



National Extension Association
of Family and Consumer Sciences

IMPACT 2010

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

Mission Statement

The National Extension Association of Family and Consumer Sciences (NEAFCS) provides personal and professional development and recognizes Extension professionals who impact the quality of life for individuals, families and communities.

Vision

NEAFCS is *the* professional organization for Extension Family and Consumer Sciences that:

- ◆ Builds leaders for the future.
- ◆ Recognizes and promotes excellence and scholarship in Extension Family and Consumer Sciences programming.
- ◆ Provides innovative professional growth and development opportunities.
- ◆ Serves as a nation-wide resource for education, information, networking and partnerships.
- ◆ Promotes Extension Family and Consumer Sciences and the mission and goals of the Land Grant University Extension System.

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

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

Our Impact

The NEAFCS National Board has worked with our members to compile impact from our state affiliates. This year we have published impact statements on:

- ◆ Financial Management
- ◆ Childhood Obesity
- ◆ Nutrition, Health and Fitness
- ◆ Food Safety
- ◆ The Environment

These impact statements are available on the NEAFCS website at www.neafcs.org; we would appreciate your assisting us to let others know the important work of our profession. Our national association is gathering nationwide data that will assist in promoting Family and Consumer Sciences programs. Please contact one of the officer's listed below if you would like additional information on these topics or have suggestions for future impact statements.

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Focus on Financial Management

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

Nationally our unemployment rate continues to climb. Access to resources and the ability to manage resources effectively are key factors to family stability and strength. Families must be able to manage debt and spend based on goals if they are to be financially secure in the present and the future. Extension educators develop and teach financial management programs throughout the country each year impacting millions of consumers. NEAFCS is proud to provide a snapshot of some of these outstanding programs.

Financial Management Education Programs

Small Steps to Health and Wealth, USA Saves state-wide Campaigns, *Volunteer Income Tax Assistance (VITA)*, *Wi\$eUp*, home buyer educational programs and *Thriving in Challenging Times* are just a few of the numerous financial education programs where citizens throughout the United States have learned how to handle money and save. In **Utah Saves**, as of December 2009, there were over 8,592 savers saving over a million dollars per month. In **Tennessee**, where over 123,245 direct contacts were made, the governor proclaimed Tennessee Saves Week.

In **Oklahoma**, in response to a District Attorney's request to help Bogus Check Writers, over 351 programs were offered. In addition, educators produced over 200 news columns and newsletters.

In **Alabama**, over 90,000 Money Management calendars, a tool used to provide financial information to families, were distributed through businesses and agencies. A web-based campaign, "Thriving in Challenging Times" produced 19 articles helping citizens make sound decisions during tough economic times.

Across the nation, Extension provides research-based information regarding financial management, home buying and saving. In just one year over 7,982 programs have been offered reaching 242,778 citizens. Smart money management tips have been offered in over 2,825,682 news columns and newsletters. In **New Mexico**, articles focused on "Marrying Again" whether from divorce or death and "Suddenly Single" helped widow and widowers gather their financial records and take control of their future plans.

Ohio presented a Senior Series that increased participants awareness of fraudulent marketing scams. 88% of participants reported they would use the information to avoid fraud and report suspicious activity.

Get Checking, a **Florida** program addresses the benefits of opening a checking account over a fee-based check cashing service. Since 2005, 655 new account holders have jointly saved \$131,000 annually.

Louisiana offered "Charting Your Course to Home Ownership". Eighty-four participants became homeowners within six months. Over 90% of the participants checked their credit report and changed their spending habits. "Rent Smart" in **Wisconsin** graduated over 305 participants. The participants reported increased confidence communicating with landlords and realized the importance of completing rental checklists.

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Over 945 people have been reached through Debtor Education classes for individuals filing for bankruptcy conducted monthly in Delaware. Classes educate on developing a spending plan, record keeping, insurance and using credit wisely. Other states offer similar programs.

Small Steps to Health and Wealth, developed in **New Jersey**, reached over 2,253 participants in **Kentucky** demonstrating how Extension works across states to share programs and impact U.S. citizens.

Volunteer Income Tax Assistance (VITA) and *Earned Income Tax Credit Education (EITC)* programs have been presented by extension educators across the U.S. Educators have spent numerous hours assisting citizens properly completing their tax forms.

Texas developed *Wi\$eUp*, an eight-module financial education curriculum offered online and in workshop or classroom settings. *Wi\$eUp* targets Generation X and Y women, with an emphasis on 22-35 year olds. More than 19,000 persons nationwide have participated in the program. 69% of participants in programs conducted by AgriLife Extension in 2009 reported reducing their debt. Median debt reduction was \$500.

A collaborative between **Maryland and Delaware** called *Annie's Project* provides women agricultural entrepreneurs, business and financial strategies to reduce their risk in their operations. 200+ women have learned about financial management and other business topics with 50% reporting an average \$5,000 bottom line increase.

Financial Management for Youth

Extension recognizes that money management steps should begin at an early age. **Pennsylvania's Right on the Money**, works with local libraries to educate adults while reading stories to their children. The stories relate to earning, saving, borrowing and spending.

The National Endowment for Financial Education High School Financial Planning Program (NEFE) was created to educate high school students about sound money

management skills and help teens develop positive behaviors related to money. In **Texas**, 78,460 students received this instruction as extension provided the curriculum and training to schools across the state. In **Oklahoma** many schools are using the program to meet legislative mandates for financial education. In **Louisiana** 131 teachers, who reached 12,314 students after being educated through extension, reported increasing their capacity to teach financial literacy.

Real Money, Real World, a financial "real life" simulation conducted in **Ohio**, showed that 82% of the 62 students learned new information about paying bills and staying within their budget.

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Focus on Childhood Obesity

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

According to the CDC, American society has become “obesogenic” characterized by environments that promote increased food intake, nonhealth foods, and physical inactivity. Childhood obesity has more than tripled in the past 30 years. The prevalence of obesity among children aged 6 to 11 years increased from 6.5% in 1980 to 19.6% in 2008. The prevalence of obesity among adolescents aged 12 to 19 years increased from 5.0% to 18.1%.

Obesity is the result of caloric imbalance (too few calories expended for the amount of calories consumed) and is mediated by genetic, behavior, and environmental factors. Childhood obesity has both immediate and long-term health impacts:

- Obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure. In a population-based sample of 5- to 17-year-olds, 70% of obese youth had at least one risk factor for cardiovascular disease.
- Children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.
- Obese youth are more likely than youth of normal weight to become overweight or obese adults, and therefore more at risk for associated adult health problems, including heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis.
- Teenagers who are obese are at risk for hypertension, type 2 diabetes, atherosclerosis, joint pain, and low

self-esteem. They are more likely to become obese adults than are teenagers who are at a healthy weight. Addressing lifestyle choices early on, lowers the rate of diabetes and decreases the amount of money spent on health care in the State.

Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases. www.cdc.gov/obesity/childhood/index.html

Extension Educators develop and teach programs throughout the United States each year. NEAFCS is proud to provide a snapshot of some of the outstanding programs.

Physical Activity

The *Balancing Food & Play* curriculum from **Texas A & M** is designed to improve knowledge & behavior by encouraging at least 60 minutes of physical activity each day. The 2009 results of 1,721 student surveys found an increase of 56% to 72% of students having 60 minutes of physical activity or more. An eating and activity program (*LEAP*) from **University of Kentucky** curriculum reported 12,560 children increased their physical activity level. The **Florida** FCS, FNP, & EF-NEP programs resulted in an increase in moderate physical activity among 45% of youth served. “*Color Me Health*” is the curriculum

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Focus on Childhood Obesity

presented to over 20,000 preschool children across **North Carolina**. The CDC selected the program as a practice test intervention for children overweight. EFNEP (Expanded Food and Nutrition Education Program) enrolled 4,893 families and 14,330 participants participated in 4-H EFNEP. By completing the series of lessons, 44% of participants increased their amount of physical activity. **Utah State University**, *Food Sense Programming* indicated 70% of youth were physically active. The **Penn State Extension** found 70% of programming was directed toward youth. Data collected from the ERNEP found Behavioral Impact of 24% increase in amount of physical activity. **Ohio State University** "*NUTRI-CISE SURPRISE!*" encourages young school age children to improve their diet, nutrition & exercise habits. 99% of 2nd graders said it was good to eat fruits & vegetables each day. **West Virginia University** reported The Youth Risk Behavior Surveillance Summary for 2007 found fewer than half meet the recommended level of physical activity. *Camp New You Significantly* improved overall knowledge and physical activity.

Louisiana students participating in the *Smart Bodies* program significantly increased their knowledge about the health benefits of eating fruit and vegetables and participating in physical activity. Body mass index reports were effective in increasing school and parent awareness of children's weight status. Evaluations indicate that the program helps meet the needs of both schools and teachers in fulfilling legislative and federal mandate requirements.

Delaware's Kick It Up With Nutrition is a lesson for middle school youth. It consists of nutrition information, physical activity and preparation of a healthy recipe. Topics include Portion Distortion and Fabulous Fast Food. Students improved their consumption of fruits and vegetables and reported eating more meals with adults.

In 2009-2010, **Florida** FCS, FNP, and EFNEP programs saw an increase of fruit and vegetable consumption among 60% of the youth population served.

Minnesota's Go Wild with Fruits & Veggies! Is an evidence-based nutrition education program designed to get students in grades 3-5 to eat more fruit and vegetables and to be more physically active.

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- Healthy body image
- Gardening

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Nutrition, Health & Fitness

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

Situation — Obesity and overweight have reached epidemic proportion in the United States. These conditions are key factors for chronic diseases, such as heart disease, diabetes, arthritis, high blood pressure, stroke and some types of cancer.

The leading causes of these conditions are poor diet and lack of physical activity. Extension Educators in Family and Consumer Sciences use a variety of curriculums and programs aimed at reversing these trends.

Unhealthy eating habits and lack of physical activity can begin at an early age. National surveys show about one in four children ages 2 to 5 years are overweight. The Youth Risk Behavior Surveillance Summary indicates that about 13% of US teenagers are obese. Overweight children suffer from physical and psychological problems. Being overweight as a child increases risk of high cholesterol, hypertension, respiratory ailments, orthopedic problems, depression and type 2 diabetes as a youth. Overweight children are more likely to be overweight adults than children of normal weight.

Skills — Nutrition education programs teach skills for clients to prepare balanced meals and select foods. In **West Virginia**, programs are enhancing food consumerism by teaching clients to stretch their food dollars through planned nutritious meals. The programs offered in **West Virginia, Louisiana, Minnesota, Tennessee** and **Pennsylvania** also increase adults and children physical activity by teaching management skills that allow time for exercise or play. Program content also emphasized that lifestyle choices contribute to the burden of chronic disease. By addressing lifestyle choices early in a child's life, we can decrease health dollars spent and lower the rate of chronic disease. Through the "Dining with Diabetes" participants lowered at least one of

three indicators of risk, related to high blood pressure, with a possible savings of \$2.5 Million a year in health cost.

Interactive programs and long term programs provide the greatest impact for skill development. **Tennessee Shapes Up** is one of those programs that focuses on skills for weight management. Participants learn basic strategies for weight management, estimate their calorie needs, importance of breakfast and physical activities and the importance of eating fruits and vegetables and how to curb absent-minded eating. Another interactive program for youth, **Power U** makes learning both fun for youth and teachers. Fourth graders learn how to make healthy choices of foods and increase their physical activity. Through tasting pasties, students are exposed to new fruits and vegetables. After each of the 10 lessons, a letter explaining some of the educational concepts is sent home with activities for parent and child to do together.

Evaluations for programs in each of these 5 states indicate that educational programs have increased their knowledge about health benefits of eating fruits and vegetables and participating in physical activity. In Louisiana, Body Mass index reports were effective in increasing school and parent awareness of children's weight status. These programs in **Louisiana**, met the needs of schools and teachers to fulfill federal mandated requirements.

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Nutrition, Health & Fitness

Minnesota, offered a program “Go Wild” for 3rd graders through 5th grade, to promote the intake of fruits and vegetables. The results were a significant increase in the consumption of fruits and vegetables. Educational programs are producing positive impact in having participants continue physical activities beyond their classes.

Tennessee—Healthy Steps

- Pre-school students became more active
- More willing to taste fruits- 97%
- More willing to taste vegetables-90%
- More willing to try whole grain foods-80%
- Teacher-Volunteers used physical activity in their classrooms at least three times per week

Pennsylvania—Nutrition Link teaches SNAP-Ed eligible families to:

- 70% of program youth
- To end the dependency on emergency food banks
- To end the cycle of poor nutrition
- To end the cycle of poor health
- To end the cycle of poor quality of life

West Virginia—Camp New U for Youth

- Fewer than half of the participants had been physically active
- Improved their knowledge of benefits of physical activity
- Increased knowledge of behaviors that prevent diseases and chronic health problems such as diabetes

NEAFCS is proud to present a sampling of program impacts in Nutrition, Health and Fitness.

- 5 States counted for these numbers. Louisiana, Minnesota, Pennsylvania, Tennessee and West Virginia
- 781,544 Educational Contacts
- 14192 Group Meetings
- 4161 Volunteers
- Increases in basic nutrition and food safety knowledge
- Increases ability to select and prepare nutritious low cost meals
- Increases of healthy food choices

Extension Educators provide a multitude of research based information regarding topics related to Nutrition, Health and Fitness, including:

- Power U— Youth
- Camp New U -Teens
- Health Motivator
- Taking Charge
- Dining with Diabetes
- Healthy Steps -Pre-school
- Media Smart Youth
- Power of Choice
- BodyWorks
- SNAP-Ed Supplemental Nutrition Assistance Program
- Loving your Family-Feeding their Future
- Eat Smart-Play Hard

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Focus on Food Safety

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Food borne diseases cause approximately 76 million illnesses, 325,000 hospitalizations and 5,200 deaths in the United States each year. Most cases of food borne illness can be prevented through education on proper cooking or processing of foods to destroy bacteria. Extension educators have developed and teach food safety programs throughout the country each year impacting millions of consumers. NEAFCS is proud to provide a snapshot of some of these outstanding programs.

Food Handler Education Programs

ServSafe is a nationally recognized food safety training and certification program. Extension educators in **Kansas** have covered the 105 counties with over 5,000 food service establishments receiving the training. **Nebraska** certified over 1,000 food service professionals. ServSafe is also taught in **Ohio, Oklahoma, Montana, Indiana, South Dakota, Mississippi, Arkansas, Colorado, New Hampshire**, and other states.

Minnesota is providing food safety training targeted to Spanish speaking food service workers. In **Texas**, 358 retail food managers were trained, with a 95% pass rate on the certification exam. Greatest knowledge gained by the participants was in the area of proper temperatures for cooking, holding and storing food items. **Georgia** certified over 700 food service managers through their extension ServSafe programs and **Wyoming** trained 1570 food handlers.

In **Illinois**, three-fourths of the 348 participants in statewide extension food safety refresher courses, who serve an estimated 6 million meals a year to the public, indicated that they adopted one or more of the 18 safe food handling practices taught.

Consumer Food Safety

Across the nation Extension provides research-based information regarding food safety and storage through response to consumer inquiries. In **Idaho** over 7500 such phone calls are received annually. In **Utah** over 600 calls and emails were handled on food preservation and storage and over 32,500 individuals viewed information on their extension food safety website.

In **Pennsylvania** and **Maine**, *Cooking for Crowds* is an educational food safety workshop for volunteer groups that prepare and serve food to the public. Over 3,800 individuals in **Pennsylvania** were trained with over 514,000 consumers benefitting from the program.

Making Food Safe for Seniors, addresses the safety of food served to at risk elders in **California**, through training provided to in-home caregivers. Results of the training showed that all trainees (740) reported learning something new they could use.

North Dakota Extension has trained over 5,600 teens in a high school based program that helps teens serve food safely. Knowledge scores of the participants increased from 53% on the pre-test to 84% on the post-test.

Oklahoma, is teaching a Wild Game Food Safety program, which reaches an average of 16,200 youths and adults per year. In **Idaho** a new curriculum entitled *Seafood at it Best*, assists consumers to select, prepare and store seafood safely.

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Focus on Food Safety

Is it Done Yet? classes in **Indiana** and **South Dakota** stress the importance of food thermometer use and calibration to insure that food has reached a safe internal temperature.

A focus on food allergies is another food safety issue that is being addressed in **New Jersey**, by training of teachers and school food service staff to recognize that food allergic individuals are at risk for severe to life-threatening symptoms from food allergy reactions.

Through the **New York** EFNEP program, participants increased their food safety knowledge and skills by 63%.

Food Preservation at Home

Due to the economic downturn, extension offices are experiencing a surge in requests for information about home food preservation as a means to preserve food products and economize food dollars.

In **Kentucky**, *Food Preservation Boot Camp* trained educators, paraprofessionals and consumers to use USDA research based recipes and methodologies during food preservation. **South Dakota** trained 1058 individuals with food preservation workshops and programs. *Hoosier Harvest: Preserve it Safely* education materials are being used in **Indiana** to assist home food preservers.

Over 7900 adults participated in food safety programs in **Iowa**. **Montana** distributed food preservation publications to over 15,463 consumers statewide to meet consumer needs.

Food Safety and Hygiene for Children

Children under the age of 10 account for 33% of the total costs attributed to foodborne illness. The risk of foodborne illness in children is higher due to lower body weight and underdeveloped immune systems. To help prevent the spread of H1N1, as well as foodborne illness, handwashing education is being taught by extension educators in 32 states. In **Georgia**, extension personnel reported over 10,700 contact hours in handwashing education. Over 78% of **Missouri** students who participated in extension classes demonstrated improved hand-washing behaviors.

Idaho was the host of the World Special Olympics Winter Games in 2009, extension educators participated in the Healthy Athletes program by presenting "Germ City" an interactive hand-washing educational program to over 3,000 athletes, coaches, chaperones and volunteers from 85 countries.

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Focus on the Environment

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Healthy Homes—Is a national partnership involving HUD , NIFA and other agencies. This national partnership is coordinated by NEAFCS member Laura Booth of Alabama. NEAFCS members throughout the country provide programs and training using *Healthy Homes* publications. Part of *Healthy Homes* is Indoor Air Quality (IAQ). It 's focus is on mold, mildew, asthma triggers and Radon. IPM, Integrated Pest Management, is another aspect of *Healthy Homes*. Delaware, Texas and Alabama provide IPM training for day care providers. IPM strategies stress judicious use of chemical and biological treatments to control insect populations.

Deep South states such as Texas and Alabama find mold information highly requested. Mold spores are one asthma trigger , so in Alabama a series of eight environmental health programs are included in parenting classes. Also in Alabama, the *National Center for Healthy Homes "Essentials for Healthy Homes Practitioners"* course was taught in June 2010. The seven principles taught in the course are: **keep it** – dry, clean, pest-free, ventilated, safe, contaminate-free ;and **maintain the house**.

Radon- NEAFCS agents in Nevada, Texas and Alabama participate in their state's Radon education program. Radon is a colorless, odorless, radioactive gas that gets into homes through cracks and crevices and openings for pipes. Radon is a class "A" carcinogen that causes lung cancer. Agents in these states promote testing, mitigation, and Radon Resistant New Construction techniques to control Radon. Educational strategies include use of games, poster contests ,news articles, promotion of city building code adoption, testing and mitigation courses for professionals, and presentations for civic club and home builders associations to achieve Radon program objectives.

In Alabama, Radon testing indicates that 24% of homes tested(18,643) have Radon levels above the EPA action level. In Nevada that figure is 26% for 8,544 homes. NEAFCS agents in these states are saving lives daily.

Energy and Water Conservation—Wise use of water and power resources is promoted in Kentucky through *See Blue Go Green* home energy use workshops and displays. Other resources they use are "issues" newsletters (4/year) and two web pages: *See Blue Go Green*, and *Environmental and Natural Resources*. South Dakota NEAFCS members promote recycling and Energy Conservation, too.

In Texas the emphasis is on water management . Use of a checklist ,fact sheets, teaching modules, models and flip charts helped participants reduce water consumption by 36% . Behavioral change and more efficient use of equipment are credited with the reduction of water usage by clientele.

Like many other states, Texas *Energy Star* promotes the benefits of high performance homes-windows, lighting, and building materials.

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Focus on the Environment

Emergency Preparedness—NEAFCS agents in South Dakota have helped childcare workers prepare for emergencies through training at conferences. In Texas, Extension (Agri-Life) has a Disaster Education website. There were 16,308 downloads of “Preparing for the Unexpected” from their website. Throughout the United States, Extension FCS agents make use of Extension Disaster Education Network materials to help clients prevent damage from disasters where possible, and recovery from disasters like floods.

American Cleaning Institute— All NEAFCS members enjoy using the well-researched resources the American Cleaning Institute provides. Newsletters produced in all counties include ACI information about safe cleaning practices and products and their role in promoting good health. Hand washing fact sheets and illustrations by ACI are used by agents in school systems to prevent the spread of flu. Demonstration of proper hand washing techniques is typically done in classrooms. This is followed by use of ultraviolet sensitive powder and lotions to simulate germs with ultraviolet lights to detect “germs” not washed away during hand washing by students. The students then know where to concentrate their efforts in washing their hands.

Laundry products and procedures are additional resources ACI provides. With the front-loading washer movement and changes in detergents this information has become critical for NEAFCS agents to share with consumers for proper cleaning and correct use of equipment to prevent damage to these washers.

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