



IMPACT 2021

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.

Protecting Our Resources – Family Life

Family Life continues to be a struggle for many American families. They have limited resources of time, money and energy. Extension Family and Consumer Sciences (FCS) educators have developed and delivered numerous programs that strengthen family life.

Parenting & Relationship Education

Oklahoma offered 264 *Co-Parenting for Resilience* series with 1,302 participants. This program is important, because their state ranks second in the nation for divorce. At the end of this program participants indicated they were 81% more likely to approach co-parenting jointly. **Ohio** offered *Successful Co-Parenting* to 220 participants with 93% indicating they learned new information, most reported to be more prepared to co-parent. **Utah** has provided *Relationship Conference and Educational* programming reaching 13,816 participants through 295 series statewide. Through a *Women's Conference* 285 participants attended and in a follow-up survey 98% of the participants indicated they felt more committed to their marriages after the conference attendance. Through a *Marriage Conference* **Utah** reached 775 participants.

Kansas provided *Powerful Tools for Caregivers* that was a research-based curriculum. This program helped 31 caregivers with tools for stress relief, problem solving communication, and accessing community resources.

North Dakota implemented a web-based program *The Family Table* with 14,299 engaged participants through social media and 274,746 views overall. After participation in the program 85% of families reported eating together, 82% reported reading the newsletter and 13% reported an increase in whole-grain consumption. **West Virginia** implemented 29 series reaching 916 participants through the *Family and Community Development Wellness Activities* as a response to COVID-19 the program delivered a focus on self-care and innovative teaching.

Missouri *Taking Care of Yourself* which is an integrated research-based principles and techniques that emphasis on mindfulness through the programming 300 participants were reached.

Montana implemented *Montana Kinship Navigators Program* to help participants maintain healthy eating habits and self-care practices through the pandemic. This was completed through 10-minute spotlights.

"The USU fathering courses helped me realize I had unresolved with my own father. I will take that pain from my experience of having an absent father and broken home. Being sure my boys do not go through that trauma." Says a Utah State Fatherhood Education Participant

Raising kids. Eating right. Spending smart



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Mental Health

Iowa offered *Stress on the Farm: Strategies to Help Each Other* to 4,376 participants. Out of the participants 409 participants which is 86% agreed they were able to recognize risk factors and warning signs of someone is distressed or potential suicidal. Then 79% agreed they were more willing to engage with someone who is distressed or potentially suicidal.

“How can you put a value on preventing the suicide of loved one?” Says a participant from Stress on the Farm: Strategies to Help Each Other

Arkansas provided an *Arkansas Extension Homemakers Council: Learning, Leading and Lending a Hand* reaching 13,241 participants through 95 programs. This program was a response to COVID-19 and the initial shortage of personal protective equipment, EHC members made and donated 57,387 cloth face masks to essential workers, hospitals, pharmacies, cancer patients, nursing homes and schools.

Illinois Extension facilitated 135 brain health programs directly reaching 3107 participants. They also delivered brain health education by indirect means through news articles, social media posts, the *Extending Wellness* texting program, radio interviews, podcasts and articles included in the *Bathroom Buzz* newsletter, for a total reach of 317,501.

“Try to realize my feelings are normal, reduce guilt, step back and put myself in the care receiver’s shoes.” Illinois Participant

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)

Healthy Aging

Illinois offered the 6-week webinar series, *Discover Caregiving Relationships* to 321 participants of whom 96% ranked the series high/very high in terms of education, motivation and/or support they received from the presentations.

Kansas has reached 56 participants through 112 program series, through *Stay Strong Stay Health*. This program provides older adults with safe structure and effective exercise capable of building muscle and increasing bone density. At three months follow up, 80% reported strength and flexibility improvement and indicating better sleep. One participated said, “I can start the pull lawnmower now, when before I could not, I just feel better. I am physically and mentally more comfortable in all activities, including walking with more confidence!”

Kansas offered *Gray for the Day* to 612 participants with 15 programs statewide. This program relates challenge that are faced by our elderly population. The participants say they would improve their lifestyles and make changes. There were 86% youth and 89% adults’ participants.



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