

Meeting Local Needs In 2012



ISU Extension in Fremont County

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ISU Extension and Outreach supports healthy people, environments, and economies by providing educational opportunities. We meet local needs, improve quality of life, and help make Fremont County a better place to live.

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



Healthy People

Healthy living is more than just eating right and exercising — though these are crucial factors. It also encompasses physical, emotional, and financial issues.

ISU Extension & Outreach-Fremont County is here to help by offering a variety of research-based information. Extension staff set up booths at local health fairs to distribute nutrition-packed recipes and information about the value of fruits and vegetables to hundreds of patrons. Introducing MyPlate, the USDA's new food icon, to Fremont County residents has become a priority. Another popular presentation, called "Rethink Your Drink" educates the audience on the sugar content of their favorite bottled drinks. This program was presented to about 30 people during the Children's Health Fair, held annually at Grape Community Hospital in Hamburg. Additionally, 11 participants received introductory instruction on freezing and canning at Food Preservation 101.

ISU Extension & Outreach-Fremont County is proud to continue its role as the catalyst for Growing Strong Families, a parent education program. Last year, GSF served 64 children, ages 5 and under, in 41 Fremont County families. The program provides monthly home visits and focuses on child development, literacy, and healthy lifestyles. GSF also features monthly group meetings. These meetings offer a fun, social atmosphere with themes designed around books and skill development, and also implements Family Storyteller, a literacy program promoted by ISU Extension & Outreach.

This year, we were proud to partner with ISU Extension & Outreach-Page County to present "Powerful Tools for Caregivers." This program was designed to empower family caregivers of older adults to take better care of themselves. The "tools" learned in the six-week series benefit caregivers by helping them reduce stress, improve caregiving confidence, establish balance in their lives, communicate their needs, make tough decisions and locate helpful resources.

Powerful Tools for Caregivers is a national evidence-based education program. Evaluations indicate program participants improve self-care behaviors, management of emotions, self-efficacy, and use of community resources.

Healthy Environments

ISU Extension & Outreach-Fremont County, takes its responsibility for educating patrons about ways to preserve the environment very seriously.

Each year, private and commercial pesticide applicator classes are presented in Fremont County. In 2012, 113 private producers and 49 commercial applicators participated in training. Through these classes, pesticide applicators are provided with the most up-to-date research regarding the use of pesticides and herbicides. Participants learn best practices for protecting the environment while still protecting their yields.

Extension staff also takes every opportunity to meet with kids about environmental issues. In 2012, staff presented programs at The Fremont County Conservation Field Day and the Fremont County Earth Day event, educating about 200 youth on the importance of water conservation. Did you know it takes 37 gallons of water to produce one cup of coffee???

ISU Extension & Outreach-Fremont County was also pleased to bring the Iowa Learning Farms Conservation Station to Sidney in May. The Conservation Station is a mobile learning center that educates audiences of all ages on different aspects of conservation, combining lessons on agriculture and the environment.



Healthy Economies

Fremont County's economy is primarily dependent upon the agriculture industry. For this reason, ISUE Extension & Outreach-Fremont County focused its energy over the past year on supporting ag producers in their continued recovery from the 2011 flood, and in their subsequent struggles associated with the 2012 drought. Thousands of website visitors accessed flood and drought

information used to assist them in managing their livestock and crop challenges. Ag producers also received support from field specialists who visited their farms and offered research-based advice after taking a first-hand look at their crops or livestock herds.

ISU Extension & Outreach continues to foster a farm-to-plate educational program through "Bread In A Bag." By going into local classrooms and teaching kids about wheat production, then allowing them to make bread from wheat flour, we foster an appreciation for the ag industry. This program has been in use for over 25 years, and impacts about 100 students annually.

ISU Extension & Outreach-Fremont County also partnered with Mills County ISU E/O and the Fremont-Mills Farm Service Agency to rejuvenate Women, Land & Legacy. This group is committed to offering learning opportunities for rural women in areas such as business, management, agriculture, and family. About a dozen women from both Fremont and Mills counties are taking advantage of this opportunity.

Healthy Youth Programming

A highlight of 2012 was the Citizenship Washington Focus (CWF) trip to Washington, D.C. This year, 35 4-H members and 5 adult chaperones attended. Fremont County participates in the Conference every 3 years.

CWF is a civic education and leadership program which helps youth understand how an individual's action can make a positive difference in our world. Participants use the nation's capital as a classroom to foster appreciation, understanding and involvement in civic responsibilities, government operations and current issues.

CWF emphasizes the role of youth in their communities and challenges them to become better citizens. Each 4-H'er who attended was encouraged to complete a leadership project for the fair, and the results were pretty amazing!

One of the chaperones had the following

comments: "Thank you so much for the privilege of escorting 35 of the greatest Fremont County 4-H'ers to Washington, D.C. It was wonderful to see so many of them grow in just the short time we were there. I truly believe it was mind-changing for several on what citizenship is and what being an American means!"



But not all Fremont County Youth programming required a plane ticket in 2012! 4-H'ers also enjoyed the 25th Annual Waubonsie Horse Camp, Junior Overnight Camp and various daycamps. There were 142 active 4-H members who attended club meetings, participated in club-sponsored community service projects and county-wide events. These 142 4-H'ers also entered numerous projects in the county fair, thus making it a huge success!

The Impact of ISU Extension & Outreach-Fremont County

We are the link to research-based information in Fremont County. Annually, we receive nearly 800 walk-in or phone inquiries and average over 11,000 web visits per month! We are proud to serve as the local link to a world of information!

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