



YEAR IN REVIEW 2022 | Merrimack County

Program Spotlight: To address the impacts of chronic disease and opioid misuse, Extension is providing education and support through an evidence-based self-management program. Six months after completing the program, 91% of participants reported a decrease in pain interfering with their daily lives. Long-term research suggests these results lead to reduced dependency and visits to emergency departments. Instruction is designed to give participants the skills, tools and confidence needed to help take control of chronic conditions and live life to the fullest.



Anya Twarog

Advisory Council Member, Franklin

“Being able to build relationships and create connections is one of the greatest things that Extension can continue to do. Extension offers such a wide range of programs at every single age level. They support children with healthy eating, connect with schools and help families experiencing poverty through affordable recipes and Nutrition Connections. There are so many programs now being offered to help keep your mind and body healthy through nutrition and physical movement.”



Donna Miller

Petals in the Pines, Master Gardener, Natural Resources Steward, 4-H Volunteer, Canterbury

“I worked for the New Hampshire Farm Bureau for 10 years and we collaborated a lot with Extension. I look to Extension all the time for my flower business—whether it’s for online blogs written by staff or watching Grow It Green on WMUR, and I always try to spread the word to others about this great organization that provides practical research-based information. There is always something new coming down the pipeline and Extension can provide us with the latest research and let us know what works and what doesn’t work.”



Jo Brown

Mayor, Franklin

“UNH Extension was a catalyst that led to many of the investments that we have seen in Franklin, including \$75 million in new investments in revitalizing the downtown corridor. The grant that UNH collaborated on with Franklin seven years ago led to a vision for a vibrant future of the city. It came at a time when Franklin’s future outlook was not positive. Improvements include new and diverse housing, revitalization of dilapidated mill buildings, a major kayak park and new businesses including an outdoor outfitter.”



MERRIMACK COUNTY BY THE NUMBERS | 2022

FUNDING

\$403,462

MERRIMACK
CONTRIBUTIONS

\$716,855*

UNH CONTRIBUTIONS

Community and Economic Development

Launched Downtown and Trails program in Hopkinton, with a focus on Contoocook Village to help the town leverage its trails and natural amenities to enhance tourism, support businesses and grow the local economy

Education and 4-H Youth Development

4-H curriculum “Tapping into the Tradition: Maple Sugaring” adopted by schools in Webster and Salisbury, helping teachers gain confidence in agricultural science and engaging families outside of school

Food and Agriculture

Applied research in pest management resulted in significant reduction of pesticide applications at local apple orchards

Health and Well-Being

91%
of participants of the chronic disease and opioid misuse education program reported a decrease in pain interfering with their daily lives

Natural Resources

Collaborated with The American Chestnut Foundation to save the American chestnut, a valuable yet threatened native species, by documenting breeding populations in Boscawen and Concord and collecting seed sources

VOLUNTEERS

400

VOLUNTEERS

28,040

HOURS

\$862K**

VALUE OF VOLUNTEER TIME

*In 2022, for every \$1 Merrimack County contributed, UNH provided \$1.78 of statewide resources

** State Value of Volunteer Time (NH): \$30.75; independentsector.org