

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 (name) County a better place to live. You'll be amazed at what we do.

Shane Pashek

Extension Council Chair

Matt Deppe

County Extension Education Director

Healthy families through the Family Nutrition Program

47 adults graduated from the 8 session Family Nutrition Program in 2008. The program is funded through a partnership between the Madison County Extension Office, Madison County Empowerment Board and Iowa State University. Graduates from the program not only show an increased knowledge related to good nutrition habits for their family, but they too gain



valuable tools to keep themselves healthy through increased activity and hence their families too. After participants graduate, they are asked to summarize their experiences. One participant commented "The program taught me the foods my family and I

eat, but more importantly helped me to plan ahead for my meal preparation and save money while still eating healthy, two things I didn't think could work together."

The Family Nutrition Program in Madison County continues to grow as new partnerships are made with likeminded agencies and an increased attention to family food dollars.

Healthy Futures for Madison County Youth

In addition to serving 336 youth, grades K-12, in the Madison County 4-H program, Madison County youth programming also reached 848 youth through camps and other experiences.



These experiences were made



Madison 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:

- Youth and Volunteer Development
- Alternative and Sustainable Agriculture
- Community and Economic Development
- Financial Management for youth and families
- Parenting and Family Relationships



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We are your local link to make connections

for campus enrollment, continuing education, campus visits, campus **[title of story on page 1] continued** exhibits, conferences, camps, and sporting events.

... and justice for all

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[Healthy Futures] continued

possible through new and long standing community partnerships with schools and other youth serving agencies. In each case, youth participated in fun and interest oriented activities to instill and hone leadership and teamwork skills and establish a strong sense of community. *"When these kids reach their potential to create change, we want their strong community bond to bring them back to Madison County,"* comments one volunteer.

Through the above and future afterschool/out-of-school activities and experiences the youth of Madison County will have the leadership and life skills to add promise to their communities.

Keeping Agriculture Healthy in Madison County

In addition to one on one consultation and private and commercial pesticide applicator programs, over 200 local cattlemen attended at least one of four industry related programs focused on the topics of forage management, marketing, industry outlook and implementing new cow herd feeding strategies.



The overall focus of the workshops was to identify potential strategies to reduce feed and other input cost for cattlemen. The final program, hosted by a local cattleman, spotlighted the use of summer and winter annuals to increase the amount of feedstuff per acre for cowherds. By utilizing the early weaning and late summer/early fall

forage systems presented at the program, producers will lower their feed costs through the winter as their cows will enter winter dry lots in better condition with lower nutritional needs. Speakers at each of the programs included specialists from Iowa State, NRCS as well as other land grant institutions.

Coalition Collaboration Supports Positive Youth Outcomes.

Making Madison County a "Community of Promise" is the goal of Madison County Extension and the 15 other members of the Madison County SAFE Coalition. By focusing on the healthy development of youth today, the coalition hopes to create a community where these young people want to return to as adults.



After realizing that there was duplication of efforts that diluted each individual agency's work, the coalition has successfully sought over \$81,000 through DECAT funds to provide positive youth development experiences to Madison County youth and families in a collaborative effort. When summing up the effort one coalition member states *"Because we're maximizing our individual strengths, we are collectively having a greater impact on our audiences. It is a good feeling to know that as a group we are addressing a wide variety of needs for our community"*.