

# Extension Impact: Education Makes a Difference

## Recognizing the Wisconsin 4-H Centennial

Wisconsin 4-H Youth Development and Waupaca County 4-H continue to celebrate 100 years of positive youth development programming with several events in 2014.



4-H Day at the Capitol (photo from the 4-H Centennial Facebook Page)

To start off the Centennial year, more than 800 4-H members and volunteers went to Madison for 4-H Day at the Capitol on Wednesday, March 19. 4-H'ers met with legislators, shared displays in the Capitol Rotunda and celebrated with a noon rally.

This event really increased awareness of and highlighted the value of 4-H.

### 4-H Ambassador Food and Hygiene Drive



Pictured left to right: Sara Knoespel, New London; Natalie Rustad, Iola; Ashley Acker, New London; Sarah Burmeister, Marion

Locally, the 4-H Ambassadors organized a food and hygiene drive during Super Saturday project day. Over 140 items were collected and distributed to Marion, Scandinavia, and Weyauwega food pantries this year. This served as a great kick off to April being 4-H Centennial Service Month across the state. Watch for 4-H clubs carrying out community service projects this spring. The goal for Waupaca County 4-H is 100 hours of service for 100 years of 4-H!

In addition, Waupaca County volunteers look forward to nominating a local volunteer to be inducted into the WI 4-H Hall of Fame, planning a centennial celebration during the County Fair, organizing a 4-H poster contest prior to the fair and displaying the posters at the fair, creating a display at the New London Public Museum for the month of October, and promoting a “wear your 4-H t-shirt day” in the fall.

~Penny Tank

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## Koles Receives Promotion to Professor, Certified as MBTI Instructor

On January 24<sup>th</sup>, 2014, Mike Koles presented his oral and written application to be promoted to the rank of Professor in the UW-Extension Department of Community Resource Development to a committee of his peers. The rank of full Professor is a highly sought after milestone that requires “significant contributions to the development of scholarship within the profession.” The committee, consisting of seven full professors, voted unanimously to promote Mike to full professor.

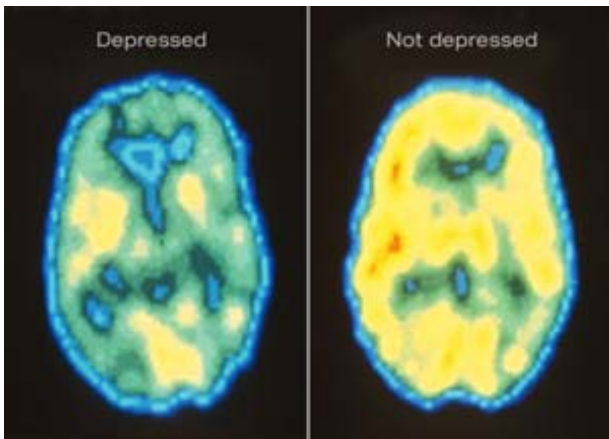
One week later, Mike received his certification as a Myers Briggs Type Indicator (MBTI) instructor. MBTI is a research based psychological type assessment that analyzes a person’s personality preferences. Simply, people are different, and much of the difference in healthy adults can be explained by people’s inborn tendencies.

Some people have a preference for interaction with people in an outward fashion, while others prefer to interact with only close friends and sometimes prefer to be alone. Some people frequently “go with their gut,” while others require

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## Living Well Mentally

In our recent county health assessment, plus in a report published by the Center for Disease Control, several statistics about mental health bring suicide to the top of our health concerns. We can see from the physical condition of the brain in this scan that mood disorders, including bipolar and depression are evident as physical ailments.



For the last 10 year period, the suicide rate among Americans ages 35 to 64 rose by nearly 30%. For comparison, suicide-38,364 claims more American lives than car accidents-33,687, than deaths by AIDS-15,529, or deaths from prostate cancer-28,561. (CDC, May, 2013) According to the 2012 Waupaca County Coroner records, we had 7 deaths by suicide in 2012 and 10 deaths in 2013. Of the suicides completed, 79% are males and 21% are females, although it is important to observe that statistics reflect that females attempt suicide more. The most common forms of suicide are firearms for males at 56% and poison for females at 40%. Local professionals are concerned about suicides in young people; yet the evidence indicates that the suicide rate among middle aged persons has increased significantly.

This all underscores the need for a more comprehensive approach to all ages about mental health care and suicide prevention efforts.

To help address these needs, our UW-Extension office is assisting the Waupaca County Suicide Prevention Coalition to bring national speaker, Kevin Hines to the Waupaca High School Auditorium on the evening of September 22nd at 6pm. His personal story has motivated individuals around the nation to learn about suicide prevention and evidence based programs similar to our Questions Persuade and Refer (QPR) that will again be offered later in 2014.



National Speaker, Kevin Hines

~Connie Abert

## Nutrition Lessons in Waupaca County Elementary Schools

Over the past few months, the Waupaca County Wisconsin Nutrition Education Program (WNEP) Coordinator Christi Beilfuss has been busy teaching nutrition lessons in five Elementary Schools in the County. In order for an Elementary School to qualify for WNEP, 50% or more of their students must participate in the free or reduced lunch program. This year the Elementary Schools receiving WNEP nutrition lessons are: Waupaca Learning Center 4<sup>th</sup> grade, Weyauwega Elementary School 2<sup>nd</sup> grade, Lincoln Elementary School in New London 2<sup>nd</sup> and 4<sup>th</sup> grade, Longfellow Elementary School in Clintonville 2<sup>nd</sup> and 4<sup>th</sup> grade, and Marion Elementary School 2<sup>nd</sup> and 4<sup>th</sup> grade. By the end of the 2013-2014 school year a total of 10 2<sup>nd</sup> grade classrooms and 15 4<sup>th</sup> grade classrooms will have had a series of nutrition lessons in Waupaca County.

In the 2<sup>nd</sup> grade a series of five, 30 minute lessons are taught. Topics include the introduction to the USDA's new MyPlate icon, which replaced the Food Pyramid in 2011 and serves a reminder to make healthy eating and physical activity choices. Other lesson topics include the five food groups that are found on MyPlate—Grains, Fruits, Vegetables, Dairy, and Protein foods.



In the 4<sup>th</sup> grade, a series of six, 45 minute lessons are taught. Topics in the 4<sup>th</sup> grade include MyPlate and the Five Food Groups, Smart Snacking, Healthy Beverage Choices, Food Safety, Being Physically Active and Portion Sizes. In the 4<sup>th</sup> grade classrooms the students get to participate in a Fruit and Vegetable Challenge, which includes tracking their fruits and vegetables consumed as a class throughout the six weeks.

“The most dramatic change has been the amount of fruit that has been brought for snack” said a 4<sup>th</sup> grade teacher from Waupaca Learning Center, “The kids loved to track their fruit and veggies on the chart Christi brought.” Increasing vegetable and fruit intake is one of the key recommendations from the Dietary Guidelines for Americans 2010, and having students record the number of times they consumed a serving of fruit or vegetables during the school day has been a fun and interactive way for the children to do so.

~Christi Beilfuss

## Family Living Programs Off to a Great Start in 2014

UW-Extension's Family Living Program has been off to a great start this year. One of the priorities identified by the community is the need to address family health and nutrition. As a response, the family living program partnered with organizations and through local events to offer various educational opportunities for community members across all ages.

The year started off with the educator presenting “Economical Meals after the Holidays.” Budgets are often tight after the holidays, but it is still important to ensure balanced, nutritious eating for optimal health and well-being. The presentation was offered through a programming effort with the Waupaca County Home and Community Education (HCE) organization and was open to the public. Participants learned tips on making their food dollars stretch by shopping smart, practiced meal planning and shared creative leftover recipes/ideas.

The educator also had discussed nutrition with children and youth in the community. During “Super Saturday,” an event organized by 4-H/Youth Development, the Family Living Educator taught a class on making healthy snacks. Children of various ages learned about simple, healthy snacks that require few ingredients and little cooking that they can replicate at home. During late-March, the educator enjoyed the chance to play a nutrition game with Weyauwega-Fremont sixth graders during “Safety Day,” a day where various community agencies and organizations partner with the school to present on safety/health issues. Students eagerly participated in the game, learning about the importance of healthy choices.

These activities are part of a larger effort to create an environment where community members are educated about health/nutrition to live a healthy lifestyle.

~Sandy Liang





## Waupaca County

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Purpose to which we commit... "We teach, learn, lead and serve, connecting people with the University of Wisconsin, and engaging with them in transforming lives and communities in Waupaca County."

Vision of what we want to become... "A thriving, well-known and sought-ought educational resource that reflects the rich diversity of the state."

We're on the web:

<http://waupaca.uwex.edu>

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a lot of data before they can begin to make a decision. Some people prefer to make decisions with a calculated analytical process absent much consideration of the impact on people's feelings and emotions, while others put priority on feelings and personal connections over calculating logic. Some people are genetically driven to be orderly and timely, while others are genetically coded to be flexible and driven by the rush of getting things done last minute. Understanding personality type preferences is an important leadership tool that Mike is now certified to teach.

~Mike Koles

## UW-Extension Beef Cattle Seminar Held at Equity Livestock in Marion

Greg Blonde, Waupaca County UW-Extension Agriculture Agent, worked with Clint Kroening, Equity Livestock Auction barn manager in Marion, as one of seven statewide host sites for a beef cattle seminar program during the last week of February in 2014.

Even below zero weather didn't stop more than fifty local beef cattle feeders from showing up at the sale barn in Marion to hear Darrell Busby, Iowa State University Extension Beef Specialist discuss 30+ years of research on factors that impact feedlot profitability, including traits the top-third most profitability beef animals have in common. David Kammel, Extension Ag Engineer from UW-Madison also presented information on remodeling old dairy barns for raising beef steers. Blonde presented research findings from North Dakota State University showing why adequate bedding for beef cattle even feedlots can improve carcass quality and increase profitability, while also addressing the growing concern of animal welfare.

Nearly half (44%) of all participants completed a pre-post program evaluation showing participants significantly improved their knowledge with all three topics:

Use the "before" column to circle your prior level of knowledge and understanding for each topic before attending this program (1=low, 5=high). Then, use the "after" column and circle your knowledge and understanding of each topic as a result of participating in this program (1=low, 5=high).

TOPICS	"Knowledge Before Workshop"		"Knowledge After Workshop"	
	Low	High	Low	High
Bedding Economics	Ave = 2.80		Ave = 4.33	
Housing and Facilities	Ave = 2.93		Ave = 3.78	
Feeder Calf Traits	Ave = 2.80		Ave = 4.07	

~Greg Blonde

Pre- & Post program evaluation results from the UW-Extension Beef Cattle Seminar at Equity Livestock in Marion