WHAT WE WANT
#STRONGIOWA

2018 IN WAPELLO COUNTY

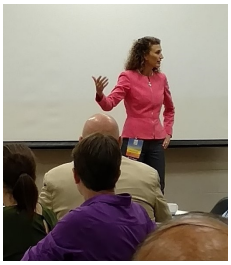
Iowa State University Extension and Outreach connects the needs of Iowans with Iowa State University research and resources. We are working with the people of Wapello County for what we all want: a strong Iowa.

Wapello 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
- Food and the Environment
- Health and Well-being
- K12 Youth Outreach



Economic Development

Over 200 participants attended the 4th Annual non-profit Conference in Ottumwa on September 20th at Bridge View. Wapello County Extension and Outreach, along with United Way of Wapello County, TD&T CPAs and Advisors, Wapello County Foundation and the Ottumwa Legacy Foundation have been working together the last four years on putting together a great event and giving our Non Profits an opportunity to learn how to improve their organizations and better serve their clients. Board members and staff learned on grant writing, board governance, volunteer management, human resources, succession planning, cybersecurity and finances.

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 McMullin
Extension Council Chair

Jolene McNabb
Extension Council Sec.

Roger Meier
Council Member

Sue Henderson
Regional Director

Glen Kesselring
Council Member

Stan Thompson
Council Member

Jack Church
Extension Council Vice

Mary Kivlahan
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Elaine Heisdorffer
Extension Council Treas.

Joyce Kramer
Council Member

Abriendo Caminos Spotlight:
Abriendo Caminos, Sara Sprouse

Abriendo Caminos is a family-focused obesity prevention education and research project that involves six, two-hour workshops focused on Healthy Eating, Being Active Together, and Family Mealtimes and Sharing. Workshops were facilitated by community partners and Iowa State University Extension and Outreach educators. The obesity burden is particularly elevated in Hispanic and other minority communities. According to the Centers for Disease Control and Prevention (CDC), 47.1% of US-born and 36.3% of Foreign-born Hispanics are considered obese. Several factors contribute to this burden, including low literacy rates, low household-income, and high prevalence of diseases like diabetes, dyslipidemia, or hypertension. A need exists to implement culturally sensitive lifestyle interventions and educational programs to decrease obesity and obesity-related metabolic diseases in Hispanic populations. A promising approach to reducing obesity risk in Hispanic families is community-based programs targeted at whole families to encourage healthy eating by incorporating elements of traditional Hispanic dietary patterns, collective family mealtimes, and culturally-tailored physical activity. A previous Abriendo Caminos pilot study conducted at the University of Illinois has demonstrated an increase in healthy eating behaviors including: Increased consumption of fruits and vegetables, decreased consumption of sweetened beverages, increased physical activity among children and parents, and increased organization of family mealtimes. A total of 16 families have completed the workshops in Ottumwa. Data collected before and after the workshops is currently being evaluated and analyzed by researchers to determine the effectiveness of the program. Feedback from participants regarding the program is positive. Families enjoyed attending the workshops together and creating new relationships. Adult participants asked many questions during the lessons and were appreciative of the opportunity to learn this information. Youth looked forward to the physical activity opportunities.

Health and Well-Being

Latinos Living Well is a series designed to reduce diabetes, heart disease and other diet-associated conditions that strike Latinos at nearly twice the rate as other populations. The series was offered twice in 2018 (June and October) in partnership with The Legacy Foundation and Market on Main. A total of fourteen participants attended the series and learned how to improve their health and stay fit by: Discovering the types of foods that keep the body healthy; Learning how to shop smarter; Preparing and tasting foods in class; and Learning how to build physical activity into their day.

Food Preservation 101 was held in August in partnership with Sieda. Four participants attended the program and learned how to safely preserve food through canning, freezing, and/or dehydration methods. Human Sciences Specialist in Nutrition and Wellness, Sara Sprouse gave the presentation.

Spend Smart. Eat Smart. was held in January at the Wapello County Extension Office. Twenty-four participants attended the program and participated in activities that included meal planning, using store ads, calculating unit price, and an introduction to the Spend Smart. Eat Smart. website as a resource to use when planning, shopping, and preparing nutritious meals. Human Sciences Specialist in Nutrition and Wellness, Sara Sprouse gave the presentation.

MyPlate was held in February as a result of a partnership with The Salvation Army. Ten participants attended the program which reviewed each section of MyPlate and the six most important nutrition messages from the USDA. Unhealthy meals are transformed into healthy, balanced meals.

Stay Independent: A Healthy Aging Series was held at the Eddyville Public Library over four weekly sessions in March and April. The Eddyville Public Library partnered with Wapello County Extension and Outreach to offer this series to older adults in Wapello County. Up to eight community members attended each session. The program teaches older adults how to stay healthy and be independent.

Food and Environment

Operating under a Local Foods Promotion Project grant from the USDA, Produce with a Purpose continued its work as a local food delivery program that brings bundles of fresh produce directly to worksites in Wapello County. This year, Produce with a Purpose packed and delivered over 350 bundles of produce that contained 5,500 pounds of food in total. The produce was sourced from 13 different producers across southeast Iowa and incorporated over 50 different types of fruits and vegetables. Over $6,000 was directly invested into the local food economy. The grant will continue to fund the program for two more years, in which the goal is to more than double the impact and reach of the program.

In addition to the food boxes, the grant funded several educational opportunities for producers and consumers this season. Garden Bites was a family-oriented cooking class led at Liberty Elementary. The aim was to teach consumers about sourcing, preparing, cooking and storing fresh produce. Families played food-related games, made garden-related crafts, planted and harvested vegetables at the school garden, learned new recipes, and, of course, ate delicious, locally-sourced foods.

The extension office hosted a Producer Safety Alliance training course to increase food safety awareness. Local producers attended to learn more about good agricultural practices, develop their farm food safety plans, and to maintain compliance with the Food Safety Modernization Act regulations. All attendees became certified by the Association of Food and Drug Officials.

Wapello County's FoodCorps Service Member Sophie Coker Gunnink came to us in early

August and started off great doing lots of programming. She held a local taste test at Liberty Elementary in October. She served over 600 kids. The kids were able to taste locally sourced Black Beans from Grimm Family Farms.

K-12 Youth Outreach

The 2018 Wapello County 4-H Expo was a huge success. From project judging, animal shows, food contests, volleyball tournaments, wood working projects, lip sync battles and so

much more. This week was jam packed with fun exciting events for everyone. Even though Mother Nature threw in a major storm – it only proved how amazing the Wapello County 4-H'ers and families are. They pulled together to get everything back on track in record time. The outcome of this event included over a 1000 ribbons and trophies and 6 youth were able to attend the Southeast Iowa Showdown!

STEAMFest- Wapello County 4-H held a recruitment night of Science, Technology, Engineering, Art, and Math. Over 200 youth and their families arrived to gain knowledge of being an engineer, and exploring future opportunities. 4-H Clubs and youth members, along with many community partners being there to help lead and guide these youth through fun learning experiences.

Clover kids after school program is a program that happens at nine schools, 11 afternoons a month. We currently have 164 members enrolled and are still getting a few more signed up each week. The students meet for an hour and 45 minutes with a STEM based curriculum. A $1,000 grant was received this year so we were able to hold an extra clover kid day each month at our office so clover kids who are enrolled in the program can get together and learn from one another.

We have 2 small gardens at 2 of our elementary schools, Liberty and Pickwick. We started these gardens several years ago. We use them for programming. The garden at Liberty Elementary reaches 350-400 kids. The garden at Pickwick reaches 320 kids. The kids get to learn all about gardening. The even get to harvest the produce and use it. The Pickwick garden is being added to this upcoming spring.

Wapello County 4-H presented “An Enchanted Forest” event on Saturday, November 17, with approximately 400 youth and families in attendance. Families were able to check out all the fun decorated trees, wreaths, and other décor that was for sale. Santa was there to chat with and take pictures. There were multiple crafts and activities and a craft and vendor fair provided for youth and adults to partake or shop. A soup lunch was provided for a free will donation. Even with the cool and snowy weather, many participated in the carriage rides around the grounds. It was a great fundraising event that brought in approximately $4000 dollars to go towards the 4-H Clover Kids Afterschool program. The Clover Kids Afterschool program currently has 165 youth participating and is still growing.

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