

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.

Healthy Homes and the Environment

Healthy Home Practices

Pollutants, moisture issues and various hazards in the home can have an effect on your health and on the environment. As a result of educational programming, 182 individuals in **Kentucky**, as well as 172 homeowners in **Minnesota**, reported improved knowledge regarding a healthy home. Individuals developed an action plan to ensure a healthier home with the greatest increase in knowledge of radon testing and allergen reduction.

"I learned how to identify mold, I am going to check the (furnace) filter and invest in a humidity gauge to control mold. I learned how to prevent carbon monoxide at home. I am going to clean and vacuum the carpet often." – Minnesota participant

Asthma, emergency preparation and pest control attracted the greatest interest at an 11-day **Georgia** awareness event reaching 2,587 people using 34 trained volunteers.

Green Cleaning

People spend about 90% of their time indoors where organic pollutants are 2 to 5 times higher. Green cleaning helps reduce exposure to these pollutants. Participants in **Georgia** reported an improved understanding



of green cleaning, and the difference between cleaning and sanitizing. In **Missouri**, 1,694 adults and children learned the importance of possible pollutants and contaminants within the home to reduce their health risks through 25 programs.

Indoor Air Quality and Pollutants

Radon Education - Radon is under-recognized as a health hazard. More than 2,100 radon test kits were distributed in 2017 and 50% were used to test homes through the University of **Georgia**. In programs for school-age children, the students commented that they were excited to put their science knowledge to the test to better understand radon. Radon exposure is the leading cause of lung cancer among nonsmokers. Trained **North Carolina** professionals provided education about radon risks, testing and mitigation, resulting in 200 homes being tested -- with 41% of tested homes having high or precautionary levels of radon.

"I'm so glad that the Extension office provides low cost radon test kits and education about what radon is." – Kansas participant

Home Safe Homes

Oklahoma ranks 3rd for federally declared disasters. Youth who are prepared to respond to emergencies will be less fearful. According to participant surveys, more than 82% of youth knew how to stay safe in their homes and during severe weather.

Home Safe Homes continued ...

Kentucky's Stand Up to Falling teaches ways to reduce the risk of falling to help seniors maintain quality of life; 750 participants reported intent to implement one or more strategies to reduce the risk of falling. These programs have the potential to save an estimated \$18,000 in health care costs per person. **Kentucky** potentially saved \$15,300,000 in Medicare/Medicaid claims.



Conserving Resources and Money

Minnesota's RentWise is an 8-session rental education program offered for individuals to develop independent living skills, vocational skills and social emotional skills to become successful renters.

"We are so glad we took the course. Our lender was impressed we were so well prepared financially and were so knowledgeable. We were able to ask our instructor for more information after the course." – Utah participant

Certified counselors worked with 298 **Michigan** homeowners who were mortgage and tax delinquent. Of households with reported outcomes, 98% were able to keep their current house.

"I came to you scared and worried that I was about to lose my family home... You helped me (go) over my monthly budget; this home that I have grown up in and lived in for 34 years is saved!" – Michigan participant

New Jersey is tackling the emerging issue of food waste starting in school cafeterias. Of the food and beverages served during 60 visits to schools 2,473 pounds were

wasted before the intervention and 2,123 were wasted after the intervention. Overall, 350 pounds of food was saved, which was a 14% reduction in food waste due to this intervention.



New York State Family Economics & Resource Management educators held 36 *Save Energy, Save Dollars* workshops teaching participants how to save money by reducing their home energy consumption.

"As a result of attending "Save Energy, Save Dollars", I will reassess my lighting, refrigerator settings and install a programmable thermostat." – New York participant

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Raising kids. Eating right. Spending smart 

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