



IMPACT 2020

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

Tennessee conducted multi-level community health programs for limited resource audiences to increase the likelihood of making healthy food choices within limited budgets; programs reached 72,288 individuals. Working with 73 community partners, **Massachusetts** reached 1,483 limited resource individuals. Of those individuals, 78% of the adults reported improvement in food resource management practices with \$4.90 average monthly cost savings in food per family after completing programs. The local food retail environment can have a major impact on the health of inhabitants. Through partnerships, **Alabama** SNAP-Ed was able to increase access and appeal of healthy foods in 7 food retail stores, making 17 improvements, and benefiting 1,589 residents.

In **Minnesota**, *Power of Produce Club Statewide Farmers Market Incentive Program* focused on improving the eating behaviors of children, building prosperous communities through markets, and increasing revenue for local produce vendors. Program increased market attendance and community involvement and support for healthy eating. In **Washington**, following a month-long healthy eating campaign, 68% of participants changed their eating habits.

Health and Wellness

In **California**, a quality of life program promoting healthy lifestyles for senior citizens reached 850 participants in low-income housing sites.

GEM: Get Experience in Mindfulness in **Delaware** provided interactive lessons on stress management. Over 92% of participants planned to adopt new positive stress techniques as a result of program. 85% of participants in **Iowa's** *What about Me? My Wellbeing*, reported they took action or changed behaviors in their life related to participation. In **Michigan** a four-lesson series taught over 1000 participants about anger triggers, ways to calm down, positive problem solving, and effective communication skills.

Tulsa County had the fourth highest opioid prescribing rate in **Oklahoma**. As a result of prevention programs, 82% of participants said they intend to advocate for themselves when they are prescribed opioids for pain management. *Living Well with Chronic Pain* programs aim to combat **Utah's** higher than average opioid prescription rate and overdose death rate.

"Gave me the confidence to be an advocate for myself." - **Utah** *Living Well with Chronic Pain* participant

Raising kids, Eating right, Spending smart



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Increasing Physical Activity

In **Arkansas**, a 12-week intervention program reached over 1,000 participants to tackle physical inactivity in the state.

Declining skeletal muscle is one of the most important causes of functional decline and loss of independence in older adults. As a result of *Strong Bodies* in **Florida**, 71% of participants increased amount of weight lifted in various strength exercises. In **Missouri's** strength training program for older females, 86% of participants improved on lower body strength assessment. Extension agents in **Montana** offer evidence-based strength training programs across the state; participants reduced their chronic pain and increased their stamina. *WI Strong Bodies*, a **Wisconsin** community-based strength training program showed increased strength and improved flexibility among participants.

In **Kentucky**, the 4 month *Walking for Life* program reported 23% of participants being able to walk for 45 minutes and losing weight. **Maine's** indoor walking program incorporates physical activity with nutrition education to improve health. *Walk Across Texas* encourages teams to walk 832 miles in an 8-week period. The program reached 9,713; the potential lifetime economic benefit for participants who completed the program was \$199 million.

"I have lost 80 lbs. since starting the program and getting motivated last year."- **Missouri Stay Strong Stay Healthy** participant

Disease Prevention and Awareness

Healthwise for Guys cancer education programs in **North Dakota** have reached 1,062 participants, who increased their knowledge and were willing to share

what they learned with others.

In **Pennsylvania**, a partnership with the Alzheimer's Association resulted in 332 participants attending programs that significantly increasing their knowledge and intent to change risk factors for dementia. *Brain Health* program participants in **Illinois** reported an 89% increase in awareness and 78% indicated they felt more confident in using strategies learned that support memory.

In **Indiana**, Extension Educators help participants identify and monitor controllable risk factors for heart disease. *Healthy You* offered in **New Mexico** resulted in weight loss, reduced BMI and lower visceral fat numbers for participants. *With Love Your Heart* people in **West Virginia** learned signs of heart disease and ways to prevent the disease.



Photo from Minnesota Power of Produce Club Statewide Farmers Incentive Program

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