



IMPACT 2023

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

A combined total of 1,869,722 adults and youth participated in wellness programs through Family & Consumer Sciences Extension programs.

In **North Dakota**, 2,600 men attended *Healthwise for Guys*. North Dakota men have a higher rate of skin, colon, and prostate cancer than the national average. Following the program, 74% indicated they plan to do skin self-checks.

Florida Extension's Rural Health Equity program is a community-responsive program focused on mitigating the impact of COVID-19 in rural, minoritized communities. Over 70,000 participants were reached through social/print media, outreach, education, and established 51 community partnerships.

Drink Water, Georgia! is a statewide social marketing campaign from UGA SNAP-Ed to promote healthy beverage choices and consumption. Evaluation results revealed 90% of participants exposed to the campaign intended to drink more water. A total of 10,020 time-sensitive text messages sent with healthy beverages tips with over 1.7 million **Georgians** receiving the information.

As food shelves faced an unprecedented 25% increase in visits alongside rising food costs, *SuperShelf* partnerships helped support 30 sites transition to people-centered, health-minded spaces by leveraging resources including \$45,000 in donations, grants, and volunteer hours. A total of 20,488 individuals in **Minnesota** participated in the program.



"SuperShelf has impacted our organization in a very positive way. Client feedback shows those we serve feel welcomed and heard. Our community is happy to support our organization as we emphasize health and nutrition. It's been a win for the community."

In **Arizona**, tooth decay remains children's most common chronic disease and is one of their greatest unmet health needs in the United States. Pinal *First Smiles* program provided screenings/referrals to preschool children, fluoride varnishing teeth, and improved oral health literacy of families. In 2022, 5,513 children participated in *First Smiles*.

Happy Hacks for Improved Well Being is an eight-week email series offered in **Illinois** to show the importance of positivity in well-being. The 335 participants reflected; an overall improvement compared to the start of the program.



Physical Activity

With only 18% of **Alabama** adults meeting physical activity requirement, *Move Alabama*, provided 3,700 individuals the opportunity to participate in an 8-week

family activity challenge which included a social media component. Participants were led through 20 challenges, including unique, local opportunities for physical activity.

In **Kentucky**, 110 adults participated in *Bingocize*. This 10-week program combines Bingo with exercise and nutrition education. Throughout the program participants began with light exercises that increased in time and difficulty. All participants stated they intended to move more and use the exercises they learned.



Extension Get Fit, a community-based strength training program, targets midlife and older individuals in **Arkansas**. Based on research, *Get Fit* is designed to improve strength, balance, flexibility, reduce fall risks, maintain independence, increase energy, manage weight, and decrease pain. *Extension Get Fit* provided education to 792 Arkansans. A participant reflected *“Get Fit helped me recover from a shoulder injury as a result of a car accident. I know that I would not still be moving if it weren't for Get Fit”*.

WINter Well in **Montana** reached residents on the importance of staying healthy during the winter months. Participants reported increased outdoor activity and overall muscle strength.

Mental Health

Mental Health First Aid programs were conducted in several states. In **Iowa**, the *Mental Health First Aid Can Improve Suicide Prevention Efforts* reached 534

individuals. Iowa's adults and youth have high rates of mental health concerns. Participants (70%) agreed they were more confident asking if someone is considering suicide and stated it is easy to refer someone experiencing a mental health challenge to professionals. One participant stated *“My brother died from suicide a year ago and even though this course was very hard to sit through, I know that it could help me to prevent someone else from going through that”*.

In **Missouri**, educators provided a total value of \$145,860 of behavioral and mental health programs with 858 participating. In **Pennsylvania**, 669 participants practiced skills to assist someone who needs emotional support and practical help. In **Georgia**, 247 adults were trained on how to help adolescents experiencing mental health challenges.

Iowa Universal Precautions for Iowa Childhood and School-age Professionals participants safeguard the health and safety of 500,000 children annually by learning ways to create a clean and safe workplace, prevent the risk of infection, and take action to protect themselves and others from disease. A total of 15,801 childcare professionals received training in 2022.

Indiana and Maine FCS professionals targeted the farming community with information on chronic stress increasing the risk of depression, anxiety and suicide. Over 600 families were reached with coping strategies and how to reach out for help. One Indiana farmer relayed *“I now listen to podcasts while in the tractor and am more aware of how to improve my mental health.”*

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Raising kids, Eating right, Spending smart



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