NDSU | EXTENSION SERVICE
RICHLAND COUNTY

Narrative - October - December 2017 EXTENDING KNOWLEDGE ›› CHANGING LIVES

Kayla Carlson
Family and Community Wellness
4-H Youth Development
Extension Agent

Diabetes Prevention Program

Diabetes Prevention classes are in full force in Richland County. Due to an overfilled class at ComDel, I partnered with Ronda Gripentrog to offer a third class beginning this past November which also filled to max capacity. This is a class I would typically offer once to twice per year; however, due to the growing need and popularity of the class, this has become one of my primary focuses. Completion of this program has shown to lower prediabetic participants' risk of developing type 2 diabetes by 58% and has demonstrated a three to one medical savings. A $60,000 health care cost savings has also been shown for individuals who delay the onset of type 2 diabetes by 5 years. It is currently estimated that one in three Americans is prediabetic.

Tai Ji Quan: Moving for Better Balance ®

Tai Ji Quan: Moving for Better Balance ® is a researched based balance training regimen designed for older adults with a risk of falling and people with balance disorders. Individuals who complete the course experience a 55% reduced risk of multiple falls. This class is currently being offered twice per week for 12 weeks at the Lidgerwood Senior Center. There are 20 individuals enrolled in the class with an average of 16 participants per class. Participants stated the class helps keep them "limber, active and improves balance." They also stated the class helps to reduce their risk of falling and keeps them in their homes.

4-H Holiday Project Day

On December 9, we hosted our first 4-H Holiday Project Day. At this event 64 area youth learned an abundance of skills, including how to sand wood, how to place nails in wood, wood sign painting, food measuring skills, and how to create a Christmas pine arrangement. Youth also participated in making cards to be donated to local nursing homes. Over 88% of youth indicated they learned a new skill and 100% of survey respondents stated they would attend a 4-H Holiday Project Day again. Participant feedback included: "All of these projects were great! The event was very organized. Great descriptions on what type of project these were when trying to pick a 4-H category. The event was run very efficiently…. My kids were disappointed when we had to leave. I really liked that we were able to share projects with those at the nursing home."

Upcoming Events

Diabetes Prevention Program
Wednesdays 12:00 – 1:00 p.m. beginning January 10
Family Fun & Fitness Sunday January 28
Richland County Extension Advisory Board Meeting
Monday February 5, 6:00 p.m.
NDSU Campus Trip Saturday March 24
Behavioral Health IVN Training Thursday March 29

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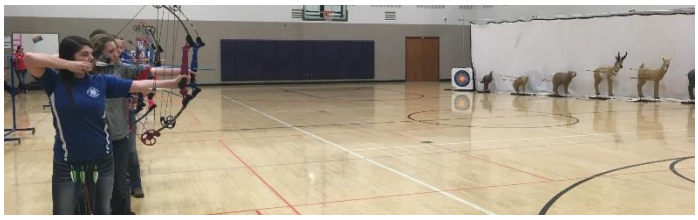
Chandra Langseth
Agriculture and Natural Resources Extension Agent
@NDSUAgRichland

4-H Shooting Sports

The 4-H archery program is expanding in the county. Together Hankinson, Lidgerwood, Wahpeton, and Wyndmere have roughly 170 archers and 25 coaches participating in 2018.



Master Gardener Program

The Master Gardener Program is designed to train horticulturalists in the community and utilize their expertise through volunteer opportunities across the state. Richland County ranks third in volunteer hours contributed in the state, well exceeding the required 16 hours of volunteerism. They all do great work to beatify our community and Share their expertise with the public.

2017 Growing Season Recap

Herbicide drift, yellow soybeans (Iron Deficiency Chlorosis), and muddy harvest conditions made the 2017 growing season one we may wish to forget.

Fortunately, it wasn't all bad. The corn crop was surprising; yields were better than anticipated thanks, in part, to a warm fall. The USDA county yields will be released in February, but I anticipate that we will be well above the 5-year average of 154 bu/acre. Soybean yields were more variable throughout the county. Much of the county dodged a severe drought that plagued the Dakotas; although we had some early season wind damage, we also avoided hail and other major disasters this year. Overall, 2017 was a good year, with a few points to improve upon in 2018.

Upcoming Events

4-H Livestock Judging Bagg Farm; starting January 22
Richland County Ag Day Bagg Farm; January 23
Hankinson Archery Tournament Hankinson School; January 26-27
Design Your Succession Plan Lamoure; starting January 23
Wahpeton Archery Tournament Wahpeton Middle School; January 9-10
Soil Health Workshop Wyndmere; February 20
Private Applicator Pesticide Training Various Locations; February 27, March 6,8,14,15, and 20
Ladies Ag Night Wahpeton; April 5 2018

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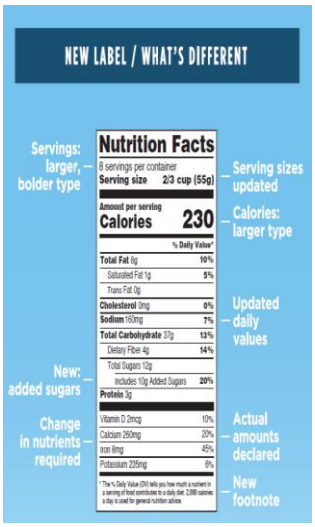
Ronda Gripentrog
Family Nutrition Program
Extension Agent

Cooking is a SNAP

Cooking is a SNAP is a culinary nutrition education program that teaches cooking skills to adults to achieve healthier living on a budget. The course consists of six 2-hour sessions. During each session, participants engage in activities that include: cooking and tasting, nutrition tips, smart shopping strategies, physical activity and action planning. Five of the sessions focus on a food group on MyPlate and one lesson is a grocery store tour.



Five adults in the Foster Grandparent program are in this program. Classes are held once a month in the Community Room at Northland Apartments in Wahpeton. A favorite session was the grocery store tour in December at Econo Foods. They were taught unit pricing, label reading (with the new label), whole grain identification and money saving tips when buying produce. A feature portion of the tour was led by the meat manager who taught tips on purchasing meat.

Upcoming Programming

Fairmount School – 4th and 5th Grades and 7th-12th Grades (Health Class)
Hankinson School – 2nd, 4th & 5th Grades
Wahpeton School – 4th & 5th Grades
Head Start EAT Grant

Go Wild with Fruits and Vegetables

Third grade students in Fairmount, Lidgerwood and Wahpeton use this curriculum which focuses on eating different colors of fruits and vegetables. Five sessions are scheduled teaching about the different color groups – blue/purple, red/pink, orange/yellow, green and white/tan. Kids learn about phytonutrients and how they give the color to the fruits and vegetables along with disease fighting properties.

The students also learn about vitamins and minerals that are found in fruits and vegetables. We also engage in energizers to help strengthen our heart and muscles. A favorite part of each lesson is to try different fruits and vegetables. For the green lesson we made spinach smoothies! A student told me his mom loves them and makes herself one for breakfast almost every day!!

On The Move Jr

On the Move Jr is a five lesson program teaching 2nd graders about MyPlate. Students in Fairmount, Lidgerwood and Wahpeton were introduced to the five food groups and being active for 60 minutes a day. During each session, students learn about the food group, why it helps their body, and what foods belong in that group. The students also engage in an energizer and taste test foods. A favorite food was the fruit--rambutan--a very unusual looking fruit and is fun to cut open!

The kids record how much they eat from the featured food group and turn in their tracking sheet for a learning incentive, including pencils, erasers, NDSU poster, etc. Teachers enjoy this program and many have told me they notice the kids talking more during lunch about the food they eat and where it belongs on MyPlate.