

COOPERATIVE EXTENSION

Through Extension programs across the nation, Family and Consumer Science Extension Educators provide a multitude of educational opportunities to meet the needs of diverse audiences.

Protecting Our Resources - Family Life

Strengthening Families

Healthy Marriage Initiative- **Utah's** statewide program reached 13,887 participants. Strengthening family relationships, domestic violence prevention, Latino marriage education, and reinforcing family values were the topics covered. Competitive grant funding provided every county with the promotion of relationship building classes.

Ohio's "Helping Children Cope with Divorce" program reached 200 participants through court-mandated classes. Parents learned how to appropriately help their children understand and accept divorce based on the children's stages and ages of development. They also learned how to handle anger and to use communication techniques and apply guidelines for successful co-parenting. **Oklahoma** reached 1500 parents in 22 counties to increase knowledge about reducing the effects of divorce through a court-mandated program.

Florida's *Parenting Program* has reached 1,262 participants and helped to improve skills in communication, effective discipline, and social and emotional development of their children. **Maine** provided 2,434 parenting home visits and groups delivered in 4 counties which had state and federal funding of \$500,000 annually. **New York** implemented 22 parent education programs reaching 795 participants with reported increase in patience and confidence in parenting skills and decrease in yelling and hours watching television.

Oklahoma trained 14 educators as leaders of *Active Parenting Now* and they are eligible for certification.

Texas held 29 *Child Care Provider* conferences reaching 3,336 participants for improvement of child care provider agencies. Funding was secured to develop online childcare courses reaching 131,743 participants.

Mississippi's *LoveU2/Relationship Smarts* classes reached more than 170 high school students teaching them to avoid abusive relationships and curtail sexual activities. **Ohio's** *Life Choice and Wellness program* reached 524 teenage girls focusing on nutrition, exercise, stress management, safe dating, substance abuse, and bullying.

Oklahoma reached 500 racial minorities including, Latino, Tribal and military youth in order to increase high school graduation rates through the *Youth and Families with Promise program*. Latinos in this state have a dropout rate of 43%. The national average is 22% .

In **Mississippi**, the *Family Storyteller Literacy* program reached 486 participants providing Head Start families with children's books and activities.

More than 80 family professionals were trained to teach "Raising a Thinking Child" in **Wisconsin**. Studies show program outcomes result in improved child behaviors, impulse control, decision-making, pro-social skills, and parent-child interactions.

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Elder Care

South Dakota reached 1,410 participants for Family Life education with programming for seniors that encouraged healthy behaviors and adequate access to services, resource fairs and bonding of seniors with children through gardening, nutrition, culture, exercise and reading.

Illinois provided 28 programs reaching 561 participants on healthy aging, and 99,000 received the related news article. Illinois also reached 192 caregivers who found that the *Caregiving Relationships* workshop series validated emotions and gave practical ideas for improving communication and relationships with care receivers.

In cooperation with the **Illinois** Municipal Retirement Fund, Extension FCS educators provided *Headstrong*, a healthy aging and memory program to 561 IMRF retirees. An additional 99,000 received a news article on this topic.



Extension family and consumer sciences educators promote healthy lifestyle choices over the lifespan

eXtension.org continues to be a well utilized resource for all Extension educators on Nutrition, Health, and Fitness. Extension educators have contributed fact sheets, programs, and resources to this site covering child care; drinking water and human health; families, food and fitness; family care giving; food safety; parenting, and personal finance. New research-based resources are added continually for consumers and professionals.

NEAFCS is the National Extension Association of Family and Consumer Sciences.

NEAFCS provides professional development for Extension professionals who improve the quality of life for individuals, families, and communities and provide education in:

- Food preparation, food safety, and nutrition
- Financial management
- Healthy lifestyles
- Home and work environment and safety
- Relationships and parenting skills

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