



IMPACT 2017

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

Protecting Our Resources – Family Life

Family Life continues to be a struggle for many American families. They have limited resources of time, money and energy. Extension Family and Consumer Sciences (FCS) educators have developed and delivered numerous programs that strengthen family life. Programs have helped families develop skills for parenting, acquire stress management skills, healthfully age, and plan for the future.

Relationships and Family Life

Extension Educators are most known for their work in community education but they also collaborate with many community agencies to extend their reach in the community. **Oregon** Extension faculty partnered with nine community organizations to implement *Screen Free Week* and offer numerous free community events.



Healthy relationships are critical to personal health, professional effectiveness and improved quality of life. Children living in high-conflict homes are more likely to suffer through *Adverse Childhood Experiences (ACEs)*. Research shows increased rates of ACEs in childhood is correlated with higher rates of chronic disease in adults. Thus, relationship education can lead to improved home life, the lives of children, and society as a whole.

Tennessee Extension FCS educators provided 9,346 residents with *Parenting and Interpersonal Relationships* classes.

FCS Educators in **Utah** offered 835 marriage and relationship programs to 15,835 participants.

"We talk more and figure together how to effect changes we'd like to see in our family." "We are more intentional about our marriage." ~ Utah Healthy relationship education class participants

Illinois FCS educators offered 7 workshops on *Enhancing Emotional Literacy for Parents* to 109 constituents. In addition, FCS educators also provided innovative programming to divorced adults on healthy co-parenting. In **Oklahoma**, 2,898 parents attended a *Co-Parenting for Resilience* class. As a result, 69% committed to communicating directly with their co-parent and not involving their child in such matters.

In **Ohio** 1,750 parents attended a *Successful Co-Parenting* workshop where 94% reported learning new information from the program, 97% plan to use the information that they learned and 92% felt more prepared to co-parent as a result of the program. Of the 2,176 **Nebraska** adults in *Co-Parenting Successful Kids* classes, 94% of parents gained the needed information and skills to help their children adjust to divorce.

"An eye opening view that showed light on how to be able to raise my children to grow and be successful adults without emotional trauma." ~Kansas Successful Co-Parenting class participant.

Healthy Grandfamilies provides information and resources, free, to **West Virginia** grandparents who are raising one or more grandchildren. Upon completion, participants receive 3 months of social services for family support.

Raising kids, Eating right, Spending smart 

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In **Kentucky**, 70 incarcerated fathers received education with the goal to promote family resilience. Following the training, 37 program graduates have been granted 90-day early release from prison. The average recidivism rate for released prisoners is 43.3%, CYFAR program participants is .05%, a significant decrease in re-offense rates.

After **Kentucky's Military Teen Adventure Camp**, 100% of the adolescents indicated that their camp experience has helped them deal more effectively with reintegration and improved family communication. All (100%) of the service members and their adolescents indicated they now share more personal experiences with each other.

Healthy Aging

Extension FCS educators offer a myriad of programs aimed at improving health and enhancing the quality of life for older adults. Key to Aging-in-Place initiatives is maintaining or increasing strength through fall prevention programs.

Participants of the University of **Idaho** Extension's 10-week, 20-session series *Fit and Fall Proof* showed a statistically significant improvement in functional mobility and balance as a result of the program.

"My range of motion, after shoulder surgery, has improved from attending classes so now I have less physical therapy appointments scheduled."

~ **Idaho** participant in Fit and Fall Proof Program

In **Kansas** and **Missouri**, 400 and 6607 older adults, respectively, participated in a 10-week *Stay Strong Stay Healthy* fall prevention program. Advanced *Stay Strong, Stay Healthy* challenged 2283 Missouri middle-aged and older adults with new and different exercises which will help improve activities of daily living.

"All of my medical test numbers improved! My doctor told me whatever you're doing 'Keep doing it!'"

~ **Kansas** Stay Strong, Stay Healthy participant

Texas AgriLife Extension educators provided program training to 2,100 individuals and professionals on improving health literacy, fall prevention, eldercare, and grandparents raising grandkids.

In **Kansas**, Extension professionals were trained to identify the warning signs of Alzheimer's, and taught 500 adults to understand the 10 Signs of Alzheimer's.

Arkansas' Extension Get Fit programs aim to improve overall fitness through strength training, which is shown to increase bone density and reduce fall risk. Fitness test results estimate that this program contributed to healthcare cost savings totaling \$9.2 million, including hospitalizations, treatment and rehabilitation cost savings from reduced fall risk alone.

In **Missouri**, 3059 senior citizens attended the 8-session *Matter of Balance* program and reduced the fear of falling. Seniors set goals for increasing activity, reducing fall risks, and using basic exercises to increase balance.



Strong Women improves strength, balance, confidence, and ability to age in place through weight lifting 2-3 times per week. Programs serving 6546 participants were held in **Mississippi, Oregon, and Wisconsin**.

"I have participated since the program began over 10 years ago. The program provides proven exercises, a watchful instructor who encourages and helps keep me feeling great at 'over 70'" ~ **Mississippi** Strong Women, Strong Bones program participant

Mental Health

In **Missouri**, the *Mental Health First Aid* program helps participants learn how to help someone experiencing a mental health crisis. It provides community members with the necessary skills to recognize mental health problems and connect people with help.

Stress Less with Mindfulness was offered to 304 adults in **Michigan** resulting in 97% of participants using mindfulness to be calm in the face of stress.

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