



For the Citizens of Polk County

2006 Polk County Extension

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Polk County Extension Brings Iowa State University to You

Iowa State University Extension serves Iowans through six program areas: Agriculture and Natural Resources, Business and Industry, Communities, Families, 4-H Youth Development, and Continuing Education. ISU Extension brings the University to you in Polk County.

4-H is the leading youth development organization in Polk County. 4-H creates supportive environments for youth and adults to reach their fullest potential. In support of this mission, 4-H provides formal and non-formal community-focused experiential learning, develops skills that benefit youth throughout life, fosters leadership and volunteerism, and youth and adult partnerships. In 2006, 4-H reached 9.6% (6,148) of Polk County youth participating in *4-H* and *Clover Kids* (42 clubs), after school or summer camps (14 camps) and school enrichment programs (151 programs). 4-H activities were facilitated by 280 adult volunteers and staff in 2006.

Providing Safe and Positive After School programming – ISU Extension and 4-H are leading the way in providing positive activities for middle school aged youth. This effort is meeting an important need for single parent and dual income families. Last year ISU Extension staff provided leadership for eight after school programs: five for young women and three for young men. This fall, that number will increase to thirteen.

4-H is Helping Create Healthy Environments at School – In the past year more than 3,000 young people received nutrition education through Polk County Extension's youth nutrition education programs. Polk County Extension continues work in the *Carol M. White PEP* grant with four school districts and one parochial school to improve the physical education programs of over 70 teachers. Through a *Mid Iowa Health Foundation* grant, ISU Extension staff helped *Perry PACES* program staff to integrate additional physical activity and nutrition education into their after school programs that serve Hispanic and Latino youth.

Adventure Learning Center – Partnering with *Living History Farms* and *Polk County Conservation Board*, participation at the Adventure Learning Center nearly doubled over the past year. Programming has broadened to include corporate, non-profit, educational, and governmental audiences. Open April 1 - October 31, the Adventure Learning Center hosted 63 groups comprised of 732 youths and 425 adults in the 2005-2006 season.



Polk County Master Gardeners' community impact continues to grow throughout the county. With more than 400 active Master Gardeners working on a wide variety of projects, many successful programs and projects have become established. They include: an information booth at the *Downtown Farmers Market*, the *Demonstration Garden in Urbandale*, the *Enabling Garden in Altoona*, the *Discovery Garden at the Iowa State Fairgrounds*, hands-on training at the *Homestead's greenhouse*, the *Extraordinary Gardens by Ordinary People garden tour* and the *Polk County Master Gardener Plant Sale*.

Rural-Urban Linkage - The Polk County Extension Office partnered with the *North Polk FFA Chapter*, *Alleman Aces 4-H Club*, six urban churches, six rural churches, local farmers and agribusinesses to create the "*Fields of Hope near Alleman.*" The project is one of 40 *Foods Resource Bank* growing projects in Iowa and a national model for connecting urban and rural constituents. The 44-acre farm located just north of Ankeny produced corn in 2005 and in 2006 soybeans, sweet corn, pumpkins, gourds and ornamental corn. The project has been featured on IPTV's *Market to Market* as well as *Volunteering in Iowa* programs. More than \$25,000 in net proceeds has been generated that provides funding to assist research and education for farmers and rural communities in western Guatemala.

Business & Industry - *Corrugated Solutions LLC* in Des Moines, contacted the *Center for Industrial Research and Service (CIRAS)* for assistance with the costing of Product and production capacity. To determine production rates CIRAS shared a software internet to build a simulation model of their operation. Using this model, CIRAS was able to determine the company's capacity strained resource and suggest improvements. Through this assistance, the company was able to realize more than \$100,000 in cost avoidance savings in additional equipment, were able to secure several new customers and additional sales have resulted in the addition of two production positions.

Wise Woman Project - Since 2003, ISU Extension in Polk County has cooperated with the *Iowa Department of Public Health* and *Polk County Public Health Department* in a *Center for Prevention and Disease Control (CDC)* grant for uninsured or underinsured women ages 40-64 and having at least one risk factor for heart disease. The goal is to arm the participants with positive health behaviors to control their heart disease risk without needing to use medications. This is done by offering 12 classes that teach behavior change as well as group support. To date, 708 women have been screened into the project with 49.5% attending at least one lesson. Of those attending at least one session 40% have graduated as defined by the CDC. The women report they are more in control of their habits including food and exercise. Many have shared they did not realize it is in their control to live healthy lives.

Meeting Needs of Diverse Communities – In the 2005-2006 program year, 315 households comprised of 1200 people in Polk County learned more about nutrition and food safety because of the *Expanded Food and Nutrition Education Program (EFNEP)*, funded by the *US Department of Agriculture*. Field specialist Myra Royal's focus is on the underserved inner city. EFNEP Program Assistants (two Spanish speaking) meet with low-resource individuals and families across the county, to provide nutrition, health and family financial education so that they may become healthier and more self-sufficient.

ISU Extension Expenditures 2005-2006 by percent:

Federal Tax expenditures: 8.1%
 State Tax expenditures: 19.6%
 Total County expenditures: 20.6%
 ISU Grant expenditures: 11.6%
 ISU User fee expenditures: 6.6%
 Adult Volunteer time (estimated): 33.5%

For each dollar that Polk County spends for Extension programs, local citizens can gain the benefit of \$.39 in federal tax funds; \$.95 in state tax funds; and \$1.63 of volunteer time.

ISU Extension Income FYE - June 30, 2006

District Taxes	\$497,740.17 (44.5%)
User Fees	\$353,314.10 (32%)
Grants	\$251,399.91 (23.5%)
Total	\$1,107,454.18 (100%)

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Helping lowans become their best.

October 2006

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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating. 12/05

Our Mission - ISU Extension builds partnerships and provides research-based learning opportunities to improve quality of life in Iowa.