

Hamilton County

Impact At-A-Glance



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Nebraska Extension Marathon Kids helps youth increase confidence and physical activity. Twenty-one participants in 4th through 8th grade from Giltner Public Schools ran 313 miles in 10 weeks in 2022.

During Marathon Kids, participants log miles aiming to reach a marathon and also learn about goal setting, properly fueling their bodies, and the importance of physical activity. “I think I achieved my goal pretty well even if I didn’t get a marathon, I am still super happy, and my body feels good,” stated a 6th-grade participant. In Giltner, teachers also participate. “I know Marathon Kids is such a great program that it is well worth my time to be part of it. I love getting to know the younger kids and running or walking outside with them. I leave the practice feeling good!” stated a Giltner school teacher.

Programs At-A-Glance

- In a new partnership with the Hamilton County Youth Center, ten youth learned about healthy eating, following recipes, and preparing food safely in a Teen Cuisine workshop.
- One hundred twenty students participated in 4th Grade Ag Day. They learned how popcorn pops, about the amazing molecule of water, and experienced feeling the inside of a steer.

50+

individuals were provided science-based information to help solve garden and landscape issues.

86

people attended 5 production ag meetings to learn about new innovations and receive certifications.

40

4-H youth received take-home kits to make ornament bird feeders or popcorn balls over the Holidays.