



# 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.

## Improving Children's Lives

### Children

According to an **Arizona** Health Department survey, 52% of Arizona's preschool children have experienced dental decay with 40% having untreated dental decay. Sixty-nine programs provided dental education and fluoride to protect 3451 children from dental decay.

In **Georgia**, *Relationship Smarts Plus* 1,737 youth increased knowledge, attitudes, and skills salient to developing healthy romantic relationships.

In **Guam**, the *Life Skills for Teens* program, is to assist teens transition to adulthood, ultimately helping them set career goals and prepare for employment while in school or after graduation from high school. "It really prepares them for "Real World"!

Through participation in LEAP, 1544 **Kentucky** youth were taught correct hand-washing techniques, improved identification of different fruits, vegetables and dairy foods, became more willing to try new foods, and practiced simple exercises, to increase physical activity.

**West Virginia's** Energy Express sites increased reading skills, serving 5082 meals and working with caring adults on reading, writing, art and drama. STEM education in **Mississippi** looks like sewing!

"A great program teaching Stem education and life skills that can lead to career choices." former FCS teacher,

### Daycare Providers/Teachers/School Food Service Staff/Other Professionals

*Fix the Lunch Line*; an **Oregon** project for High School Leadership classes.

Extension coaching with a research tool resulted in a student-led assessment identifying issues and offering solutions. School officials acted, re-arranged the lunchroom, lines shrunk and more students were served!

Participants indicated significant change as a result of **Michigan's** *Early Childhood Development* programs. Before attendance, 59% of participants strongly agreed they understood the importance of actively supporting a child's learning versus 90% after the workshops. Similarly, 43% strongly agreed they were prepared to support learning and growth before the program versus 86% after.

In **Montana's** *All Hands on Deck!* Intergenerational participants decorate cookies and discuss how hands are alike and how they can be used to create great things no matter what their size, or age.

Twenty-three **Idaho** Extension professionals were trained in and provided the 4-H *Yoga for Kids* program for youth. Eighty-nine percent of participants reported "exercising is fun and helps them to relax".

"Your program was sent from heaven. The program made a tremendous difference in the household and in the way we communicate." **Pennsylvania** opioid prevention

Raising kids, Eating right, Spending smart



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Car seat checkup events were conducted in rural areas of **Texas** to educate on proper usage. Extension inspected 1,900 safety seats; the economic benefits are estimated at \$2.9 million.

*Strong Parents, Stable Children* is an interactive, strengths-based 4-hour workshop, in **Utah**, designed to provide an overview of the five Protective Factors professionals can use with families.

"There are better ways to handle challenges that can build more trust with my kids, and Family is worth the extra work." **Indiana's** Strengthening Families Program participant

Active Parenting First Five Years, in **Oklahoma**, "I used to spank my kids, but I learned a new method through the Active Parenting program. I wish I would have learned it sooner!"

## Parents/Grandparents/Families

Since 2014, 8,986 children in 26 **North Dakota** counties have participated in *On the Move Junior*, a 5-week nutrition curriculum for 2nd graders. Among parents,

80% read the weekly newsletter and reported that children requested healthful snacks (48%) and tried new foods (46%).

*Eat Smart Idaho* worked with 43 partners to launch a statewide healthy lifestyle messaging campaign targeted to parents and care providers of young children. Print and digital promotional materials were developed in English and Spanish reaching over 400,000 people!

"I just wanted to compliment you on your Facebook live series...I learned a lot, professionally, and as a parent. I think it is a great way to communicate." - Father of 2  
**Wisconsin Just in Time Parenting**

### Co-Parenting Text Messages

Each year, more than 1100 **Wisconsin** parents attend UW Division of Extension co-parenting programs. Sixty percent of participants request supplemental co-parenting education via text messages and 95% indicated they learned a new parenting skill as a result of the texts.

"Finding unique ways to reach out to our families is crucial; the texting project offers support to a high volume of parents quickly." Family Court Services partner

"I appreciate this class so much. This is what I needed to break the cycle in my family history of negativity. I want my child to grow up in a more positive environment, and this helps a lot." Resilient Mothers, Resilient Children (military families, Native American and Spanish-speaking audiences) in New Mexico

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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. NEAFCS is an equal opportunity/affirmative action association. NEAFCS values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of race, color, gender, age, religion, national origin, disability, veteran status, or sexual orientation. Membership is not by invitation. (Strategic Plan 1993-97)