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National Extension Association of Family & Consumer Science



Raising Kids
Eating Right
Spending Smart

www.learningandlivingwell.org

Program Impacts 2004

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

Raising Kids

Fathers in **New Jersey** participated in "Strengthening Families by Strengthening Fathers" to educate and involve them in raising their children. A "Hey Dad" newsletter informed fathers on child development issues and encouraged participation in their children's lives.

To address the concern of bullying among school-age children, Extension educators in **Texas** and **Kansas** provided information and resources to help parents identify bully behavior and how to use positive strategies for prevention.

"Parenting the Second Time Around" helps families in **New York** who find themselves raising their grandchildren or children of other relatives.

California's "Off To A Good Start", a kindergarten readiness program in English and Spanish, uses language, socialization, health, nutrition, and problem-solving so parents can prepare their children for school.

"Thriving With Your Spirited Child" in **Wisconsin** provides programs for parents of children who have intense, sensitive or active behaviors.

Minnesota, Ohio and **Tennessee** educate parents in the transition of divorce through understanding the impact of divorce or separation, and learning how to make informed and child-supportive decisions to reduce the negative impact of divorce on children.

In **Idaho**, "PAYOFF - Parents and Youth Organizing for Their Future" partners with community agencies to develop programs that will strengthen the protective factors experienced by youth and their families.

Eating Right

To address the growing incidence of diabetes in the United States, Extension educators in **Maryland, Colorado, New Mexico, Pennsylvania** and **Oregon** provide hands-on nutrition programs to diverse audiences to increase awareness of risks of diabetes and long-term complications that impact health care costs.

In **North Dakota**, over 3000 limited-resource consumers learned about food safety. Follow-up evaluation showed 70% used thermometers after attending the programs.

"Starving for Success" in **Nebraska** has educated over 300 participants to recognize the symptoms of eating disorders and strategies for seeking help.

To address the growing concern over childhood obesity and to promote healthy eating, **Michigan** developed "Healthy Weight for Children - Information for Professionals".

Pennsylvania EFNEP uses an interactive detective game to teach balanced diet, diversity and geography. To solve the case, youth track suspects across the United States.

"Strong Bones for a Lifetime" in **New Jersey** provides audiences of all ages information on risk factors, prevention strategies, and treatment options to prevent osteoporosis.

Arkansas's "Food Safety" program taught over 300 participants in 25 workshops the importance of fighting bacteria and promoted food safety for families where young children or older adults resided.

"Reaching the Top - A Nutrition Guide for Teen Athletes" presented in **Mississippi** addressed the lack of knowledge and misconceptions by teens and teen athletes concerning nutrition, diet and health.

Over 50,000 women in **Georgia** have learned about the benefits of folic acid and how it can help reduce the risk of having a baby with birth defects.

In **North Carolina**, food safety concepts were taught to elementary youth through "Smart Kids Fight BAC".

Spending Smart

Identity theft is a growing consumer concern impacting millions of Americans. Extension programs in **Iowa** and **Mississippi** helped consumers take action to protect personal and financial privacy.

In **Nebraska**, "Preventing Credit Card Blues" helps high school seniors develop knowledge on managing credit as they prepare for college.

Pennsylvania's "Conquering College Costs" helps families develop a funding strategy to pay for post-secondary education.

Michigan used education and advocacy to improve housing opportunities for residents through workshops on home ownership, home repair and home replacement.

Strategies to help retirees stretch their dollars were developed by **Pennsylvania** Extension agents to give participants information, skills, and tools to ensure financial security in later life.

Participants in **Florida's** "Woman's Financial Series" were empowered to take control of their finances, improve financial record keeping, develop bill paying skills, and plan for retirement.

Living Well

In **Alabama**, 923 trainers, including health care professionals, learned about sources and health risks related to common residential environmental problems.

"Just For You: Healthy Aging", an Extension television series in **California**, helps older adults handle aging issues of depression, diabetes, physical fitness, home care, substance abuse, and medication management.

Ohio's "Life Planning: It Begins With Communication" is a collaborative effort with Ohio Department of Aging to provide senior citizens with tools for the life planning process.

"Succeeding in the Working World" presented by **Idaho** Extension prepares individuals to enter the workforce by teaching them job application and interview skills.

Illinois Extension partnered with the Department of Nuclear Safety to educate residents about the public health issues of radon exposure.

In **New York**, 6,612 individuals were informed about the risks of radon and 375 radon tests were completed.