



Central Region Highlights

Vanessa Hoines (ND), Central Region Director

As the new Central Regional Director, I have been busy learning the ropes and getting to know my fellow NEAFCS Board Members. I am looking forward to serving our central members over the next two years.

I would encourage everyone to review the monthly NEAFCS Network (e-newsletter) for important dates, information about the association as well as professional development opportunities.

Please read on for highlights of exciting programs happening in a few states in the Central Region:

Amy Bartels from Missouri shared:

MU Extension in collaboration with the Oasis Institute was awarded an ACL grant (2019-2021) to address falls prevention community programming (**A Matter of Balance and Tai Chi for Arthritis and Falls Prevention**) in Missouri. Over the course of 2019, MU Extension hosted 50 classes and served 482 participants. The map attached shows MU Extension coverage areas.

MU Extension collaborates with the Missouri Institute of Mental Health and Missouri School Board Association to address mental health concerns (**Mental Health First Aid and Youth Mental Health First Aid**) in Missouri. In 2019, MU Extension certified 586 individuals in 35 8-hour pieces of training across Missouri.

Lori Hayungs from Iowa shared:

Our Human Sciences teams have been collaborating with the Ag teams at all Farm Bill sessions across Iowa. Over 4000 farmers have received **Farm Stress: Helping Others** education. A program on recognizing the signs and symptoms of stress and suicide. The program also shares resources available to help neighbors and friends dealing with difficult decisions.

Kayla Carlson from North Dakota shared:

On the Move to Stronger Bodies is a six-week school-based curriculum for fourth graders. It is based on MyPlate, the current icon for good nutrition. The curriculum aims to increase fruits, vegetables and calcium-rich foods in the diets of children and improve fitness habits through hands-on activities.

From 2017 to 2019, 2,468 children and their families participated in On the Move to Stronger Bodies. Student post-surveys showed the following as a result of the program:

76% consumed more dairy/calcium-rich foods

69% drank less pop
73% chose more healthful snacks
79% increased daily physical activity
66% ate more vegetables

According to the North Dakota Department of Health, less than one in six adults consume five or more servings of fruits and vegetables per day and less than one in 10 high school students consume fruit at least two times per day and vegetables at least three times per day. **Social Eats** is a social media campaign designed to promote accurate and current nutrition information with healthy easy to follow short video and picture recipes as well as links to other healthy recipes provided by NDSU Extension. Freeze shots of the videos/pictures have also been used to create Carousel Pins on Pinterest and Instagram.

Healthy substitutions, North Dakota products, and food safety have all been promoted as well. Nutritional analyses have been provided for all recipes. Viewers who make the month's featured recipe and submit a picture are eligible for a prize drawing. To view our videos or read more about the project visit our website at <https://www.ag.ndsu.edu/preventnd/social eats>.

Donna Krug from Kansas shared:

A signature program for K-State Research & Extension is **Walk Kansas**. To keep this twenty-year-old initiative fresh and exciting, our FCS leadership introduced agents from across the state to Power 9, Nine healthy lifestyle habits shared by people who have lived the longest. A team of 5 Extension professionals from the Adult Development and Aging and Nutrition and Health Program Focus Teams, immersed themselves in one of the Blue Zones communities, Ikaria, Greece, in May of 2019. Their findings were shared at a statewide update and now we are unveiling it to everyone as they sign up for the Walk Kansas program. Although physical activity is at the heart of this health initiative, the 2020 Walk Kansas program will introduce participants to healthful eating styles, help form social connections that support healthy living, offer strategies to help lower stress, and help people to focus on their sense of purpose.