

# BUILDING A #STRONGIOWA

## POLK COUNTY

Iowa State University Extension and Outreach connects the needs of Iowans with Iowa State University research and resources. We are working with the people of Polk County for what we all want: a strong Iowa.

### Polk 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:

- K-12 Youth Outreach
- Food and the Environment
- Health and Well-being
- Community and Economic Development



**3,040**

K-12 Outreach program participants



**5,000**

Pounds of produce donated to local food pantries



**796**

Buy. Eat. Live Healthy household participants



**2,000+**

Residents will benefit from Mitchellville development project



### Extension Council Members

We want communities and farmers to thrive, and families and children to be healthy. And eventually we want to turn the world over to the next generation better than we found it.

**Dennis Goering**  
Council Chair

**Rich Degner**  
Council Member

**Sanjita Pradhan**  
Council Member

**Andrea Nelson**  
Regional Director

**Denise McAfee**  
Council Member

**Sarai Rice**  
Council Member

**Paul Gibbins**  
Executive Director

**Julie McGonegle**  
Council Member

**Kayla Vandehaar**  
Council Member

**Kasey Peters**  
Council Member

**Larry Lykins**  
Council Member

# IN 2017

## K-12 YOUTH OUTREACH

### Clover Kids and 4-H

The Clover Kids (K-3) and 4-H (4-12) programs strive to help youth develop life skills such as, responsibility and communication to become *true leaders* in their communities. **35 4-H youth attended State Conference** and 2 received state awards. 36 youth currently participate in County Council-representing 13 schools and 19 4-H clubs, and **2 youth participate on the State 4-H Council.**



**1000+** youth involved



**139** adult club volunteers



**71** Clover Kids and 4-H Clubs



**2,985** static and livestock projects



### Juntos: Together for a Better Education

The Juntos program empowers Latino youth to graduate from high school by bringing together parents, youth, school staff and community partners to promote academic success and explore possible paths to higher education. Youth participate in family nights, academic coaching, 4-H Clubs, and college visits.

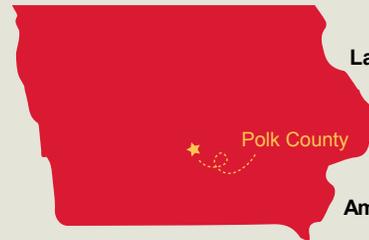


**45** Juntos participants



**179%** increase in Latino K-12 Enrollment since 2011

## DIVERSITY IN POLK CO.



**8.2%**

Latino population in Polk County

**6.8%**

African/African American population in Polk County

Diversity in Polk County continues to increase. In an effort to provide accessible and culturally-relevant opportunities to all Iowans, we have:

- Implemented new in-school and after school programming in Des Moines Public Schools
- Partnered with local non-profit organizations and public housing communities
- Offered activities at cultural heritage festivals
- Participated in the Iowa 4-H Culturally-based Youth Leadership Accelerators (Maize and Ujima)

Each of these initiatives have involved a large number of low-income and youth of color, including immigrant and refugee youth.



**85** Polk County **multicultural youth** participated in Maize, Ujima and AAPI leadership retreats.

\*Population data taken from the Iowa Census Bureau.

## AG AND NATURAL RESOURCES

### Master Gardeners

Our Master Gardeners logged **17,240** (valued at \$383,598) **volunteer hours** in the Polk County community through growing and maintaining several gardens this year:

- Discovery Garden
- Enabling Garden
- Demonstration Garden

As well as teaching adult and youth horticulture classes, mentoring participants in community and school garden projects and donating food to local food pantries.



**273** active Master Gardeners and Interns



**5,000 lbs** of produce donated to local food pantries



### Farm Management

Iowa State University Extension and Outreach, Polk County Agriculture Specialists met with **280 farmers, landowners and women in agriculture** to discuss:

- Farm Business Management practices
- Fair Cash Rent leases
- Crop marketing
- Weather outlook

The following classes were offered in Polk County over the course of 2017:

- Farmland Owners Workshops
- Farmland Leasing Meeting
- Pro Ag Outlook Meeting

### Pesticide Trainings



**577** Commercial and Private Pesticide Training participants



Iowa State University Extension and Outreach, Polk County, celebrated its **centennial** in **March 2017**. We hope to continue providing resources to our citizens for 100 more years and beyond.

## HEALTH AND WELL-BEING

### ServSafe ®

About 10,000 Latinos in the Iowa Food Service Industry speak Spanish as their primary language and find it difficult to read food safety manuals and pass food safety exams. Out of **20 ServSafe workshops**, 6 workshops were taught in Spanish to accommodate for Spanish speaking students.



**158** students attended ServSafe workshops

### Buy. Eat. Live Healthy + Kids in the Kitchen

Many Iowans with lower income eat few healthy foods like fruits, vegetables and whole grains. Our Buy. Eat. Live Healthy and Kids in the Kitchen programs aim to help Iowa children and families build knowledge and skills to make healthier life choices.



**451** youth served through Kids in the Kitchen



**796** household members reached through Buy. Eat. Live Healthy



## COMMUNITY AND ECONOMIC DEVELOPMENT

An Iowa State University undergraduate studio class (CRP 432) rewrote the comprehensive plan for Mitchellville in the fall semester. This class was taught by Dr. Tim Borich with assistance of Extension professional, Eric Christianson.

Mitchellville's comprehensive plan serves two primary functions. The first is to establish a legal basis for future land use decisions made by the community. The second is to offer a holistic vision for the town going forward, pulling from the hopes and recommendations of residents to inform responses to opportunities and challenges that may arise.

The students received direct feedback from almost 200 residents through mailed surveys, Facebook polls, 6 focus groups, a town hall meeting, a booth at Thomas Mitchell Days and monthly meetings with a local steering committee.

In the spring semester 2018, two students from the class will continue to work with Extension and the community to put the finishing touches on the plan and start implementing some of the new ideas.

### Stay Connected with Polk County



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