



Affiliate Annual Report Form

Submit this form to your Regional Director and the
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Fax: (850) 222-3019 Email: djessup@executiveoffice.org

Please return this form by December 31st of each year to your Regional Director and a copy to the National Office.
This report should cover anything that has occurred between January 1 and December 31 of the current year.

State/Territory: Virginia Date: December 10, 2019
Person Completing Form: Sonja Mitchell: VEAFCFS President Phone: (757) 591-4838

What accomplishments/progress has your Affiliate made in the past year? (Consider member resources, awards and recognition, public affairs, etc.)

It is an honor that one of our greatest accomplishments this year is having Karen Munden as the 2019 President of NEAFCS. Ms. Munden is the Senior FCS Extension Agent located in Virginia Beach, VA. She has served on VEAFCFS and NEAFCS for quite some time throughout her career. The Affiliate was excited to be under her leadership this year as she represents the state of Virginia with direction and passion for the FCS program. We also had two Agents win awards this year. Jane Henderson, FCS Agent in Amelia County, VA won the National Distinguished Service Award; and Glenn Sturm, FCS Agent in Gloucester County, VA won first place in the Virginia Community Partnership Award.

Virginia had three FCS programming efforts that were highlighted this year across the state:

1. Preventing Opioid and other Substance Misuse Among Youth
2. Healthy People, Healthy Communities: Impacting the Health Span of Virginia Residents
3. Financial Literacy: Compacity Building for Adults

Preventing Opioid and other Substance Misuse Among Youth

Virginia families and communities are grappling with the impact of opioids and other substance misuse on newborns, children, adults, seniors, in schools, and in communities as a whole. This issue is especially impacting rural, urban and suburban communities across Virginia. Thirteen percent of high school students in Virginia report having misused a prescription medication. The overall mortality rate for prescription opioid overdose in Virginia in 2017 was 7.2% per 100,000 in rural counties, and 5.3% per 100,000 in urban counties; mortality rate for fentanyl and/or heroin overdose was 4.3% per 100,000 in rural counties, and 10.4% per 100,000 in urban counties.

To begin addressing this need across the state, Virginia Cooperative Extension (VCE) formed community teams in Henry/Martinsville and Grayson counties to utilize the PROSPER system. PROSPER (Promoting School-community-university Partnerships to Enhance Resilience) is an evidence-based delivery system that trains educators to deliver sustained, community-based, and scientifically-proven programs for youth and their families. PROSPER connects Cooperative Extension with the public-school system to train educators on prevention programs for youth that effectively work over time. Trained VCE and public-school personnel have begun implementing programs in Henry/Martinsville and Grayson counties to pilot the success of the PROSPER system. Pilot programs targeting middle school students are educating them on anti-drug knowledge, anti-drug attitudes, drug refusal skills, and life skills such as assertiveness, stress management, and self-control skills. These programs seek to enhance students' self-esteem, self-confidence, ability to make positive decisions, and resist peer and social media pressure.

Results from piloting the PROSPER system show positive effects on family strengthening, parenting, youth skill outcomes, and long-term adolescent behavioral outcomes. With more instructors being trained on using the PROSPER system, anticipated results from the pilot program include: Improved youth life skills (e.g., significant improvements in relationships with parents and peer resistance skills); Enhanced parenting skills; Increased family cohesion and well-being; Reduced exposures to substance use; Reduced gateway and illicit substance initiation; Long-term reductions in substance use, (e.g., 40% reduced likelihood of having been drunk by 10th grade); Reduced youth behavior problems,

(e.g., 40% fewer aggressive and destructive behaviors by 10th grade); Long-term effects on school engagement and academic success (e.g., higher GPA); and Reduced lifetime STD rates and substance use in young adults.

Healthy People, Healthy Communities: Impacting the Health Span of Virginia Residents

Lifestyle behaviors, including diet and physical activity, impact the health of all Virginians. Chronic disease and obesity prevention and management are high priority issues nationally and locally; especially with the ongoing challenges of quality care and high healthcare costs. In 2018, more than one in four of Virginia's youth were overweight and obese. More than one in ten Virginian adults had type 2 diabetes. To equip Virginians to live healthy lives, the FCS program has provided a multitude of unbiased, research-based educational strategies to youth, adults, seniors, and families across the state.

Implementing programs such as Balanced Living with Diabetes, the Diabetes Prevention Program, FitEx, Health Rocks!, Lifelong Improvements through Fitness Together (LIFT), Teen Cuisine, and Yoga4Kids has allowed Agents and Extension Specialists to educate Virginians on healthy lifestyles for chronic disease and obesity prevention and management. Health and fitness education has been delivered by 51 agents in the state. These agents were assisted by 239 Master Food Volunteers, and 971 educational partners trained by FCS SNAP-Ed agents. Such programs reached 77,651 Virginians in 2018; we anticipate an even greater number for 2019 as we finalized our end of the year reports.

15,093 youth and counting participated in programs such as Teen Cuisine and Health Rocks! this year through a variety of settings, including 4-H clubs, public schools, and other youth education sites. To support these efforts, Virginia Tech and Virginia State University faculty procured \$127,500 in extramural funding. Virginia's land grant universities have also secured \$5,436,000 to support adult health and fitness education. Such funding has allowed for over 50,000 adults to participate in health and fitness programs conducted by FCS Agents, SNAP-ED Agents, Extension Specialist, and Family Nutrition Program Assistants (FNP).

Health and fitness programs in the state have yielding results such as: 125 participants completed 21,900 miles of walking (or equivalent exercise) and consumed 10,288 cups of fruit/vegetables participating in local FitEx programs. At the start of the program, 22% of participants were meeting physical activity recommendations. By the end of the program, 74% were meeting recommendations. The Teen Cuisine nutrition program reports that 72% of youth indicated that they now pay attention to how much water they drink each day after participating in the program. Fifty-four percent are more attentive to how many sugary drinks they drink each day, 52% pay attention to the amount of fruit they eat each day, while 45% pay attention to the amount of vegetables they eat each day. The Diabetes Prevention program reports that they have educated 41% of African American Virginians and 59% of White Virginians. Program participants have lost an average of five pounds and three percent of body weight engaging in healthy eating techniques and physical activity. Statistics show that a loss of five percent of body weight is associated with a 58% reduction in the risk of moving from prediabetes to diabetes. Program participants continuously get to see such statistics come to life in their personal journeys by creating positive behavior changes towards a healthy lifestyle.

Financial Literacy: Compacity Building for Adults

While the median household income in Virginia (\$66,916) is higher than the median U.S household income (\$56,277) (Census.gov), Virginians take on more debt than the typical U.S. household. Studies have shown Virginia to be among the top ten for highest levels of debt. The 2018 Consumer Financial Literacy Survey revealed 73% of Americans are currently worried about their personal finances. This same survey revealed that 24% reported finding it difficult to reduce debt due to unexpected financial emergencies. 8% of all adults have debts in collection, with Millennials (18-34) having a greater percentage in collection (13%). The well-being of Virginians depends on individual and family financial capacity.

FCS agents in the state collaborated with Master Financial Education Volunteers (MFEVs), Extension Leadership Council (ELC) members, and community volunteers to deliver financial literacy workshops, and one-on-one counseling sessions to Virginia residents. Partnering with community agencies such as the Department of Social Services, Housing and Redevelopment Authority, community colleges, Volunteer Income Tax Assistance Sites, earned income tax sites, correctional facilities, as well as churches and businesses across the state, over 4,000 Virginians have been able to participate in financial literacy education. Real-life simulations such as Reality Store, Kid's Marketplace, and Real Money Real World have educated a multitude of youth in how to budget money, the importance of prioritizing your needs, and has given insight on what their parents/guardians do every month to sustain their families. FCS agents have also provided adult and senior financial education which include How to Make Your Money Stretch Further, Creating a Spending Plan, education on credit reports and scores, Creating a Debt Repayment Plan, First-time Homebuyers Class, First-time Renters Class, identity theft education, insurance education, retirement education, and more.

Four thousand forty adults attended one of 537 sessions led by FCS agents across the state. There was a dramatic increase in planned behavior based on surveys taken before and after the financial literacy programs. A 690% increase in those planning on writing short term financial goals. A 707% increase in those planning on writing a spending and savings plan. A 725% increase in those planning on paying themselves first for savings. A 470% increase in those planning on

having an emergency fund. A 499% increase in those planning on paying down debts. A 443% increase in those planning on reviewing their credit report annually. These programs, whether a one-time workshop or on-going series, have educated Virginians on several methods to take control of the finances they currently have. The programs have targeted residents of all economic backgrounds as Agents recognize that financial status does not determine a person's level of financial literacy. The diversity in the programs allow for in-depth conversations that debunk myths about handling money, credit reports and scores, loans, homebuying, savings/budgeting, and much more.

Overall, the FCS program in Virginia has worked diligently to meet the needs of its residents. We are working even more diligently to highlight our impact and importance in the state. As we continue to accomplish long-term knowledge and behavior change in Virginians, we take pride in influencing residents to use the power of our education to improve the quality of their lives.

What are your Affiliate's goals for the next 12 months?

Our Affiliate goals for the next 12 months are as follows:

- Fill any vacant officer positions on VEAFCFS during the next election.
- Advocate for and assist in filling vacant FCS Agent positions across the state of Virginia.
- Create a marketing plan to highlight more FCS programming in Virginia, showing how FCS programs are relatable and valuable to community agencies assisting families across the state.
- Increase participation in VEAFCFS membership and local conferences through hiring new Agents, increasing seasoned Agent's buy-in, and advocating for more leadership opportunities for FCS Agents within VCE.
- Increase participation of Virginia Agents attending NEAFCS annual conference through clarification of funding assistance provided by VEAFCFS.
- Increase participation of Virginia Agent applying for local and national awards.
- Illustrate strong and supportive FCS presence at the 2020 National Association County Agricultural Agents (NACAA) Conference in Virginia Beach, VA.

What challenges do Cooperative Extension and/or Family & Consumer Sciences pose in your state?

The biggest challenge for the FCS program in Virginia is the several vacancies in FCS we have across the state. There are agent positions that have been vacant for years without a clear direction of when or if these positions will be filled. This challenge has forced FCS, 4-H, and Agriculture agents to cover multiple localities at a time to maintain the need of FCS programming with local government. Agents are simply burned out! In lieu of federal and state funding cutbacks, the FCS program in Virginia is actively seeking new ways to gain buy-in from local governments across Virginia. VCE has established an FCS Programming Task Force made up of State Program Leaders, Specialists, and Agents to assess local and state needs related to FCS subject matter. The resulting work will highlight existing FCS efforts and demonstrate the potential of FCS programming to meet pressing needs of the citizens of the Commonwealth. Further, the team will develop program impact marketing materials and a case statement which can then be used by administrators in seeking funding from various sources; increasing program capacity. We are hopeful that these efforts will increase interest in the FCS program and allow us to fill FCS Agent positions in the state.

To assist NEAFCS in future planning and communication, please list concerns your Affiliate has for the NEAFCS Board to address:

This may exist already, but it would be helpful to have an information session for all new officers that join the local affiliate boards. The officer toolkit is resourceful. However, it would be beneficial to host a national annual webinar or meeting where the NEAFCS Board or regional directors can thoroughly explain the roles of the affiliate officers and answer questions. This may not be the case in every state, however, I've found that many officers are unsure what their exact responsibilities are throughout their term. It becomes especially difficult for affiliates who may not have such an active board to assist each other in understanding their responsibilities. Therefore, if there was an annual webinar or meeting that could address each role of affiliate boards, it may not only encourage productivity in local affiliates, but also increase buy-in to volunteer on the boards.