

Your county
extension office



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WNEP Plays Pivotal Role in Addressing Obesity Prevention

Based on the county health needs assessment, the Fond du Lac County Public Health Department recently released the 4 public health priorities. One of the four priorities is the increasing rates of obesity and percentage of overweight in Fond du Lac County. The WNEP Coordinator and Educators play a pivotal role in addressing obesity prevention at multiple levels, including at individual and agency level to the larger, more systematic community level.

- Working with multiple agencies in providing their clientele information on the recommended Dietary Guidelines and overall healthy eating.
- Working with preschools, elementary schools, after schools and middle/high schools in promoting healthy eating early-on to children through age-appropriate curriculum.
- Working collaboratively with community coalitions and committees, including the Healthy Kids and Community Coalition and the Public Health Department's Obesity Prevention Committee.
- Working with agencies to receive individual referrals, in which clients that need more intensive instruction receive so one-on-one with a WNEP Educator either in the home or office.

Managing Personal Finances

Financial security is the goal for many Americans. Financial security is defined as an individual's or family's ability to meet short-term needs and to prepare for the future. The path to financial security requires accessible and accurate information, as well as financial competency in earning, spending, saving, borrowing, and protecting.

The long run objective of financial security begins with establishing financial stability, or the ability to make ends meet. For many, just one shift in the flow of financial resources (e.g., loss of a job, death of a breadwinner, divorce, or long-term illness) can be detrimental to financial stability and, if persistent, will impact financial security.

As the current economy continues to change around us, the Fond du lac County UW Extension Family Living Educator is providing monthly financial education programming at the Fond du Lac Job Center. Cutting Back while Keeping Up, Dealing with a Drop in Income (Continued on page 2)

4-H Teen Leaders Add Value to Our Communities

Teenagers enrolled in a 4-H club have the option of joining a county-wide 4-H organization called, *Fond du Lac County 4-H Teen Leaders Association (TLA)*. Youth join this organization for a variety of reasons including: connecting with teens from throughout the county, gaining new leadership skills, accessing scholarships, and building their college resumes. The purpose of TLA is to provide and promote leadership, service, and recreational activities for 4-H teens and to promote 4-H to potential new 4-H members. This year there are 18 TLA members who belong to 9 different 4-H clubs. A new officer team was elected last fall and during an officer training workshop, led by 4-H Youth Development Educator Denise Retzleff, 4-H Youth Development Assistant Marie Stafford, and TLA Advisor Sabrina Theel, the team created annual goals, a plan of activities, and a budget for their operating year. Their goals focused on improving communication within (Continued on page 2)

Managing Personal Finances - continued

and Where Does My Money Go are three educational programs that are taught on a monthly rotational basis at Job Center.

In addition to the classes at the Job Center, UW-Extension Family Living Education has continued to collaborate with the Fond du Lac County Treasurer's office through an educational brochure, which is available at the Treasurer's office for individuals interested in learning more about managing their personal finances. The class schedule and resources available through UW-Extension Fond du Lac County Family Living are listed in the brochure.

Collaborative efforts with the City of Fond du Lac Public Works Department and IntegNet EAP are instrumental in developing financial programming for their respective employees/clients. The programs are scheduled for February and March of 2012.

4-H Teen Leaders Add Value to Our Communities - continued

the organization, increasing teen involvement in 4-H activities, and increasing awareness of TLA to all 4-H members and clubs.

This year TLA has organized a county-wide officer training workshop, financially supported the county achievement program, rang bells for Salvation Army, participated in leadership conferences, and financially supported the county 4-H Music and Drama Fest. Currently there is a committee planning a community service mission trip, countywide 4-H club visits, and a countywide family game night. In the upcoming months they will be offering college scholarships to local 4-H members, planning a zoo trip for the Boys & Girls Club, and preparing for their annual fundraiser, which is a week-long food stand at the Fond du Lac County Fair.

TLA is essential for the success of many county 4-H events, because of their financial, leadership, and time contributions. Not only are the youth gaining skills for their own future, but they are contributing to their communities by applying their skills to their local 4-H clubs and collaborating with community organizations.