

# it starts with each of us

**3,000 YOUTH EXPERIENCED SCIENCE AND TECHNOLOGY**, character development, and nutrition and fitness through ISU Extension, Dubuque County last year. One in five Iowa school-age youth gain self-confidence and life skills by participating in ISU Extension programs, including clubs, camps and more than 14,000 science, engineering and technology projects that get them excited about high tech careers.

**HEALTHY FAMILIES ARE A PRIORITY FOR ISU EXTENSION, DUBUQUE COUNTY** with programs like Healthy Meals in a Hurry, Small Steps to Health and Wealth, and support for Dubuque Eats Well, the local foods group. In a sample statewide survey of the 76,000 participants in ISU Extension nutrition education workshops, 85 percent reported improving their diet; 48 percent increased physical activity.

**THE HEWLITT CREEK WATERSHED COUNCIL WAS ESTABLISHED**, Master Urban Conservationists started and more than 150 Master Gardeners in the Dubuque area were trained with the help of ISU Extension, Dubuque County. In support of healthy environments, ISU Extension helps establish and mobilize watershed councils, and trains citizens who volunteer in the community and model land stewardship.

**DAIRY PRODUCERS MANAGE TOUGH TIMES** and understand available resources because of meetings and one-on-one consultations conducted by ISU Extension, Dubuque County dairy and farm profit center. ISU Extension's Farm Financial Planning computer analysis helps farmers make informed decisions to increase farm profitability and improve cash flow.

**ISU EXTENSION, DUBUQUE COUNTY BUILDS HEALTHY ECONOMIES** through its work with the Sustainable Dubuque Initiative and developing energy conservation programs. ISU Extension research, technical assistance and education helped Iowa manufacturers add or retain more than 3,000 jobs in 2009. Companies from 96 counties received assistance or attended ISU Extension educational workshops last year.

**DUBUQUE COUNTY**

[www.extension.iastate.edu/dubuque](http://www.extension.iastate.edu/dubuque)

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it starts with  
**EXTENSION**

EXTENSION PROGRAMS BENEFIT ALL IOWANS

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