

IOWA STATE UNIVERSITY

University Extension



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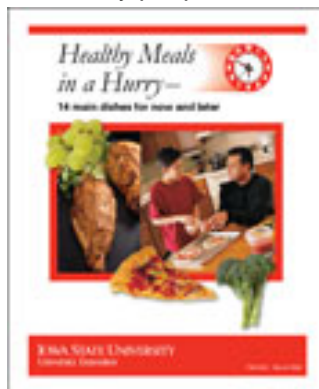
Get inside Extension and discover how we support healthy people, healthy environments, and healthy economies. Read about some of the ways ISU Extension meets local needs, improves quality of life, and helps make Decatur County a better place to live. You'll be amazed at what we do.

Roger Vanderflute
Extension Council Chair

Jack Van Laar
County Extension Education Director

Nutrition for Healthy People

Nutrition and Health programs in Decatur County are available to all citizens. "Healthy Meals in a Hurry" was presented in Leon and Lamoni. This program demonstrated how to save money, have a healthy diet, and save time. The cookbook is available to anyone who wants to order it through the Extension office. Good attendance indicates the desire for people to meet the goals for healthy people.



Another way to have healthier people is to use local venues, such as Farmer's Markets, to demonstrate the wholesomeness, nutritive value

and ease of preparation of locally grown fresh vegetables and fruits. Barb Fuller, Nutrition and Health Program Specialist demonstrated recipes using locally grown produce at the Paradise Farmer's Market in Leon in August.

Watershed Partnership

Work continues in the Little River Watershed Partnership, a team effort involving Extension, NRCS, Iowa DNR, other watershed sponsors and landowners to develop and carry out a watershed protection plan.



After water sampling, shoreline and off-site assessments, a set of findings has been developed and shared with watershed stakeholders.

2009 Extension Council

Chair-Roger Vanderflute
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Decatur County Extension Council

Every Iowa county has an elected Extension Council that guides local educational programming by partnering with staff. From needs assessment through program implementation and evaluation of outcomes, the council represents the issues and people of the county.

We have identified these local issues as priority topics for current and future programming:

- Integrated agriculture and natural resources information and education
- Manage impact of bio-economy on local agriculture
- Meet 4-H goals in member recruitment, retention, volunteer support, and youth development.
- Economic development support to communities
- Support families, through family life, family resource, and nutrition and health education



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We are your local link to make connections

for campus enrollment, continuing education, campus visits, campus exhibits, conferences, camps, and sporting events.

... and justice for all

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[Watershed Partnership] continued

Critical and problem areas were identified and a project plan has been developed to address sediment and nutrient delivery from upland and stream bank areas. This will involve structures (e.g. terraces and ponds) as well as practices such as rotational grazing and controlling stream access to livestock.

A \$430,000 grant application was submitted to the Water Improvement Review Board (WIRB) to help fund the project. Other local, state and federal program funds as well as in-kind support were offered as match to this grant. This includes \$5000 worth of Extension educational support over the three years of the project. Other in-lake measures (shoreline and pool) are being determined and funding resources sought.

Leon Horizons Program

Horizons is a partnership of Iowa State University Extension and the Northwest Area Foundation of St. Paul, MN. Leon with 16.6% of its residents living below the federal poverty level was accepted into the Horizons III project in August, 2008. Leon formed a Steering Committee, trained facilitators and involved 42 individuals in four 10-hour study circles, which reported their recommendations at an Action Forum held in November, 2008.



Participants proposed a community outreach center/used clothing store, a welcome wagon program for new residents, and improvement in the community resource directory, among other suggestions. In the next phase, LeadershipPlenty®, 27

community members completed the 30-hour program January-April, 2009. They focused on the proposed community resource/used clothing project for additional action planning. In the following Visioning phase, a survey completed by over 300 community residents and input from two community meetings led to three working groups centered on three priorities: 1) Establishment of a Second Hand Clothing Store. 2) More opportunities for adult education. 3) Resources to assist individuals starting businesses. Representatives from each group are taking steps to establish a non-profit umbrella organization.

Horizons Impact

Horizons participants completed pre and post evaluation surveys. Results showed an increased understanding of causes for poverty, the different kinds, why it is difficult to overcome poverty, and how it impacts Leon. The post survey showed the greatest change in knowledge of individual and community action and strategies to reduce poverty.



One LeadershipPlenty® student used skills learned to help establish a new community garden. Several families participated and shared produce with elderly residents in Leon. Leadership class members indicated that they intend to involve more community members in making decisions and felt the class enhanced their ability to be effective in a leadership role.

Leon developed an Action Plan in late August and is now working to implement this plan.