

## Afterschool Programs in the North Panhandle



According to Aizer (2004), juvenile crime levels triple in the after school hours of 3 to 6 p.m. When youth are not participating in after school activities, they may be participating in risky activities, or spending increasing amounts of time in front of the television or on a media device. Uhls et al. (2014), found that on average youth between 8 and 18 spend over 7 hours per day on a media device outside of their time spent within school, most of this occurring after school. About 180 northern Panhandle students received over 200 hours of 4-H after school STEM programming. Youth participated in inquiry-based STEM activities such as learning to work within teams and expressing their creativity through solving a robotics problem, designing a robot, or designing a quilt. Each of these programs uses experiential learning to teach new topics and life skills that connect to their everyday life at school and home.

*“Being involved in 4-H gives our kids another way to be successful in their lives and participate in their communities. I believe they learn valuable cooperation and leadership skills that can be practiced in a real hands on way. I truly do appreciate your involvement in our programs and hope for further partnership in the future.”*  
– Lisa Janssen, Sheridan County

## Range and Livestock Workshops Deliver High Value Topics

A Summer Grazing Tour, Stockmanship and BQA Clinics, and a Sheep and Goat workshop held in the northern Panhandle allowed participants to (1) gain hands-on experience in proper cattle handling in facilities and in the pasture, (2) learn about estate planning tools, (3) experience tours of two distinguished ranching operations, and (4) learn economics, nutrition, grazing management, and animal health from a multi-state team. Most participants said they plan to use tools or concepts learned to make positive financial management changes. Participants of one beef clinic estimated that the education learned would yield an average savings of \$9 per head, attributing a total savings of \$120,000 to this clinic.



## Improving Health in the Northern Panhandle



172 youth improved nutrition, increased physical activity, and reduced screen time through fun and healthy activities, choosing healthy foods, and learning cooking skills. The 10-hour CATCH the Fun programs in six schools were funded by the Nebraska 4-H Healthy Habits grant from National 4-H and the Walmart Foundation. Additionally, 372 youth learned about choosing healthy foods from one-time learning experiences. Prediabetic adults received over 30 hours of education and coaching to accomplish personal health goals and reduce their risk of getting diabetes. Participants met or exceeded the National Diabetes Prevention Program’s recommended 5-7% weight loss and 150 minutes of weekly physical activity to reduce their risk by 58%. The Centers for Disease Control and Prevention awarded this program full recognition for the sustained success of lifestyle change program (that) makes an invaluable contribution to the prevention of type 2 diabetes, both in the community and nationally.

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P.O. Box 277, Harrison, NE, 69346 • 3086682428 • [jnixon@unl.edu](mailto:jnixon@unl.edu)  
250 Main St. Suite 8, Chadron, NE, 69337 • 308-432-3373 • [jnixon@unl.edu](mailto:jnixon@unl.edu)