

Lucas	Monroe	Wapello	Jefferson
Wayne	Appanoose	Davis	Van Buren

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 . . .

- Obesity
- Financial record keeping
- Prevention
- Housing
- Conservation
- Employment
- Beginning farmers
- Leadership
- Basic production methods



HEALTHY PEOPLE

Region 19 is taking a community-wide approach to nutrition education and physical fitness with a variety of programs. ISU Extension educators share weekly nutrition and health lessons, literacy activities, and food tastings through BASICS (Building and Strengthening Iowa Community Support for nutrition and physical activity). Each month 7,991 youth, 691 seniors, and 207 families are served. As a result, students and adults are making healthier food choices, becoming more aware of nutritional value, and trying foods they haven't eaten before. This exposure and education helps the rest of the community by reducing the incidence of chronic diseases and decreasing healthcare costs. In addition, Appanoose, Lucas, and Monroe counties are helping teachers and businesses provide expanded nutrition education opportunities in and out of the classroom, expanded opportunities for physical activity, a restaurant and business environmental survey of foods, and access to local food programs.

HEALTHY ENVIRONMENTS

Sustainable community service is saving energy in Fairfield. Ideal Energy, an energy efficiency and renewable energy consulting company, and ISU Extension specialist Scott Timm trained high school students on the basics of energy auditing, weatherization techniques, and "sealing the envelope" of a typical Fairfield home. Students and adults then worked to weatherize three elderly women's homes to help prepare them for winter and lower their utility bills. Students were



HEALTHY ENVIRONMENTS (CONT.)

caulking and installing weather stripping, door sweeps, and window-film, while cheering up residents who needed help. Timm and Ideal Energy also ran workshops training residents in comprehensive home energy use and weatherization at the ISU Extension office in Jefferson County. Participants learned how to tighten the envelope of their home, significantly reduce energy bills, and solve basic and complex home energy problems. As part of Fairfield's Go Green Strategic Plan, Timm is partnering with the Fairfield Volunteer Center to scale up the project to larger weatherization teams and trainings that will work on 40 homes during Energy Awareness Month.



HEALTHY ECONOMIES

Iowa Kids University serves southeast Iowa with youth mentoring programs. Extension in Wapello County linked the new nonprofit organization with the Strengthening Rural Iowa Foundation, which supports new nonprofits with funding and resources to improve organizational infrastructure. Extension provides technical assistance, helping the new organization streamline programs, eliminate unnecessary paperwork, and keep costs low. Iowa Kids University focuses on afterschool programs and free summer art programs, which have proven to be a cost effective way to reach more children. Together citizens and communities can do the work and create the plans to see that vital services are available for vulnerable populations.



Wapello County is a key region for bilingual food safety training, research, and outreach. Based on figures from the Iowa Data Center, the county's Hispanic population increased nearly 200 percent from 2000-2007. Extension specialists and Iowa State researchers educated non-English speaking Hispanic foodservice workers about safe food handling techniques. Most of the participants were employed at restaurants in all positions—cooks, servers, dishwashers, and managers. After the training, their knowledge of safe food handling practices improved, leading to increased safety of the foods that restaurant-goers eat, as well as saving money for the businesses.

FUTURE PLANS

As the residents of Region 19 age, ISU Extension is responding with Powerful Tools for Caregivers and leadership development programs. Powerful Tools for Caregivers is a six-part educational program for family caregivers of aging adults. The program empowers caregivers to take better care of themselves as they provide care for others. Many small town leaders are retiring and moving elsewhere or are ready to hand the reins over to a younger group of residents. Leadership development is the key to success for the continued development and vision for many communities that are already having a hard time due to the economic downturn.

Extension also is expanding prevention programs such as All Stars and the Strengthening Families Program for Parents and Youth 10-14. These programs build skills in parents, youth, and families to prevent substance abuse and other behavior problems.

...and justice for all

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