

IOWA STATE UNIVERSITY

University Extension



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

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Lee Kilmer, *Dairy*
Joyce Lash, *Family Resource Management*
Joe Papp, *Business & Industry*
Ray Reynolds, *4-H Youth Development*
Aaron Saeugling, *Agronomist*
Joe Sellers, *Livestock*
Shawn Shouse, *Ag Engineer*
Jerry Weiss, *Swine*

Healthy People

Working as teams, Adair County residents took advantage of Lighten Up Adair County to lose 863 pounds and log 5,854 hours of physical activity over a 100 day time span. 225 individuals enrolled in the program which featured regular e-mail reminders. Special events promoting healthy food choices along with basic health screens were available for participants.



A non-competitive run/walk was held at the conclusion of the program. Roger Young, a member of the winning weight loss team proudly jogged around Greenfield Lake, sharing he had difficulty running 200 yards when the program started.

"The program was great. There were lots of ideas to keep us motivated," noted Debbie Pickrell, team captain of the Cardinal Cardios, the winning team.

100 percent of the participants completing a program evaluation reported they felt better at the end of the 100 days. The vast majority of participants reported increasing physical activity, eating more fruits and vegetables, and eating more whole grains.

The program was a partnership between Adair County Extension and Adair County Public Health with support from the Adair County Health & Fitness Center and Empowering Adair County Foundation.

Healthy Environments

Agricultural producers and land owners received information promoting stewardship of our natural resources and profitability as part of programs designed especially for their needs.



Council members and guests celebrated a successful year with a supper. Food sculptures were created from items members brought to donate to local food pantries. Members of the Extension Council include Sondra Baudler, Randy Caviness, John Havens, Roger Jensen, Steve Lilly, Lori Nelson, Karen Schulteis, Jana Scott, & Judy Wedemeyer.

Adair 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:

- Healthy lifestyles
- Strong families
- Positive youth development
- Agricultural profitability

October 2008



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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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[Healthy Environments] continued

Women landowners gathered to learn more about conservation programs and leasing arrangements as part of a program sponsored jointly by Adair County Soil & Water Conservation District and area banks. The women indicated they gained great ideas of how to encourage conservation practices as they work with tenants from their peers serving on a panel.



Fifty producers from three states participated in a special transitioning to organics workshop. The Neely-Kinyon Research farm hosted the sessions on row crop production and the Henry A. Wallace Country Life Center hosted sessions on fruit and vegetable production.

Healthy Families

Sixty-one families with young children participated in the Growing Strong Families program. Extension parent educators help parents build confidence in their own parenting skills. Parents learn more about how their child grows and learns and how to promote healthy development through regular home visits and group programs. Special funding for the program is provided by a grant from the FACT Empowerment Area.



Healthy Economies



Horizons is a community-wide initiative organized by Iowa State University Extension and funded by the Northwest Area Foundation to assist community residents in making the Greenfield community a more thriving place to live and work. More than 300 local residents provided input in determining four areas of focus: financial management, food for everyone, quality early childhood care and education, and job opportunities.

Early savings was identified as a priority of the financial management team. They organized a special Piggy Bank event for kindergarten students and their parents with special funding from the America Saves program. Each of the families attending was given the option to make a monthly savings pledge and earn a \$50 savings bond. Kindergarten students went home with a piggy bank they crafted and a start on filling it with coins.

4-H Results in Scholarships

4-H scholarships are helping Elizabeth Baudler, an animal science major at ISU, finance a portion of her education. She says 4-H has given her much more: "4-H has had a huge impact on who I am today. I have gained leadership, citizenship, and communication skills that I will use the rest of my life. The friends I've made through 4-H are great and the networking is priceless. Someday I hope to use the knowledge and skills I've gained through the 4-H program to become a veterinarian and stay involved actively in my community."