunteer hours
- **\$23,090** extramural funding

## Our Advisory Council

Special thanks to our volunteers who help shape programming and inform the work we do for UI Extension in Bingham County: Lloyd Tolman, Eric Jackson, Dustin Wixom, Brennon Jones, Nola Cates and Katie Wallace.

## UI Extension Educators



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## 2024 Impact

Educator Julie Buck provided Alzheimer's and brain health classes, and became an Idaho Dementia Friend, which resulted in a reach of 466 contacts in Bingham County. Teaching nutrition and fitness messages at the Elite Retreat in Shelley and the Senior Center in Blackfoot keeps the aging population and those who teach them better informed on steps for improving brain health.

Five for Five, a UI Extension publication developed in 2020, continues to expand. The seven UI Extension faculty members, Kirstin Jensen, Shelly Johnson, Kathee Tiffitt, Leslee Blanch, Julie Buck, Maureen Toomey and Siew Guan Lee expanded the curriculum by adding other university Extension programs. The five components of physical activity are each taught in one-minute sections. Interactive cards, charts, stretch bands and curriculum guide the teachers through the activities. Buck co-presented with Maureen Toomey at the 4-H PNW Conference, at the National Extension Family and Consumer Sciences annual conference in Providence, Rhode Island, and at the Epsilon Sigma Phi National Conference in Billings, Montana. Over 366 participants have been taught the curriculum.

## 4-H in Bingham County

The second annual sewing workshop was held in 2024. This UI Extension innovative grant funded program teaches sewing instruction to adults who are 4-H sewing volunteers and/or have sewing businesses. Educators were FCS educators from three counties, with another from a neighboring county as a guest educator. A survey was used to collect information on changes in knowledge, skills learned and critical thinking regarding project material choices. Ten of the 11 (91%) participants responded to the survey. All participants (100%) indicated they would recommend this event for future attendance, and nine out of 10 reported planning to teach one or more of the projects. Critical thinking was reported in 90% of participants regarding tic-tac-toe fabric, fastener choices and fray prevention. Participants making the backpack reported 90% confidence in ability to make a pattern change.

## On the Horizon

The University of Idaho Extension Master Food Safety Advisor Program is new for 2025. Buck will join other Eastern District Family and Consumer Sciences educators to provide this hands-on training to community members. This seven-week course will provide classroom instruction including canning and preserving food, volunteer service and a certifying exam.