



K-State Research and Extension **Making 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.

Workshops Bring Stakeholders Together for Agrosecurity Plans

To help ensure that county emergency plans appropriately address agriculture, K-State Research and Extension hosted Strengthening Community Agrosecurity Planning workshops for Sedgwick, Seward, Scott, and surrounding counties.

Agricultural producers, local emergency managers, veterinarians, first responders, extension agents, agribusiness representatives, volunteer organization staff, and others came together to identify agricultural assets and strengthen their communities' resilience in the potential face of disaster. The workshops were designed to address emergency handling of agricultural issues, to improve networking among those who plan for and respond to emergencies, and to develop teams to establish or enhance agrosecurity components within local emergency plans.

More than 30 individuals participated in the two-day workshop in Seward County and helped establish a local planning team. Their goal is to identify individuals on local emergency response teams to take responsibility for agrosecurity and to strengthen those teams.

Farm Credit Associations of Kansas and the Extension Disaster Education Network (EDEN) supported the workshops. EDEN is a national effort to improve service delivery to those affected by disasters.

Health Campaign Leads to Happy Ending

A middle-aged man signed up for his first year of participation in Finney County's Corporate Meltdown, an eight-week community-based health promotion program. He was overweight, and his blood sugar was at a level that could signal diabetes. He was encouraged to see a health care professional. Eight weeks later, his post-program blood sugar level remained high, so he was reminded of the danger of diabetes and encouraged to follow up.

When he re-enrolled in Corporate Meltdown a year later, his blood sugar level remained high, and he was again counseled about the possibility of diabetes. This time, he acknowledged that he took the educational program seriously and made an effort to choose a greater variety of foods, increase the number of fruits and vegetables he ate each day, gauge appropriate portions for meals and snacks, and exercise 30 minutes most days. At the end of the most recent eight-week program, his blood sugar had dropped to a normal level!

GPS Technology Provides Water Quality Guidance

A northeast Kansas watershed specialist is using global positioning system (GPS) technology to create a picture of water quality issues. Since 2008, GPS has been used to map the quality of streams on the Potawatomi and Kickapoo Nation reservations; the effects of cropland tillage on more than 3,000 fields in six counties; and the effects of sediment in three watersheds. More than 200 Kansas livestock producers have used GPS technology as a tool to install best management practices to help them be better stewards of their land.



Mission Statement:
K-State Research and Extension is dedicated to a safe, sustainable, competitive food and fiber system and to strong, healthy communities, families, and youth through integrated research, analysis, and education.

Parents, Members Value Kansas Military 4-H Club Partnership

4-H Youth Development agents in Geary, Leavenworth, and Sedgwick counties partner with military staff at Fort Riley, Fort Leavenworth, and McConnell Air Force Base, respectively, in a program involving 716 4-H members.

One parent summarized the value of the 4-H experience in this way:

“There are so many benefits that 4-H provides for a military family. The projects that are offered in 4-H — especially in the citizenship area — allowed the kids to go out and research their community, county, and the state. ... I would have to say that 4-H helps a military family develop a sense of belonging, it helps children build their confidence, and helps them understand their new community as a whole.”

Kansas PRIDE Enters Fifth Decade

Creating an organizational structure designed for action in communities is a key element of the success of PRIDE volunteer efforts. PRIDE, a program started in 1970, reported working with 441 partner organizations across 70 enrolled rural communities in 2010. Volunteers helped complete more than 1,000 community improvement projects statewide, with a total of 59,745 hours of volunteer work. Independent Sector — a volunteer and philanthropic leadership organization — values the volunteer contribution for the year at just more than \$1.1 million. In addition to the volunteer hours generated, PRIDE communities reported raising \$181,204 in public and private funds to reinvest in local community improvement efforts.

Walk Kansas Promotes Activity and Nutrition

Almost 19,000 individuals participated in the eight-week *Walk Kansas* program during 2010. Ninety-eight percent of the participants met the goal of 150 minutes of physical activity per week. Though only about 19 percent of Kansans consume the recommended amount of fruits and vegetables each day, 80 percent of *Walk Kansas* participants reported increasing fruit and vegetable consumption. Participants also reported they had increased energy (65 percent), better attitude (49 percent), and improved sleep (41 percent).

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>

*Knowledge
for Life*

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