

Healthy people, environments, and economies start with Extension. Read about some of the ways ISU Extension meets local needs, improves quality of life, and helps make Iowa a better place to live.
You'll be amazed at what we do.

2010 Stakeholder Report



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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.

KEY ISSUES:

We identified these priorities for current and future programming in this region . . .

- Local foods initiatives
- Personal financial management
- Health and nutrition
- Family relationships
- Community development

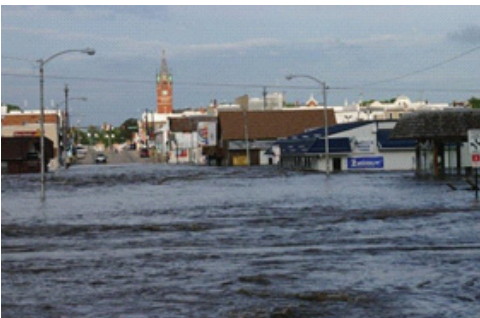


HEALTHY PEOPLE

Programs in the region improve individual health and reduce the incidence of obesity; also benefitting the entire community through lower healthcare costs and less stress on healthcare systems. In Dubuque County, a three-part workshop series, "Reinventing the Family Meal," reached more than 400 families since January 2009. Participants learn how to make healthy food choices, how to cook healthy meals at home, and come to know the benefits of eating meals as a family. West Delaware Community Schools place a high value on not only serving nutritious meals for students, but also safe meals. They enlisted the help of ISU Extension nutrition and health program specialist Cindy Baumgartner to present a SafeFood seminar for food service employees. ISU Extension in Jackson County administers the Food Stamp Nutrition Education Program to students in kindergarten, first, second and fifth grades. They receive six hours of nutrition education, are introduced to new fruits and vegetables, help prepare and eat a healthy snack during each session, and receive nutrition information to share with their families. Pre- and post-test results show an increase in the number of youth making healthy choices.

HEALTHY ENVIRONMENTS

The ISU Dairy Team initiated numerous meetings around the state in response to the dairy financial crisis and also presented on the topic during Dairy Days. To complement these meetings, Larry Tranel, ISU dairy program specialist serving eastern Iowa, highly encouraged follow-up farm visits to further deal with the broad array of issues that



COMMUNITY
COLLABORATIONS
WILL BE A KEY
TO SUCCESS

...and justice for all
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HEALTHY ENVIRONMENTS (CONT.)

can help producers overcome the economic crisis. A survey was sent to 55 producers in May 2010 with 36 producers responding. Of those returning the survey, all indicated that Tranel had an impact in the profitability or understanding of the profitability of the dairy operation. Producers provided an estimated gross dollar or production improvement through the consultation provided by ISU Extension personnel in excess of \$1.1 million. As one producer noted, "I now focus more on financial management of my business, which Larry helped me to understand. Quality of my life and family life has improved tremendously; I can now start to foresee my future in dairy. It's financially difficult at times, but I believe he has helped me get to the point where I cannot only survive, but thrive in my career."

HEALTHY ECONOMIES

The Delaware County Extension office shared vital flood-related information with the public and local media as heavy rains in late July caused record flooding throughout much of Delaware County and surrounding communities, including the breach of the Lake Delhi Dam, causing widespread damage to numerous homes, businesses, and area farm fields. Links to Iowa State University's flood assistance pages were among the first posted, most visited and remained available on the county's primary point of contact disaster website throughout the summer. Within days of the widespread flooding, county extension staff, with assistance from council members, collected, printed and copied more than 300 flood recovery packets which included information on food safety, clean-up, recovery, garden produce, and mold concerns. The packets were distributed at public meetings in Manchester and Delhi and made available at other locations throughout the county. ISU Extension's livestock and crop production specialists consulted with flood-impacted producers to help them make the best decisions for their forage and crop situations.

FUTURE PLANS

With dedicated staff, extension council members and volunteers committed to addressing local issues and improving quality of life, the future is bright in Region 11. ISU Extension brings the research and resources of the university to local communities, helping to support healthy people, healthy economies and healthy environments. Community collaborations will be a key to success in the year ahead. Developing relationships with area employers will be critical as we offer worker wellness programs and expand local foods initiatives. Strengthened partnerships with schools will open doors in the areas of urban youth development and programming for schools in need of assistance. In addition, individuals and families will benefit from financial management education and programs supporting family relationships and parenting.