

STORIES OF IMPACT

High sodium intake can increase blood pressure, and high blood pressure is a major risk factor for heart disease and other health issues. To help address this, the Family and Consumer Sciences agent, Crystal Barber, developed and led an interactive train-the-trainer program to educate teachers in the Portsmouth Public Schools Career and Technical Education Department on healthy lifestyle practices. This training was based on the new American Heart Association blood pressure guidelines. It covered label reading and other skills, helping to meet the Virginia Department of Education’s expectations for teachers. These teachers then provided opportunities for students to learn healthy behaviors necessary for their health. The 15 family and consumer sciences teachers then trained 354 high school students.



Family and consumer sciences teachers attend a Portsmouth Public Schools/Career and Technical Professional Development in-service.

AGENTS OF POSITIVE CHANGE

“Since 2007, I have partnered with agents in Southeastern Virginia to provide 95 pesticide recertification trainings for 9,500 commercial applicators and registered technicians. This training, required by law, makes the applicators more effective in keeping themselves and the public safer when choosing and spraying pesticides.”



Cyndi Wyskiewicz
Extension Agent
Horticulture

COMMUNITY VOICES

“I spent a day volunteering with Portsmouth 4-H last spring. The teen leaders learned fire building, explored mindful eating, and created a community nature loom to remain at Hoffler Creek. The togetherness and nature connection made an impact on my personal well-being as well as that of the youth participants.”



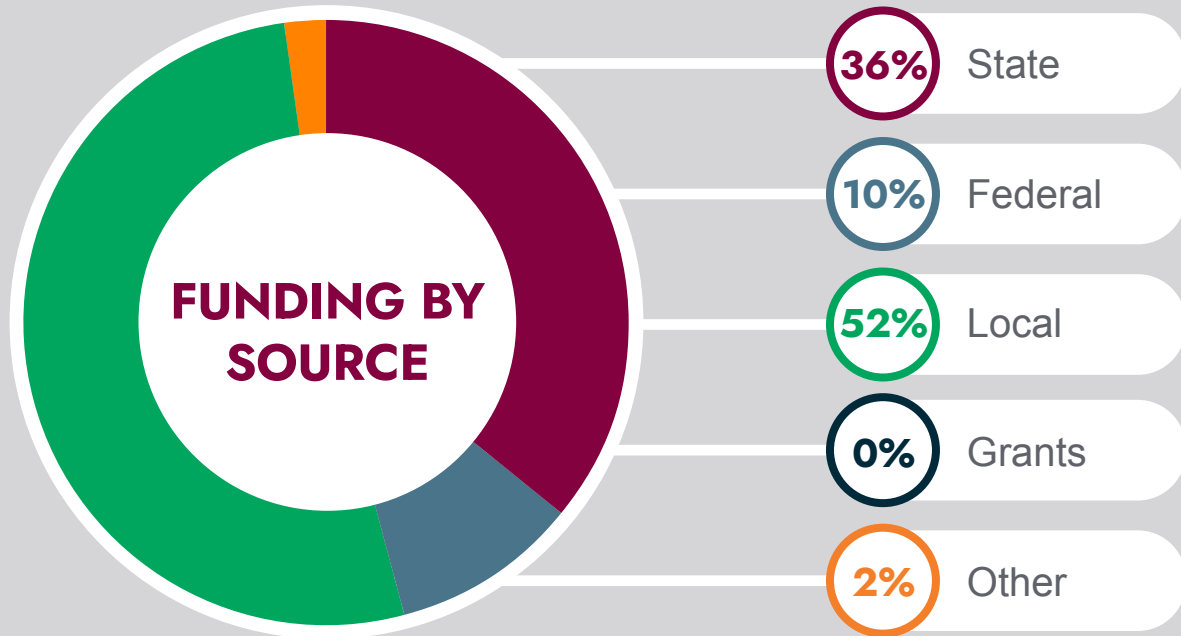
Rashel Booner
4-H Adult Volunteer

GET IN TOUCH

105 Utah St., Portsmouth, VA 23701
portsmouth.ext.vt.edu | 757-393-5197 | 

CITY OF PORTSMOUTH BY THE NUMBERS

TOTAL FUNDING: \$265,305



PORTSMOUTH POSITIONS

Cynthia Wyskiewicz
Extension Agent
Agriculture and Natural Resources

Crystal Barber
Extension Agent
Family and Consumer Sciences

Theran Teach
Extension Agent
4-H Youth Development

Shirley White
Unit Administrative Assistant



RETURN ON INVESTMENT FOR EVERY DOLLAR INVESTED BY THE COUNTY IN THE CITY OF PORTSMOUTH

\$138,173

VALUE OF EXTENSION VOLUNTEER HOURS IN THE CITY OF PORTSMOUTH

