



IMPACT 2016

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. In Extension, educators collaborate as well as with community partners with healthy family goals to provide opportunities to improve the health status of all residents in local communities.

Nutrition and Health Education

Arizona's *Healthy Living Ambassador* program was comprised of 200 high school students. At school health fairs and community festivals, ambassadors shared information. In **North Carolina**, *Speedway to Healthy* reached 2,633 youth. Students enjoyed in hands-on activities about their body and health.

Live Healthy Live Well educated 4,745 **Ohioans** on nutrition, physical activity and wellness issues. Using social media, email wellness challenges, and lunch and learn lessons they encouraged adoption of healthy lifestyle behaviors. **Arkansas** had 108,931 participants in nutrition education programs.

"My participants changed the snacks they brought after just one class on MyPlate"

~ Instructor in **Arkansas** Family Literacy Program

In **Tennessee**, the *Farmers Market Fresh* program promoted fruits & vegetable consumption to limited resource individuals at 15 markets that accepted SNAP/EBT benefits. Food demonstrations, recipes, & handouts were offered to 339,722 people.

Texas' *Growing and Nourishing Healthy Communities* served 212 low income families in 3 counties where 2,900 pounds of fresh produce was harvested and shared from 18 community gardens built by participants.

Increasing Physical Activity



Georgia launched its Obesity initiative in 2012. *Walk Georgia* provided free on-line tracking and community support to 50,280

participants. This was achieved through 47 events.

To fight chronic conditions in **Tennessee**, adults participated in the *Tennessee Choices for Better Health* program. Participants indicated improvements in diet, physical activity and arthritis symptoms.

In **Texas**, 371 adults joined a weight management program designed to fight obesity entitled *Step up and Scale Down*. 289 surveys indicated an average weight loss of 6.5 pounds.

Child and adult obesity and safe opportunities for active transportation have all been identified as areas of concern in rural eastern **Oregon**. 4,025 students participated in the *Hermiston Walk and Bike to School Day* which created dialogue to address these issues.



Idaho offered *Kick Your Bootcamp* that reached 2,000 adults in 15 programs. Results from participants indicate 64% have lost weight; 75% show an improvement in recovery heart rate.

Raising kids, Eating right, Spending smart



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Through **Oklahoma's Keep Moving – People with Arthritis** program, 275 participants reported a 31% increase in ability to participate in physical activity.

In **Kansas**, 5 agents worked to improve sidewalks, develop trails, install bicycle racks and improve parks; increasing access to safe environments for citizens to be more physically active.

Exercise...lifting is the best antidepressant medicine you will ever find. ~ Pennsylvania Strong Women/Growing Stronger participant

The **Strong Women/Growing Stronger** program in **Pennsylvania** reached 2,952 individuals. Adults improved bone strength, muscle mass, flexibility and agility which allowed seniors to remain independent. At the completion of the **Strong Women™ program**, 107 **Wisconsin** and 424 **Oregon** participants increased strength, balance, mobility and coordination to reduce the chances of falls.

In **Missouri**, **Stay Strong Stay Healthy** and **Advanced Stay Strong Stay Healthy** reached 815 middle-older adults with their strength training programs. 51% of the participants in the advanced program indicated increases in their abilities and health. Missouri's **A Matter of Balance** helped 2309 participants set goals for increasing activity, making changes to reduce fall risks and using basic exercises to increase strength and balance. Results indicated participants had fewer falls and lived independent lives in their own homes.



“Your class is doing awesome for my friend [another participant]. She never would have gone out and walked by herself. It is wonderful. A miracle, really!”

~ Missouri Matter of Balance participant

862 **Kentucky** residents participated in **Stand Up to Falling**. At the conclusion of the program, participants understood how to prevent falls, increase physical activity and planned to make changes at home.

Cancer Prevention and Awareness

The **Sun Safety** program conducted by **Ohio** reached 722 adults through 52 educational classes. Adults were provided information on sun safety to guide lifestyle changes to reduce the risk of skin cancer.

Friend to Friend was developed by **Texas** Extension to encourage underserved and older women in rural Texas to get regular cancer screening tests for early detection. 45 events have reached 2,280 women.

In **Georgia**, the **Cooking for a Lifetime of Cancer Prevention Cooking Schools** shared the same message to 367 participants. Changes related to physical activity and nutrition were also reinforced as factors to reduce the risk of cancer.

Managing Life's Stressors

Michigan Extension Educators addressed managing the issue of stress through **Stress Less with Mindfulness**. Of the 604 participants, 97% reported the ability to identify useful mindfulness tools.

The **Truth and Consequences** program, which is a substance abuse prevention program in **Kentucky**, was presented to 6,616 students. 100% of the youth stated they developed a better understanding and where to access community help.

In **Michigan**, 58 educational programs reached 883 participants in **RELAX: Alternatives to Anger** program. 70% of the adolescent and adult participants reported the ability to remain calm and talk things through.

Partnerships and Collaborative Efforts

Through collaborative efforts, **The Hunger Summit in Idaho** addressed the food insecurity of 15% to 19% of Lemhi County families. With the assistance of the Local Foods Group coalition, this event provided resources to address the issue.

New York's Cornell Extension co-chaired the third **Columbia-Greene Interagency Awareness Day** to help foster collaboration and improve services for 225 frontline health and human services professionals. 69 agencies participated in the networking fair that followed a worksite wellness presentation. A Directory of Programs and Services was created as a reference tool for participants.

The Edgar County Bee Well Coalition was founded with **Illinois** Extension, and community partners to fight obesity. The kick-off activity was a free showing of **Fed Up** at the movie theater with 500 youth and adults attending.

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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; Diabetes Prevention and Management; Financial Management; Food and Nutrition; Food Safety; Healthy Homes and the Environment; Improving Children's Lives; and Protecting our Resources – Family Life.