



## For the Citizens of Polk County



### 2005 Polk County Extension

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### ISU Field Specialists Located in Polk County:

#### Agriculture

Steve Johnson, Farm/Ag Business Mgmt

#### Communities

Norman Riggs

#### Families

Sharon Mays, Family Life

Susan Klein, Nutrition and Health

Myra Royal, Families

#### 4-H and Youth

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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. Polk County Extension brings the University to you.

**Partnerships** help Iowa State University Extension create a better future for all Iowans. Together we can improve quality of life in Iowa. Here are a few examples of ISU Extension partnerships at work in Polk County:

**Adventure Learning Center** – In 2004 ISU Extension partnered with **Living History Farms** and the **Polk County Conservation Board** to develop the Adventure Learning Center, a new state-of-the-art challenge course located at Living History Farms. Nearly \$60,000 in grant funds from the **U.S. Department of Education** and **Prairie Meadows** helped in its creation. Beginning in mid-June, 26 groups composed of 415 people have participated in education programs at the course.

**Des Moines Arts Festival 2004** – ISU Extension and 4-H were highly visible at the 2004 **Des Moines Arts Festival** occupying one of the three bridges. The Festival, ranked 5th in the nation, provided a platform to highlight ISU Extension and 4-H programs. Eight main tents were developed, all with a variety of activities for children and families. Over nine departments and staff groups created a partnership with the Des Moines Arts Festival for a weekend of fun and education.

**Helping Kids Stay Healthy in School** – Through a **Department of Education** grant, the 4-H program is helping improve the health of Des Moines school students. 4-H staff, led by Martha McCormick, Extension Youth Development Specialist, has helped teachers working with physical education programs to integrate a lifelong wellness approach into their curriculum and to develop new partnerships with the community. Over 7,000 students have been impacted by the project. As a result, teachers and students have the opportunity to annually assess their own health status and to develop a better understanding of the importance of good nutrition and regular physical activity.

**Crop Marketing Education** – “Winning the Game<sup>®</sup>,” a workshop sponsored by ISU Extension and partner **Iowa Farm Bureau Federation**, allowed participants to “play” with marketing concepts and build skills that make taking this step much less intimidating. At the conclusion of the workshop, 89% indicated they would implement a market plan and at six months 70% had developed a plan and 74% of those had implemented the plan.



The Enabling Garden in Altoona completed in the summer of 2004 is a way to encourage all people to enjoy gardening.

**Master Gardeners Create an Enabling Garden** – ISU Extension trained Master Gardeners partnered with the **City of Altoona** to create the Enabling Garden in the summer of 2004. This garden has been adapted to help people of all ages and abilities enjoy the wonders of gardening. With a motto of ‘*Where disabilities become abilities,*’ 25 of the 330 master gardeners spent 377 hours to complete the site. The Carver Learning Center at the Enabling Garden was donated by **Pioneer Hi-Bred International** and will be used to do community and vocational classes in the future. This is just one of the community gardens you will see in the county.

**Citizen-Initiated Performance Assessment (CIPA)** – Polk County citizens in **Clive, Des Moines, Johnston and Urbandale** helped local city leaders identify neighborhood problems and prioritize services. This collaboration stemmed from a three-year, \$1.2 million grant from the **Alfred P. Sloan Foundation** that created a process to get citizens involved in local city government. Norman Riggs, an Extension Communities Specialist, guided the cities in incorporating the citizen-recommended measures into city policies and budgets.

**ServSafe®** – Diners at restaurants and other establishments in Polk County are more likely to be eating safe food thanks to ServSafe® training offered by Extension in cooperation with the **Iowa Hospitality Association**. Susan Klein, an Extension Nutrition and Health Specialist, conducted ServSafe® training and certification monthly, educating 147 food service professionals about food safety and the prevention of food-borne illness with 92% passing the exam. In 2005, SuperSafeMark will be launched to offer a similar food safety program for retail grocers and convenience stores.

**Child Care Accreditation Project** – The **Human Services Planning Alliance** partnered with ISU Extension, **Head Start** and the **Des Moines Public Schools** on this project with a goal ‘to improve the early education and care for young children in Polk County.’ The project was designed around criteria for high quality, early childhood programs. The comprehensive project targeted seven Des Moines child care centers that serve over 600 children. Thirty-four classrooms were assessed and provided strategies for improving classroom quality that can be incorporated into center plans.

**EFNEP Serves Families in Need** – 292 families in Polk County know more about nutrition and food safety because of the Expanded Food and Nutrition Education Program (EFNEP). 147 (50.3%) graduated by participating in at least eight sessions. **Focus On Meeting Needs of Diverse Communities** – Polk County has a growing Latino population. In 2003-2004 two Spanish speaking program assistants were hired to work with families in the Expanded Food and Nutrition Program (EFNEP). A Spanish telephone line was added to the office to receive calls for special programs.

**Polk County 4-H** – 8.2% (5,395) of Polk County youth learned life skills by participating in 4-H and Clover Kids (43 clubs), after school or summer camps (18 camps) and school enrichment programs (139 programs). 120 adult volunteers and staff assisted with the many activities. 4-H is more than numbers as this quote from a member suggests:

*“4-H has helped me in school. It helped me build confidence in myself” – Keri*

February 2005

## ISU Extension

### Expenditures 2003-2004

Federal tax expenditures:	9.1%
State tax expenditures:	22.1%
Total County expenditures:	19.3%
ISU Grant expenditures:	11.3%
ISU User fee expenditures:	10.7%
Adult Volunteer time (est. ):	27.5%

For each dollar that Polk County Extension spends for programs, local citizens can *gain the benefit of 47* cents in Federal tax funds; \$1.14 in State tax funds; and \$1.42 of volunteer time.

## ISU Extension Income

### FYE- June 30, 2004

District Taxes	\$491,017 (47.5%)
User Fees	\$172,056 (16.6%)
Grants	\$359,460 (34.8%)
Total	\$1,032,533 (100%)

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**Helping Iowans become their best.**

... and justice for all

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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating. 12/03

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