

# Pierce County 2024 Impact At-A-Glance



Pierce.unl.edu



Five participants demonstrate a Tai Chi stance as part of a 15-week program, strengthening balance and promoting overall wellness for all ages.

Unintentional falls are the leading cause of injury and death among adults aged 65 and older. In Nebraska, 27.6% of adults in this age group reported falling in the last year.

Tai chi is a gentle movement exercise that can improve strength and balance and help prevent falls. It can also reduce stress and assist individuals in managing pain, particularly for those with conditions such as osteoarthritis and rheumatoid arthritis.

After a 15-week session, participants reported improved balance, with those with dementia noting better concentration. One participant mentioned that she could get up from and down to the floor more easily, while another reported that she can now turn her head from side to side for improved driving.

### Programs At-A-Glance

- *One hundred forty-five 4th and 5th grade students discovered Nebraska Agriculture Food Systems at the Life on the Farm event.*
- *A coalition of Pierce County communities foster quality childcare opportunities.*

## 64%

age eligible youth have developed life skills using STEM and Healthy Lifestyles curriculum.

## 153

food managers and students have learned to keep food safe using National Restaurant's Servsafe classes.

## 218

4-H youth participated in summer workshops and clinics which provided endless educational opportunities.



**STRENGTHEN NEBRASKA  
AGRICULTURE & FOOD  
SYSTEMS**

**INSPIRE NEBRASKANS &  
THEIR COMMUNITIES**

**ENHANCE THE HEALTH &  
WELLBEING OF ALL  
NEBRASKANS**