

BUILDING A #STRONGIOWA

STORY 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 Story County for a #STRONGIOWA.

Buy. Eat. Live Healthy

Nicole Leidal, our family nutrition program assistant, leads Story County's Buy. Eat. Live Healthy (BELH) and Plan, Shop, Save and Cook programs. BELH is a free, eight-week program developed to serve low-resource families with a child under the age of 19. The Plan, Shop, Save and Cook program, which is a new nutrition offering this year, is a free, four-week program developed to serve low-resource individuals in Story County.

This past program year, 199 Story County household members were reached through these programs.

- 93 percent of participants showed improvement in one or more diet qualities.
- 85 percent of participants showed improvement in physical activity behaviors.
- 88 percent showed improvement in one or more food resource management behaviors such as cooking dinner at home or planning meals and snacks before shopping.



Creating Partnerships

Iowa's veterans, active-duty military and the professionals who serve them learned more about educational opportunities available from Iowa State University (ISU) Extension and Outreach and our partners at "Building Awareness: The Military Community and ISU Extension and Outreach" May 8 at the Memorial Union on the ISU campus. Partners included Story County Extension and Outreach, Human Sciences Extension and Outreach, ISU Veterans Center and Story County Iowa Veteran Affairs.

The statewide symposium was open to all, including the military community, local veterans' groups, agencies and individuals who support the military community, county veterans service offices, and ISU Extension and Outreach faculty, specialists and county staff.

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IN 2019



K-12 Youth Outreach

The 2018-19 year is something to celebrate! 1,578 individual youth in K-12 were reached through our youth programs. This is up from 1,194 last program year. Approximately 600 youth are 4-H and Clover Kid members. The other 900 participate in our youth outreach programs. These programs occur in partnership with organizations having a focus on youth education, including Story County libraries, homeschool groups, schools, Boys & Girls Club, Nevada Community Center, Story County Conservation and Girl Scouts. Partnering is a great way to lean on each other and support the overall goal of providing a positive youth development experience.

Youth benefit from programs by increasing their knowledge base along with developing and practicing skills they will use throughout their lifetime, whether it is learning how to tie a fishing knot, what to do in case of an emergency or how to make a nutritious snack. They are enjoying fun educational experiences on scheduled no school days, in school and afterschool.

Hosting or partnering with organizations provides a safe place for youth to be with caring adults during times they may not otherwise have caring adults available to them. Programs also provide another opportunity for students to further explore their interests beyond the classroom experience in various STEM topics, financial literacy, leadership and more!

Story County Extension Council

Every Iowa county has an elected extension council that guides local programming by partnering with staff. From needs assessment through program implementation and the 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:

- Strong strategic partnerships
- Quality and affordable food choices
- Positive youth outreach
- Public Awareness

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.

Doug Sampson
Extension Council
Chair

Leonard Foley
Council Member

Alice Moody
Council Member

Tim Couser
Council Member

Melissa McEnany
Council Member

MaryAnn Gardner
Council Member

Megan Jedlicka
Council Member

Kendra Braucher
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Barbara Woods
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PART OF YOUR Story

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