



IMPACT 2015

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.

Community Health and Wellness

Promoting healthy lifestyle choices to improve physical health and prevent illness or disability is a core goal of Extension Family and Consumer Science programming. To accomplish this goal, FCS educators often times work with agencies, partners, and businesses to provide opportunities to improve the health status of all residents in their state and local communities.

Diabetes Education

In Kentucky, the *Taking Ownership of Your Diabetes* program reached 475 individuals and families. Program participants have demonstrated the ability to make better health choices and experience a higher quality of life. *Dining with Diabetes* was implemented by **Penn State** Extension and **Tennessee** Extension, reaching over 2,000 people.

The *Rite Bite* program by **Alabama** Extension teaches meal planning and food preparation that will reduce calories, control carbohydrates, modify fat, and increase fiber skills to help diabetics manage their blood glucose and blood pressure.

Elder Care

In **Kansas**, two Regional Aging Expos were held to address the needs of aging individuals, their families, their caregivers, and the professionals whom work with them reaching 280 people. A three-month evaluation showed

92% have a better understanding of aging issues while 81% indicated they had taken action or changed something in their life.

Kentucky's *The Stand Up to Falling* program focused on four preventable risk factors: lack of exercise, unsafe home environments, vision problems, and medication usage. One hundred percent of the 700 participants increased their knowledge of how to prevent falls.

Breast Cancer

Alabama's B.A.T.T.L.E.D. Program (Breast Cancer Awareness to Teach and Learn about Early Detection) program teaches about the importance of preventative measures such as breast self-examination, early detection, and screening.

"This was an outstanding program offered by Extension. Every woman and man should have attended. The pictures showing signs of breast cancer really brought the message home."
– **Alabama B.A.T.T.L.E.D. participant**

Texas Extension implemented the *Friend to Friend Staying Healthy Together* program to encourage underserved and older women in rural areas to get regular mammograms and Pap tests for early detection of breast and cervical cancer. Forty-eight events have reached 2, 200 women.

Raising kids, Eating right, Spending smart



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Worksite Wellness

The *Live Healthy Live Well* program in **Ohio** educated participants on nutrition, physical activity, and wellness issues. The objective of the program was to increase awareness and encourage adoption of healthy lifestyle behaviors. A new study showed a potential health insurance savings of the 8,596 employees who participated equaling over \$244,600.

Illinois Extension educators addressed topics relating to healthy living in the program *Putting Wellness to Work*. Lessons are designed to provide information related to making healthy lifestyle choices in the workplace and at home. **Wisconsin** FCS educators reached over 4,400 individuals and families with education regarding ACA and health insurance reforms.

“We appreciated the visit to our site at the beginning of the project to let us know we were on the right track. The Steps to Wellness project was the catalyst for the creation of a wellness policy and a separate exercise room. It would not have happened without it.” – Steps to Wellness worksite participant

Through collaborative partnerships, **South Dakota** Extension has provided resources and programming opportunities to business sites and their employees through the *Steps to Wellness Physical Activity Project* reaching 1,180 individuals. Along with the SD Department of Health, eight worksites across the state received



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 the areas of: Childhood Obesity Prevention; Community Health and Wellness; Financial Management; Food and Nutrition; Food Safety; Healthy Homes and the Environment; Improving Children’s Lives; and Protecting our Resources – Family Life.

technical assistance, training and funds to assess, plan, implement, and evaluate physical activity strategies and policy for their worksite. Worksite Nutrition and Physical Activity displays were also developed and posted on the HealthySD.gov website.

Nutrition and Physical Activity

The Texas Department of State Health Services funded **Texas** Extension to support a chronic disease prevention program in Starr County. Seven school and community gardens that promote produce consumption, as well as physical activity, were maintained. The gardens yielded 5,895 pounds of fresh produce that were distributed to families, garden volunteers, and area church and food pantries, reaching 7,500 people.

The **Arizona** SNAP-Ed program provided nutrition education to low-income families. There were 131,444 direct contacts with individuals through community events at 386 different sites.

In **Kansas**, more than 16,000 persons participated in the 2014 *Walk Kansas* programs. Team members report their physical activity and fruit/veggie intake as they work to reach their goal.

“As a result of this program, I am more motivated than ever to keep working out and be more aware of the food choices I make for my entire family. My children have seen me working out and they actually participate.” -- Walk Kansas participant

Eat Smart Idaho helps adults and families learn the basics of healthy eating, smart shopping, food safety, quick meal preparation, management of limited grocery dollars, and increased levels of physical activity. Nearly 6,000 adults and 13,000 children participate each year.

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