

MEANINGFUL CONNECTIONS

EXTENSION COUNCIL CONFERENCE

GATEWAY HOTEL & CONFERENCE CENTER | AMES

March 5, 2022

Making Connections with lowans



Human Sciences Extension and Outreach

Dr. Debra Sellers, Director

Dr. Barbara Woods, Story County Extension Council Member

Fun Facts



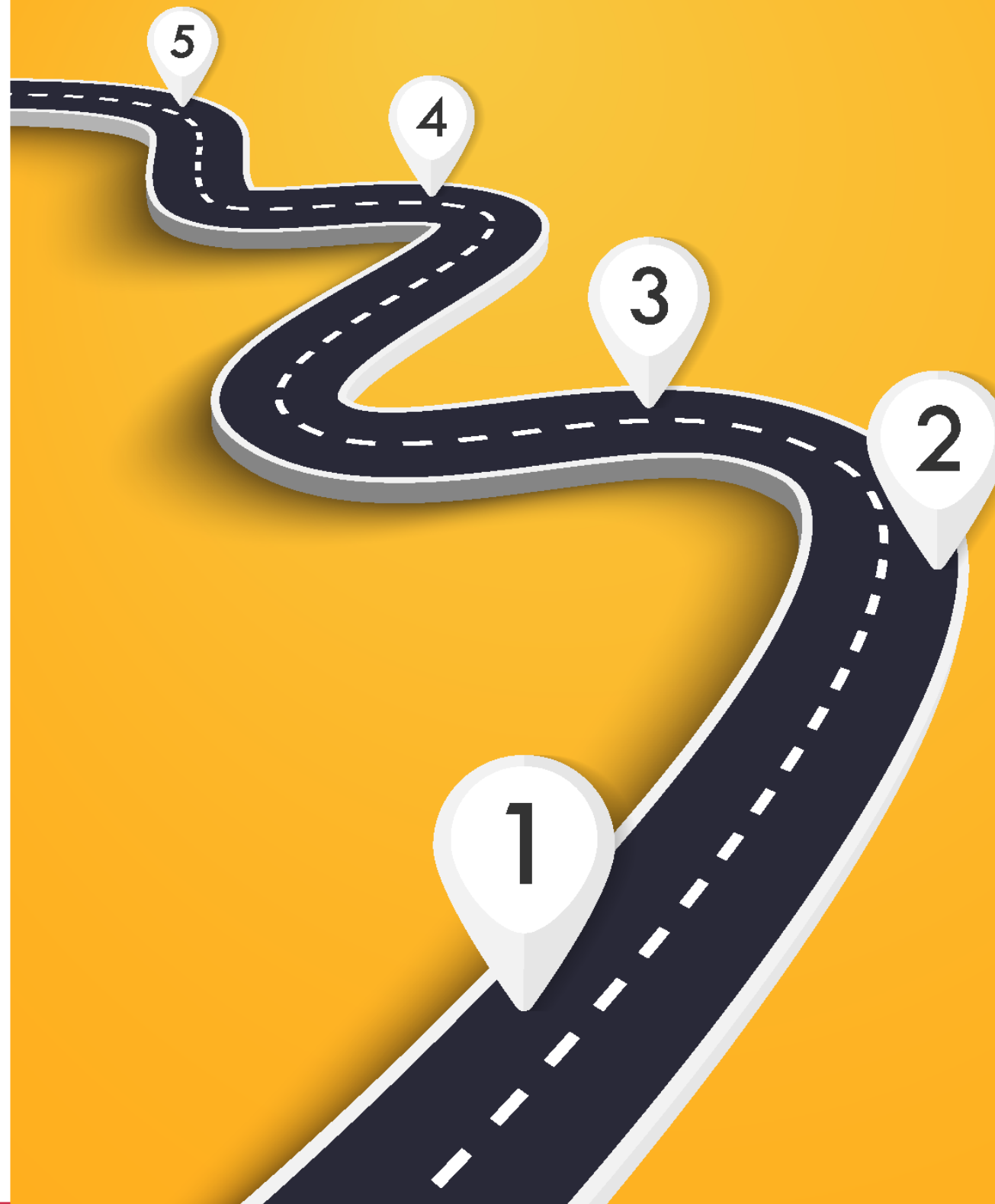
The College of Human Sciences

- What is it?
- Why are Human Sciences important?



Journey Over Destination

Journey 2030!



Let's
GO!!!

Connecting the Pieces

- Think about Journey 2030
- Take a Moment
- Share Strategies and Tools



Data Sources

- Local Need Assessment(s)
- Data for Decision Makers



Local Needs Assessments

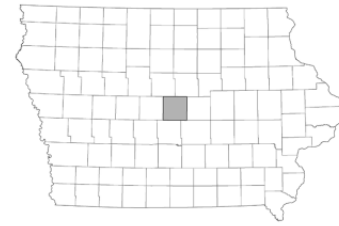
➤ Use Data from Existing County Sources

- ✓ Data from Participants
- ✓ City Council
- ✓ County Board of Supervisors
- ✓ Local Public Health Committee



Data for Decision Makers

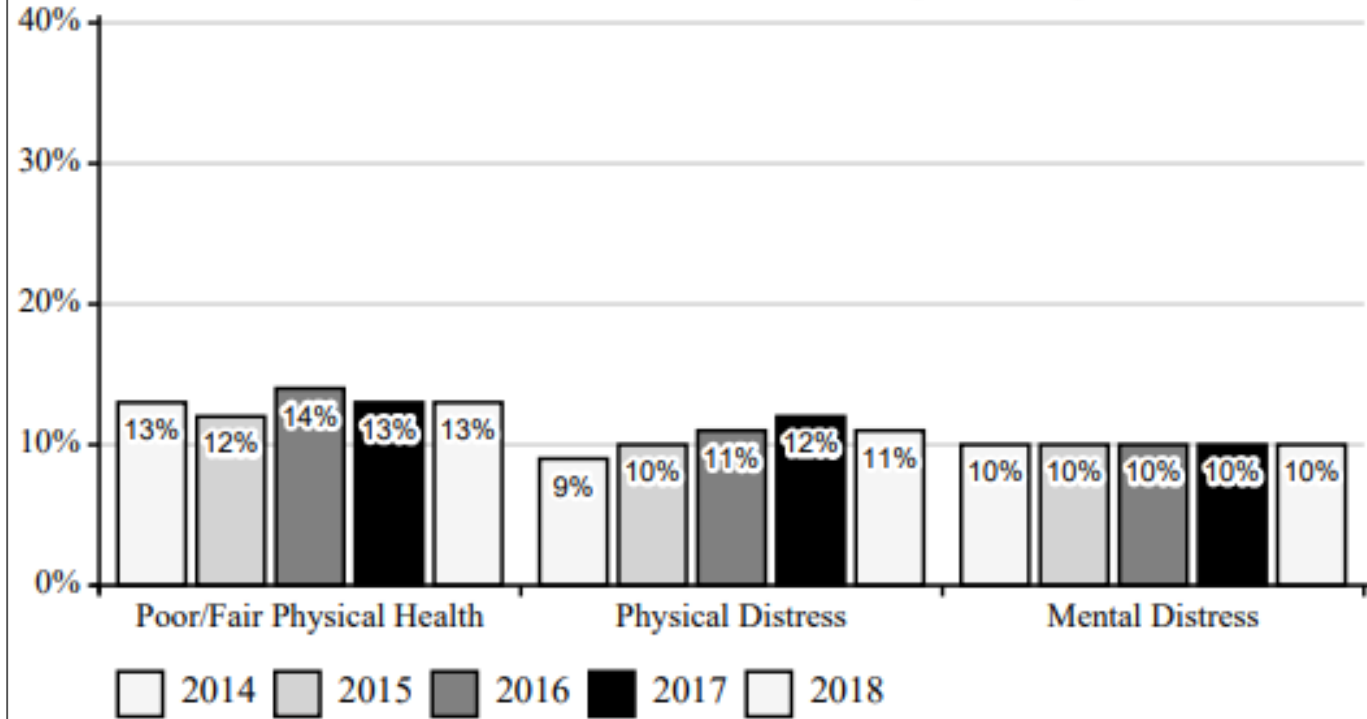
Data for Decision Makers



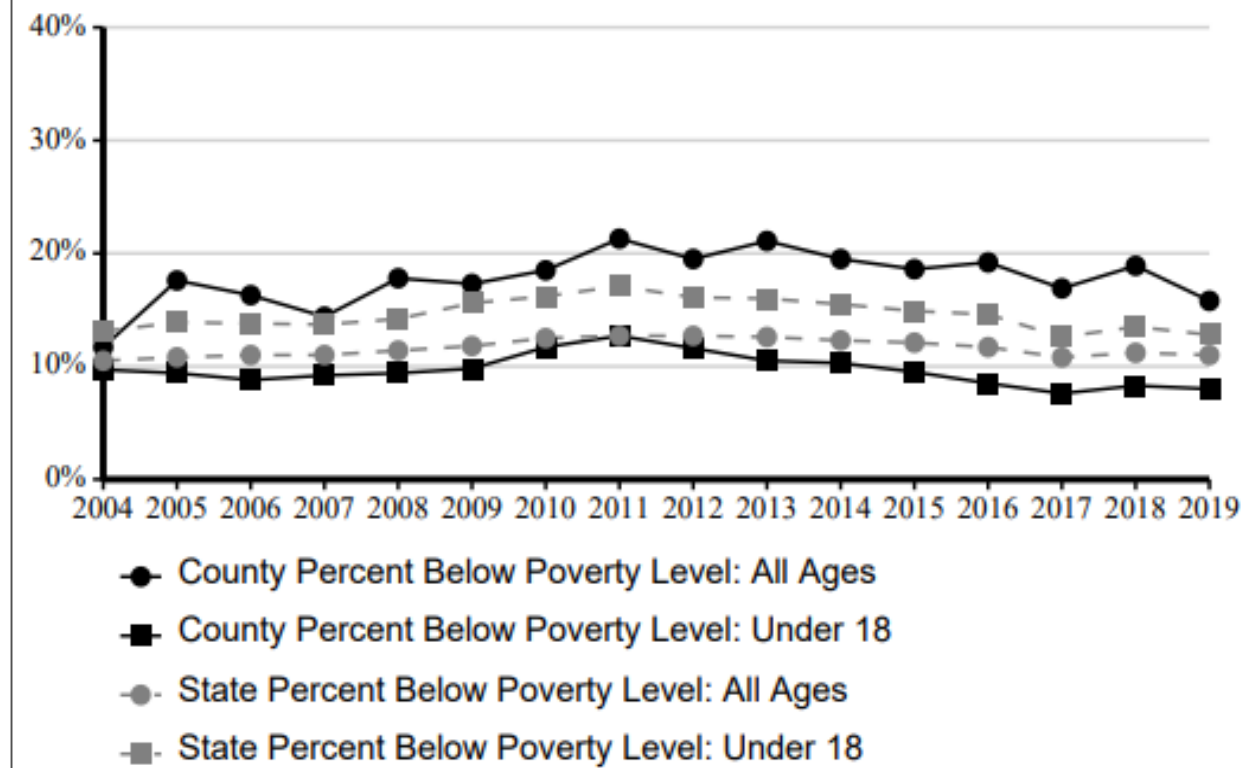
Story County Health Profile

report created: 03/02/2022

Estimated Percent Poor/Fair Physical Health, Physical Distress, and Mental Distress in Story County²



Percent Below Poverty Level by Age¹⁴



Percentage of Population by Age¹²

Age Groups	County		State	
	2000	2010	2000	2010
17 or younger	19.1%	17.8%	25.1%	23.9%
18 - 24	28.3%	29.0%	10.2%	10.0%
25 - 44	25.5%	23.6%	27.6%	24.5%
45 - 64	17.3%	19.6%	22.2%	26.7%
65 or older	9.8%	10.0%	14.9%	14.9%
65 - 84	8.2%	8.3%	12.7%	12.4%
85 or older	1.6%	1.7%	2.2%	2.5%
Median Age (years) ^a	26.5	26.7	36.6	38.1
Age Dependency ^b	40.6	38.5	66.7	63.4
Old-Age	13.8	13.9	24.8	24.3
Child	26.9	24.7	41.8	39.1

^bAge Dependency Ratio

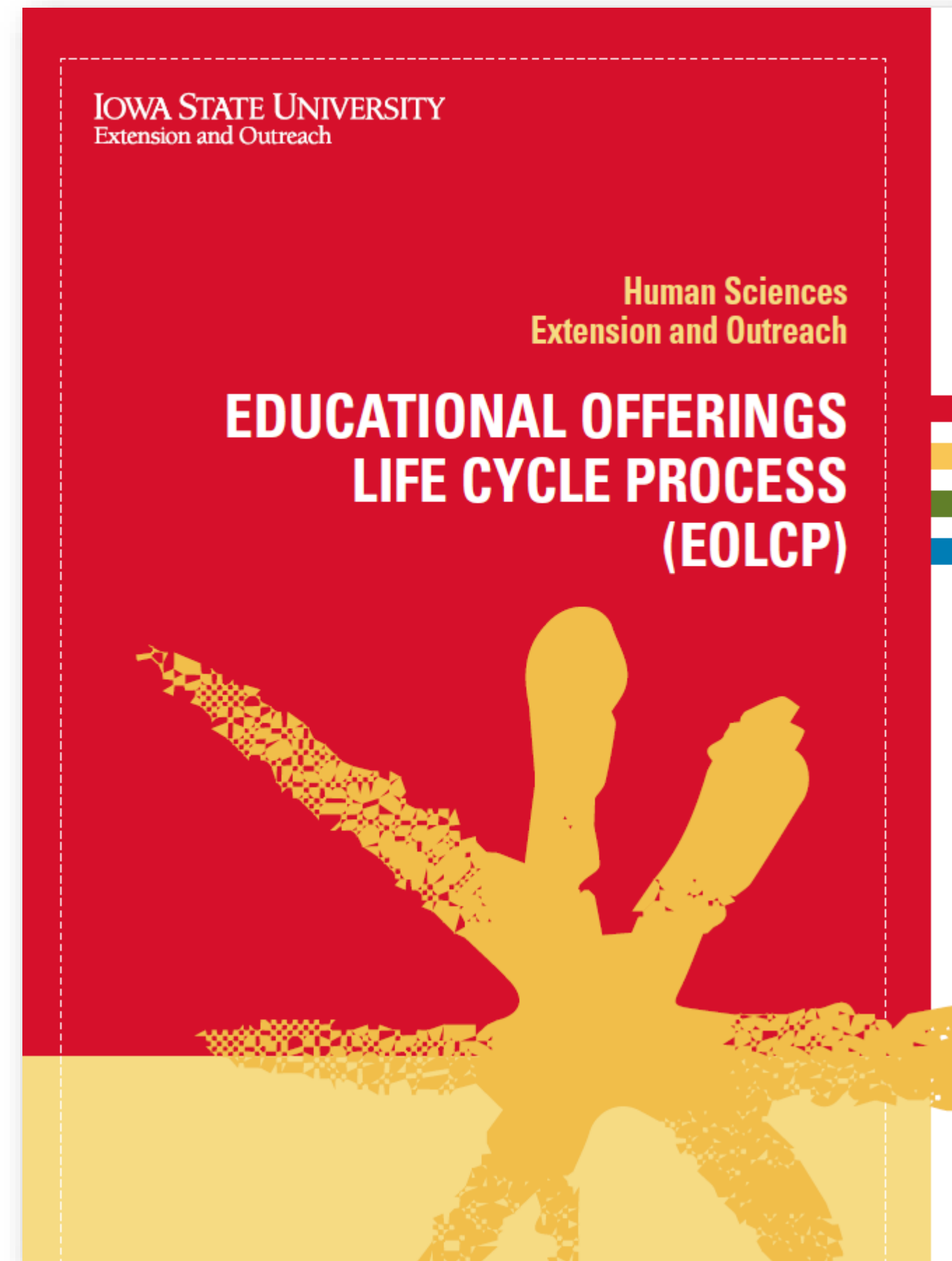
[Link to Story County Health Profile](#)

Strategies

- Stay informed of family-related issues in the county
- Involve Human Sciences Specialists early in planning process
- Review previous year's data
- Have staff share data and stories



EOLCP



Catalog



IMAGINE LIFE'S JOURNEY

HUMAN SCIENCES PROGRAM CATALOG

Human Sciences programs help Iowans become closer to family, raise healthy children, talk with their teens, improve relationships, enjoy a lifetime full of memories, save more money, live a healthy life, have access to trusted resources, and care for themselves and others.

Contact the human sciences specialists serving your county
www.extension.iastate.edu/humansciences/contact

Visit your ISU Extension and Outreach county office
www.extension.iastate.edu/countyoffice

Check the online catalog
www.extension.iastate.edu/humansciences/catalog

FAMILY

ELEVATE: TAKING YOUR RELATIONSHIP TO THE NEXT LEVEL

Do you want to enrich the quality of your relationships? Whether you are part of a couple preparing for marriage, in a blended family, or expecting a child, this workshop is for you. Together you will learn and practice seven skills essential to maintain a healthy and stable relationship.

Intended audience: Adult couples
Format: 8-hour workshop; can be delivered in multiple sessions

HEALTHY RELATIONSHIP EDUCATION TRAINING

The research is clear — the quality of adult couple relationships and positive parenting practices are connected to healthy child outcomes. You will be prepared to teach couples and families relationship education skills that support strong and stable couple relationships for healthy and safe children and families.

Intended audience: Professionals working with couples, families, and children
Format: One 8-hour workshop
Certification: Professional development credit for social workers, counselors, and marriage/family therapists available

IOWA STATE UNIVERSITY
Extension and Outreach
Human Sciences

www.extension.iastate.edu/humansciences/

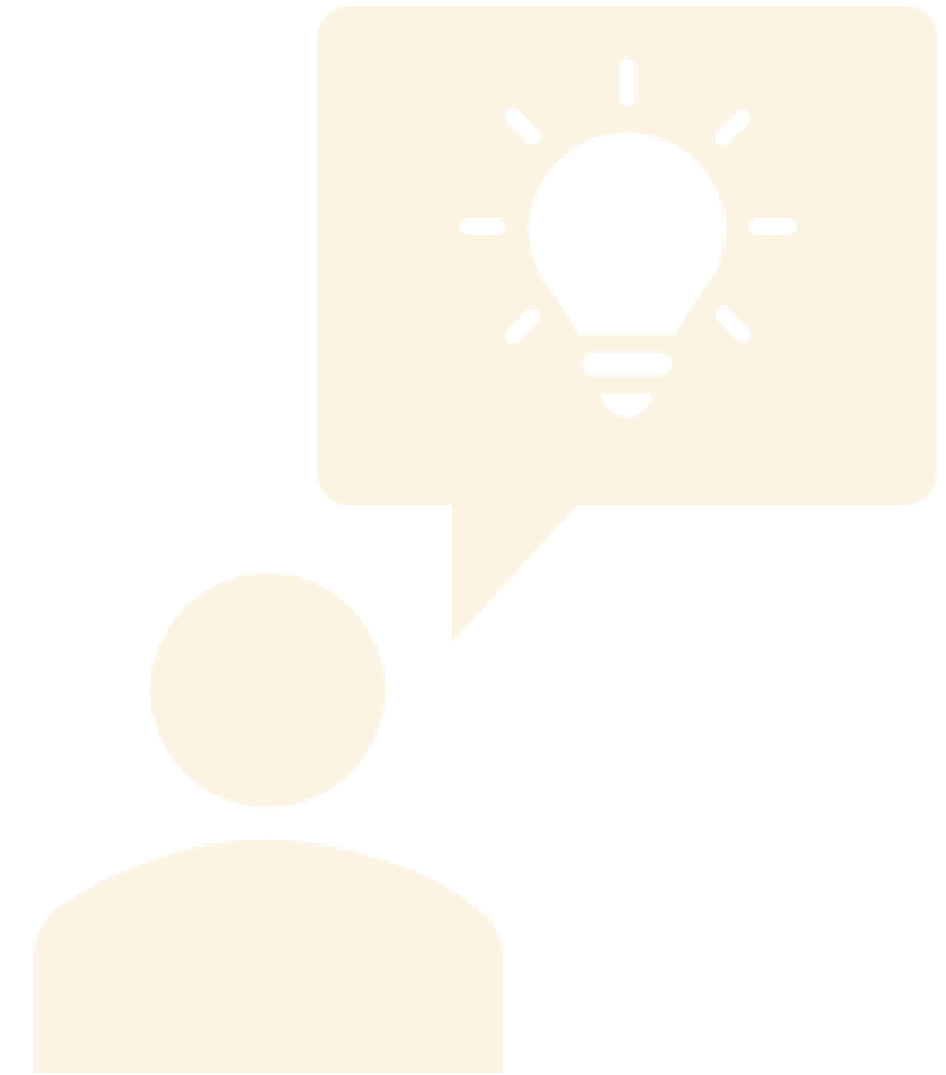
<https://store.extension.iastate.edu/>

County Scenario

- Looking at your *Data for Decision Makers*, demographics indicate that more than 20% of your population is 65+.
- The County Health and Wellness Committee heard a presentation from local health care providers. These individuals shared:
 - ✓ There is an increase in older adults being cared for in their homes by relatives.
 - ✓ Some families/individuals may not seek treatment due to cost.
 - ✓ Malnutrition is rising.
 - ✓ They see caregiver stress and the potential for abuse and neglect.

Application

- Ø DETERMINE: How can your Human Sciences Specialists help?
- DEFINE: One issue based upon needs as represented in the scenario.
- USE: The catalog to find an educational offering to address the issue.



Success Stories



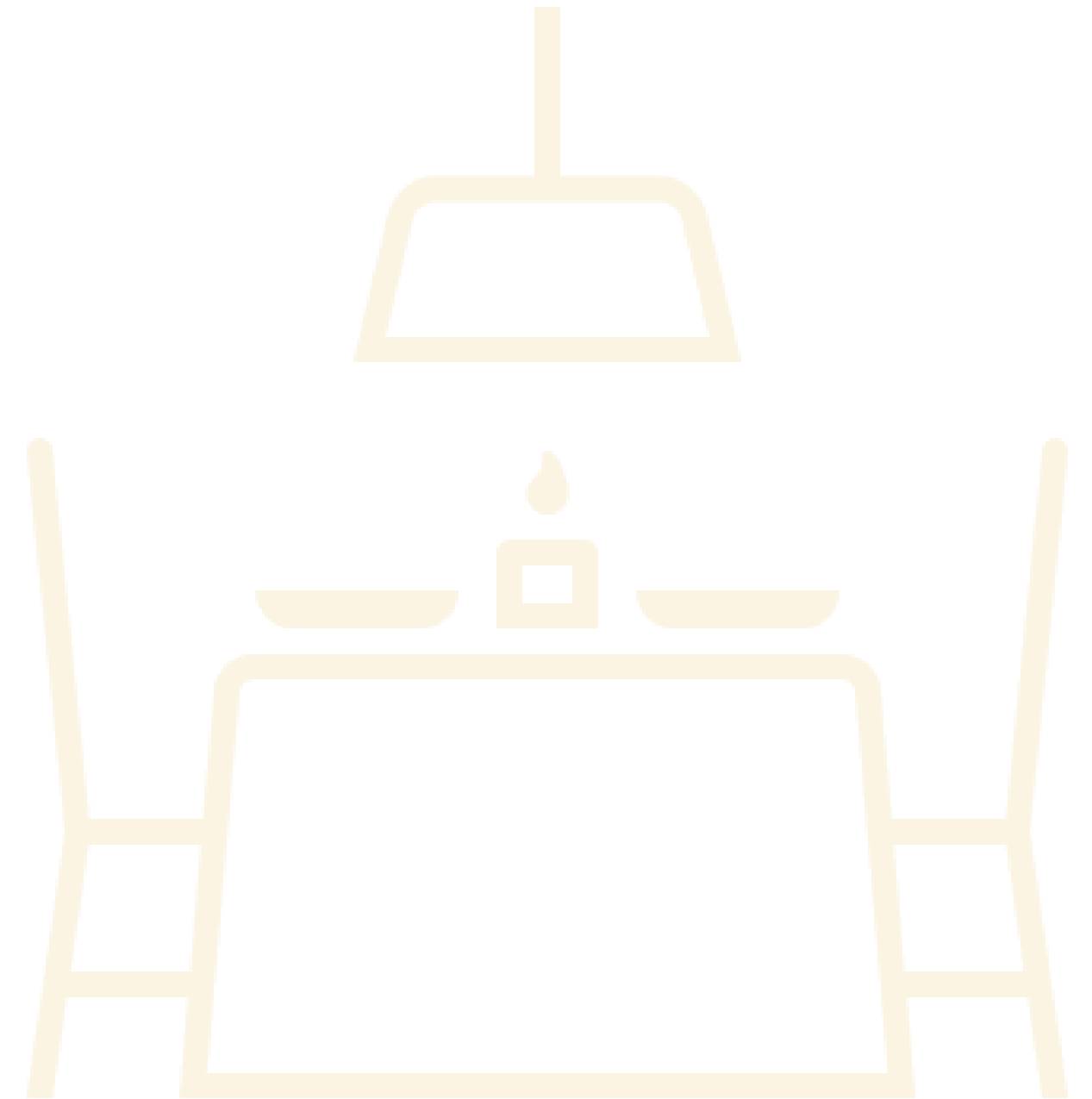
Nutrition Education Story County

- 90% of adults who completed nutrition education improved one or more diet quality practices and showed positive behavior change



Food Safety: Food Safety Event Training for Volunteers Henry County

- **100%** of participants reported an increase in familiarity with strategies for providing safe food to the public
- **100%** of participants reported they are “very likely” to use the food safety strategies discussed



Behavioral Health: Question. Persuade. Refer. (QPR)

Henry, Jefferson, Lee, Van Buren Counties

➤ Increases of Knowledge Demonstrated

- ✓ 82%: The warning signs of suicide
- ✓ 95%: Local resources for help with suicide
- ✓ 87%: How to ask someone about suicide



Moving Forward



Making Connections with lowans



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