

BUILDING A #STRONGIOWA

CARROLL COUNTY

Iowa State University Extension and Outreach connects the needs of Iowans with Iowa State research and resources. We listen, learn, and work with the people of Carroll County for a #STRONGIOWA.

Carroll 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:

- Economic Development example
- Food and the Environment example
- Health and Well-being example
- K12 Youth Outreach Example



Economic Development

Annie's Project Shares Risk Management Resources with Carroll Farm Families

When Carroll County farm women are empowered, they can contribute to more sustainable agriculture by improving economic resiliency, conserving natural resources, and supporting each other's influential roles in families and communities. By delivering Annie's Project to 30 Carroll County women, farm families are able to use research-based information and tools to help them make good risk management decisions. Carroll County Extension played an important role in providing effective and efficient education. By improving agricultural sustainability, women in the industry are key stakeholders in the production of safe, plentiful and accessible food.



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.

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Extension Council Chair

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IN 2019



Health and Well-Being

ISU Extension and Outreach-Carroll County partnered with Sunnybrook of Carroll in 2019 to host **Stay Independent, a healthy aging program**. Ann Parker, Human Sciences Specialist in Nutrition & Wellness, provided education on getting three meals a day, increasing fruit, vegetable and protein intake, and exercises to maintain muscle strength and independence. Participants sampled healthy recipes and practiced strength exercises increasing their knowledge on nutrition and activity for healthy aging.

Training Childcare Providers to “Get Active” with Young Children

The problem with obesity begins early in life. The Physical Activity Learning (PALS) curriculum is designed to improve the physical activity levels of children in preschool, childcare, and afterschool programs. Field Specialist Ann Parker shared this curriculum with Carroll childcare providers. Provider suggestions will be used to perfect the curriculum and submit it to the Centers for Disease Control (CDC) for approval and national use. Children who have the chance to enjoy physical activity in early life are better prepared for a healthy future. 93% of childcare providers and early childhood educators in PALS felt they could incorporate physical activity into young children’s daily routines.

Food and Environment

Honeybees are important in Carroll County. In Iowa, the state 2018 honey crop was valued at \$4.38 million. Carroll County Extension along with the ISU Extension and Outreach Pesticide Safety Education Program delivers the Private Pesticide Applicator program. This year’s program included a focus on protecting bees and other pollinators from pesticides and provided instruction on how to use the FieldWatch® online registry. In 2016-2019 across Iowa, nearly 30,000 private pesticide applicators attended these programs.

ISU Extension and Outreach Field Agronomist Michael Witt presented several programs in cooperation with Carroll County. Participants gained an understanding of field basics from planting through harvest. Witt shared the latest research and information on corn and soybean development, weed and insect identification and field machinery.

K-12 Youth Outreach

1,097 Carroll County students, grades K-6th were reached this past year with STEM related curriculum. Topics ranged from designing and building basic structures, weather, the shape of bubbles, designing and building simple machines to coding, and more.

Currently there are 211 students enrolled in 4-H in Carroll County. More than 160,000 youth participated in 4-H last year, an 18.7 percent increase from 2017-2018. This includes youth who were enrolled in Clover Kids (for K-3 youth) or as 4-H members (grades 4-12), as well as youth who participated in either six or more hours of 4-H programming, and those who participated in six or fewer hours of programming.

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