

Improving wellbeing in the CITY OF PORTSMOUTH

COMMUNITY VOICES

“In 2021, Ms. Wyskiewicz and the Master Gardener volunteers taught a school summer program for our students and families. Everyone was so excited about how bountiful our vegetables and pollinator gardens were. Students were able to show off their hard work to teachers/staff and even sell their produce.”



Vicki Sanchez-Tiller

Parent & Teacher Engagement
Liaison, Churchland Primary &
Intermediate School

PARTNERS FOR SOLUTIONS

“We started using a Trello organizational system to convert our public helpline to a contactless virtual system. We had a drop box outside the office and dedicated an email address for sending digital plant photos. I checked the box and email often to address clients’ gardening questions virtually. I also trained the Master Gardeners. Trello is a great tool to use to serve remote clientele.”



Cyndi Wyskiewicz

Extension Agent and Unit Coordinator

SHARING KNOWLEDGE




FitEx participants during their closing session where they learned about Lifelong Improvements through Fitness Together (LIFT) - a demonstration of continued engagement and partnership for a healthy relationship community.

Approximately 80% of adults do not meet the aerobic Physical Activity Guidelines for Americans. Ninety percent of adults report that they do not meet the fruit and vegetable recommendations of the Dietary Guidelines for Americans. These healthy lifestyle behaviors are associated with good chronic disease prevention and management, especially during the COVID-19 pandemic.

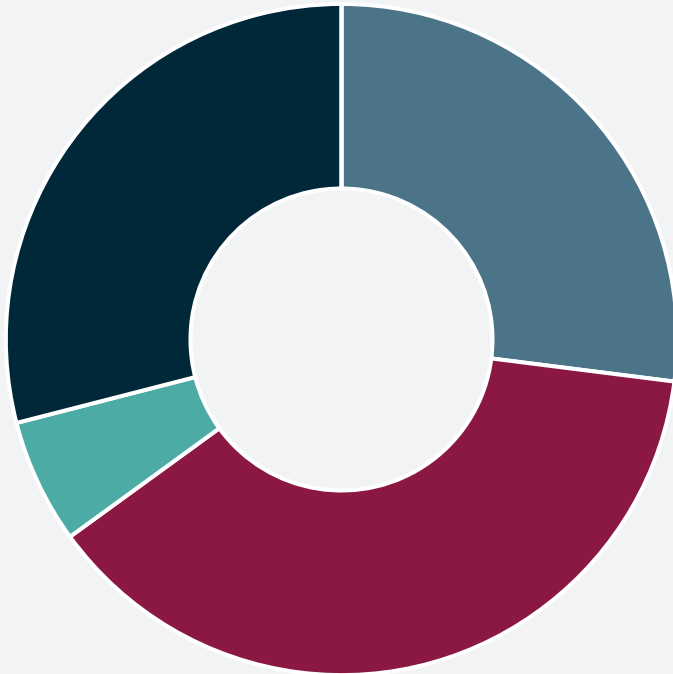
Fit Extension is an evidence-based, eight-week, online physical activity and fruit and vegetable consumption program delivered to teams of individuals across the state. In January-March of 2021, the Portsmouth Extension agent coordinated and delivered the program to 35 people. Participants tracked their physical activity levels, fruit and vegetable intake, and behaviors throughout the program. After the program, 82% of participants had increased their fruit and vegetable consumption from two to three servings to three to six servings per day, and 89% maintained 150 minutes or more of physical activity weekly.

GET IN TOUCH

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

CITY OF PORTSMOUTH

FUNDING BY SOURCE



27% State

38% Local

6% Federal

29% Grants

0% Other

TOTAL FUNDING:

\$363,685



\$1.63

return on investment for every dollar invested by the city in the **City of Portsmouth**



\$57,027

Value of extension volunteer hours in the **City of Portsmouth**

To find out how you can support your local Extension office, visit www.cals.vt.edu/make-a-gift.