



MSU Extension Education & Research Improving the Quality of Life

In Big Horn County

Reservation Nutrition Issues – Obesity, Diabetes, and Cardiovascular disease are three important health issues for Native Americans. The FCS Agent works with Indian Health Services staff, (Nutritionist, Diabetes Educators and nursing staff) to provide on-going education dealing with these issues to schools, community health workers, and the general population. We are currently involved with our third, 3 day cardiovascular disease prevention course for Crow Indian and Northern Cheyenne people.

ServSafe – The FCS Agent partners with the Indian Health Services Field Sanitarian, to provide on-going ServSafe food safety classes to Head Start, School Food Service, and other food service personnel. Each year 5 to 7 classes are offered with 10 to 35 participants each time. Research has shown that food safety education is responsible for a decrease in incidences of food-borne illness.

Handwashing Program - Research shows that there is a direct correlation between good handwashing practices and reduction in contracting colds and flu as well as food borne illnesses. A short program on hand washing is delivered to various primary and intermediate school classes throughout the county.

The **Montana Food Stamp Nutrition Education Program (FSNE)** provides educational information for food stamp households and those eligible in Big Horn County. Shirley Redding, nutrition education assistant, provides a series of lessons or single demonstrations with practical information and skill-building tips for choosing better foods as well as food handling, food storage and food safety practices. FSNE partners with numerous community agencies and organizations to optimize effective programming and to make participants job ready and healthy.

Food Bank Training - On an as needed basis, the FCS agent provides advice and education to staff and volunteers of the local Food Bank and serves on the Board of Directors for the Food Bank.

4-H on the Crow reservation – Bighorn County is ninety percent reservation land yet only a handful of Native American youth are in the 4-H program. Currently, the Extension Office is working with one group in the Crow Agency area and has formed the Apsalooke club. In the future they hope to expand to the Lodge Grass, St. Xavier, Wyola and Pryor areas. Among other learning activities, these clubs will also include their own cultural aspect in the self-determined projects.

Small Landowner and producers – Currently there are a number of small landowners in Bighorn County with a very low baseline knowledge about many production practices. Current problems with trichomoniasis in the beef herd and over grazing can be overcome by improving the knowledge base of these producers. Beef Quality Assurance, Ration balancing, and a water quality program have all been offered during the past year. The Ag Agent has also worked closely with local veterinarians to close the information gap.

Big Horn County Extension Office is located in the Courthouse in Hardin

Phone: 406-665-9770



An educational resource dedicated to improving the quality of people's lives by providing research-based knowledge to strengthen the social, economic and environmental well-being of families, communities and agricultural enterprises.

Noxious Weed Program – The Ag Agent is moving ahead with plans to teach producers how to identify and map noxious weed infestations on their land. Eventually, the program will encourage community groups to address noxious weed issues cooperatively.

Horticulture - Home gardens are an efficient way for families to provide themselves a healthy diet on a limited income. In cooperation with Wilbert Fish, from the Blackfeet Reservation, the Ag Agent is developing a program to teach families how to build gardens for themselves that will provide needed nutrition throughout the year.

New Ag Agent - Wendy Dean was hired as the new Ag Agent in Bighorn County in January, 2004. Wendy brings a comprehensive knowledge of local issues to the MSU Extension Service in Bighorn County.