



IMPACT 2019

Through Extension programs across the nation, Family and Consumer Sciences 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 Sciences programming. Extension educators collaborate with community partners to improve the health and wellness of all residents in local communities.

Nutrition and Health Education

A food desert in **Florida** has very few resources for neighborhood residents. This year, in partnership with their community center, *FNP* provided a hands-on cooking series for senior citizens. At the end of the series, 56% of participants reported eating more than 1 kind of vegetable in their meals.

In **Minnesota**, the *Crookston Farmers Market Power of Produce Club* focused on improving eating behavior of children, building prosperous communities through markets, and increasing revenue for local produce vendors. Each week, children received a voucher to spend on produce and the market was visited 984 times. In **New Jersey**, 87% of 450 Bayway families have visited the bi-monthly mobile market, 62% have prepared the recipe for their families, 82% requested having their own garden plot, and 65% of housing volunteers helped to provide assistance to build garden beds. All gardens were maintained by 450 low-income housing families in 2018.

"I lost weight because I am eating more fresh vegetables each week." – Bayway, **New Jersey** Resident

In **Alabama**, 9 rural community gardens yielded 2,709 pounds of produce valued at \$3,788 in a 3-month growing season. This equaled 15,111 servings of

vegetables – enough vegetables for 33 adults to meet the USDA daily recommendations for 3 months.

In **California**, the *4-H Student Nutrition Advisory Council* increased access to 4-H programming in Latino communities. **North Carolina** programs focused on communities of faith with *Faithful Families Thriving Communities*, targeted at adopting environmental supports for healthy eating and physical activity. The *Cooking for a Lifetime Cancer Prevention Cooking Schools* empower families in **Georgia** and **Texas** to eat better, move more, and get screened to prevent cancer.

"They pointed out how much I need to change my habits and try to impress upon my family eating and exercise habits." – **Georgia** *Cooking for a Lifetime* participant

Health and Wellness

In **Mississippi**, educators noted a need in Carroll County to educate men because they do not go to doctors' visits as often as they should for screenings. An annual health fair offers various free screenings. In **West Virginia**, health education and chronic disease prevention efforts targeted women to create healthy home environments and make health care decisions.



Raising kids, Eating right, Spending smart



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In **Kentucky**, students participating in the *Healthy Me, Healthy You* program read *Germs Make Me Sick* and discussed ways to prevent the spread of germs. Students practiced the 6 steps of hand washing and acted out how they could prevent the spread of germs. In **Iowa**, 260 participants attended a 4-lesson series designed to improve quality of life related to their social-emotional, financial, and physical wellbeing.

Montana is 1 of only 2 states where youth ages 14 to 18 can receive the *Youth Aware of Mental Health (YAM)* program, which originated in Europe. It helps youth learn mental health awareness, coping skills during stress and crisis, and reaching out. Evaluations indicated that the program has had a meaningful effect in reducing youths' depression and anxiety.

As a result of **Washington** *YA4H* program, 79% of youth learned about healthy food choices, 75% have shared nutrition knowledge with their families, and 75% pay attention to how much water they consume daily.

Increasing Physical Activity

In **Kansas**, *Stay Strong, Stay Healthy* aims to improve the health of older adults. Among 466 participants starting courses, 80% completed them. All participants said their overall health improved, and 70% increased the amount of weight used during exercise. In spring 2018, participants from 12 counties enrolled in the 8-week **Wyoming** *FitEx* program. Participants completed pre- and post-program surveys to assess physical activity levels and fruit/vegetable intake. The 81 participants tracked their physical activity and fruit/vegetables on the *FitEx* website. Participants completed 11,746 miles of walking (or equivalent exercise) and consumed 9,305 cups of fruit/vegetables. At the start of the program, 34% of participants were meeting physical activity recommendations. By the end of the program, 60% were meeting recommendations.

C3 Intervention Programming provided by **Tennessee** FCS Extension Agents impacted 1,844 people, with 61% reporting increased physical activity as a result of participating in the programs.

Disease Prevention and Awareness

One in 10 people in **Illinois** experiences subjective cognitive decline. Extension educators provide brain health programming, which is strengthened through

valuable partnerships. Retrospective evaluations for one program revealed a 68% increase in awareness about how lifestyle choices can contribute to brain health.

In **North Dakota**, Men in the *Healthwise for Guys* program increased their knowledge, knew where to go for accurate nutrition and health information related to skin, colon and prostate cancer, and would share what they learned. About 95% indicated their lifestyle had room for improvement and 96% would recommend the program.

Pennsylvania is battling an opioid epidemic, and 45 evidence-based prevention programs were implemented reaching 4,905 adults and youth. Program participants reported improved family cooperation and problem solving, parent-child relationships, and adolescent peer pressure refusal skills.

More than 15% of **Oklahoma's** population is age 65+ and at greater risk of death from home injury. Of those completing evaluations from the *Arthritis Foundation Exercise Program*, 83% report their health has improved due to participating in the program. In **Michigan**, 432 people attended the 8-lesson series about *Falls Prevention Education*.

"I learned many helpful things: stretches, proper shoes, to pace my walk. I am healthier than before the class."
– **Michigan** *Falls Prevention Education* attendee

Maryland's *Health Insurance Literacy Initiative's* goals are to reduce health insurance confusion and help consumers make the best use of their plans. Certified Extension Educators taught 28 workshops to 204 consumers. All programs increased reported confidence. The first *Health Literacy Summit* in **New Mexico** was attended by more than 20 professionals. Ten participants volunteered to be part of a Leadership Team, joining the 8 founding members.

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