



4-H YOUTH DEVELOPMENT 2023 IMPACT REPORT

MEMBERS & CLUBS



600

4-H members
across
grades K-13



70

4-H clubs in
STEM, Animal Science,
Healthy Living & Nutrition,
and Arts & Culture



216

School
enrichment
classes



2,863

Students reached
through camps, special
programs, and school
enrichment



VOLUNTEERS



250+

Volunteers
in Somerset
County 4-H



106,033

Hours of
volunteer
Service
(Including Fair)



\$3,434,409

Value of volunteer
contributions

SOMERSET COUNTY 4-H FAIR



40,000+

Visitors at the three (3) day event



35

Tents with hands-on activities and exhibits



76,441

Volunteer Hours



SOCIAL MEDIA



4,000+

Followers across all social media platforms



1,500+

Subscribers to our newsletter



79,000

Website visits

Lisa Rothenburger County 4-H Agent
Melissa Bright County 4-H Agent
Jill Brochinsky Program Coordinator
Jennifer Korneski Program Coordinator

Kristine Rappaport Program Coordinator
Alyssa Preziosi Program Coordinator
Amanda Hess Administrative Assistant
Annette Smutko Administrative Assistant

Please call us at (908) 526-6644 or email us at somersetcounty4H@co.somerset.nj.us

Visit us online at 4histops.org or follow us on social media @SCNJ4H



310 Milltown Road, Bridgewater, NJ 08807 | <https://somerset.njaes.rutgers.edu/>
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WE **R** HERE WHEN YOU NEED US

RUTGERS COOPERATIVE EXTENSION OF SOMERSET COUNTY

FAMILY & COMMUNITY HEALTH SCIENCES 2023 IMPACT

SOCIAL MEDIA



1,206

Followers across our entire social media presence



100+

Hours of content watched across our Facebook and YouTube Accounts



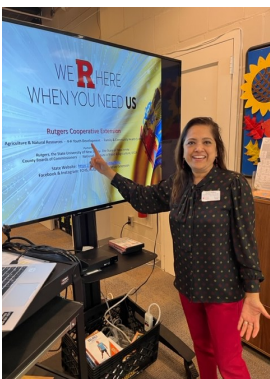
213

Educational videos in our Facebook Live series



988

Subscribers to our monthly email newsletter



“The biggest lifestyle change I made from this program was increasing my exercise!”



“What I learned from this class was how important better sleep is for diabetes prevention.”



COMMUNITY OUTREACH



50+

Webinars and live videos hosted online



101

Total classes held



821

Adults reached between in-person and online classes



1,061

Youth reached between in-person and online classes

CHRONIC DISEASE PREVENTION SPOTLIGHT



28

Graduates of the New Jersey Empower to Prevent Program in 2023



39

People participated in a wellness/walking event in collaboration with Montgomery Township Health Dept. for National Diabetes Month



1

Month-long campaign of resource-sharing for National Diabetes Month

SEMINARS & WORKSHOPS

Adaptable for in-person and virtual needs, our seminars and workshops provide a wealth of information on food, nutrition and health. You can learn more by heading to our website at: somerset.njaes.rutgers.edu/fchs/all-workshops.html.



PARTNERS

Somerset County Senior Centers • Catholic Charities • Pine Grove Manor Elementary School • Healthier Somerset • Hillsborough Health Collaborative • Montgomery Health Department • Regional Morristown & Somerset Chronic Disease Coalition • Literacy Volunteers of Somerset County • Food Bank of Somerset County • North Plainfield Senior Group • North Branch Reformed Church Preschool • St. Martins Preschool • Stony Brook Elementary School • MacAfee Elementary School • Somerset County Wellness Committee • Somerset County Master Gardeners • Somerset County 4-H Youth Development • State Family & Community Health Sciences • Rutgers School of Nursing • Rutgers School of Public Health • Rutgers Institute for Health, Health Care Policy and Aging Research • Sai Datta Peetham

Shailja Mathur FCHS Educator/Rutgers Assistant Professor

Jennifer Korneski Program Coordinator

Mikaela Kane Program Coordinator

Liam Frank Marketing & Communications

Please call us at **(908) 526-6644** or email us at **FCHS@co.somerset.nj.us**

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