

K-State Research and Extension Vaking an Impact

K-State Research and Extension engages Kansas people and Kansas communities by working with them on their issues, in their neighborhoods, in ways they can understand and through education to improve the quality of their lives.

4-H Equips Youth with Science, Engineering, and Technology Skills

Tomorrow's leaders are learning science, engineering, and technology through a variety of 4-H Youth Development activities. For example, applying lessons learned in 4-H allows Kansas youth to assist local emergency and homeland security officials charged with integrating global positioning and geographic information (GPS and GIS) technologies into the state's 4-H educational experiences.

When Leavenworth County officials attended a 4-H demonstration on geospatial literacy, the director of emergency management saw the potential for collaboration and invited the 4-H tech team to map herds of 100 or more cattle, sheep, and other cloven-hoofed animals. The teens' project, titled a "Foreign Animal Disease Biosecurity Map," supplements county resources and is intended to aid emergency management and homeland security.

Senior Health Insurance Counseling for Kansas (SHICK) Benefits Residents

In 2011, K-State Research and Extension agents and trained volunteers offered Senior Health Insurance Counseling for Kansas (SHICK) educational programming, which saved Medicare beneficiaries the highest annual amount reported in the last six years. The state's seniors saved thousands of dollars by comparing plans, making informed decisions, and changing coverage.

- A River Valley Extension District client was concerned because her Medicare Part D plan was ending coverage of three medications, and her husband's health issues involve large out-of-pocket expenses. Through education and counseling, they enrolled in a different plan that covers the drugs and will save \$6,102 in out-of-pocket costs for 2012.
- In Marshall County, one client saved \$86,667.09 even while paying a 67 percent penalty above the premium, the deductible, and drug costs. Through the educational program, 10 people learned they were eligible and applied for Extra Help (Low Income Subsidy/Medicare Savings Program).
- A Sedgwick County man qualified for the low-income subsidy provided through Social Security and Medicaid, but the pharmacy he needed to use didn't recognize the plan in which he was automatically enrolled. After learning more about options, the man changed plans, saving \$9,000 a year.

Weed Management in Field Crops Adds to Profitability

At weed-management schools, practitioners and crop advisers improved their understanding of sustainable management practices that minimize weeds' effects on field crops and maximize long-term profitability.

More than 150 participants who represented management of approximately 860,000 acres responded to surveys after the meetings at six of the 10 schools last year. Survey participants indicated that the knowledge gained from the meetings was expected to increase cropland profitability by \$4.25 per acre, for a total of more than \$3.5 million.





Smoke Management Education a Cooperative Effort

The Kansas Flint Hills Smoke Management Plan, which debuted in spring 2011, was met with some skepticism. The skepticism provided an opportunity for public education about the need for fire to preserve the native prairie ecosystem as well as the economic effects of burned versus unburned rangeland.

Participants at prescribed burning workshops increased their knowledge of reasons for burning; safety issues including fire behavior, smoke management, and weather considerations; and how to plan and conduct a burn. The workshops were a cooperative effort of K-State Research and Extension, the Farm Services Agency, Natural Resources Conservation Service, and the Kansas Department of Wildlife, Parks, and Tourism.

Ranchers gained awareness of where the smoke from their pasture fires went and who was being affected. Participants learned that the smoke wasn't simply a local problem but also had far-reaching effects — not only to Wichita residents, but also to those living in Kansas City, Topeka, and Lawrence, and even as far away as Omaha and St. Louis.

A survey indicates that most producers use the website information just before conducting prescribed burns and that timing and wind direction are considered.

Family Nutrition Program Fights Food Insecurity in Kansas

Rates of household food insecurity in Kansas have risen since 1999, and have remained consistently higher than national levels. Nutrition education helps Kansans connect with the food and services they need to keep themselves and their families healthy.

In the Family Nutrition Program, nearly 60,000 low-income Kansas children, youth, and adults received direct nutrition education lessons in fiscal 2011. Through the Expanded Family Nutrition Education Program (EFNEP), 7,686 adult and youth participants (72 percent of whom were at or below the federal poverty level) averaged nearly 14 lessons each during nine visits. After completing the lesson series, adult Kansas EFNEP participants averaged an increase of 9 points on the Healthy Eating Index (USDA's single summary measure of dietary quality), compared to their average score before the lessons. In addition, 85 percent of the state's adult participants improved in at least one indicator of ability to manage their food resources after completing the series.

These examples reflect the K-State Research and Extension commitment to local programming in agriculture and natural resources, family and consumer sciences, community and economic development, and 4-H Youth Development program areas. For more information, see http://www.ksre.ksu.edu



Kansas Association of County Agricultural Agents

Darren Hibdon, 2011–12 President Phone: 785-229-3520 Fax: 785-229-3527

e-mail: dhibdon@ksu.edu

Kansas Association of Extension 4-H Agents

Sarah Maass, 2011–12 President

Phone: 785-309-5850 Fax: 785-309-5851

e-mail: semaass@ksu.edu

Kansas Extension Association of Family and Consumer Sciences

Linda Beech, 2011-12 President

Phone: 785-628-9430 Fax: 785-621-2002

e-mail: lbeech@ksu.edu

Epsilon Sigma Phi

Sandra Wick, 2011–12 President

Phone: 785-282-6823 Fax: 785-282-5121

e-mail: swick@ksu.edu

500 - 4/12

to a safe, sustainable, competitive food and fiber system and to strong, healthy communities, families,

and youth through

integrated research,

analysis, and education.

Mission Statement:

K-State Research and

Extension is dedicated

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.