



IMPACT 2024

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

Who takes care of our caregivers? Many states have provided programming to equip those who care for others. **Colorado's DAWN Project**, **Maryland's Alzheimer's Disease and Related Dementia Caregiver Program**, and **Idaho's Dementia Friends** informed 181 total participants about caring for loved ones with dementia and making communities friendlier for those who live with the disease.

Kentucky's health and wellness programs, *Bingocize*, walking programs, and others promote long-term behavior change by creating an environment that supports health within the community. Of those reporting, 11,190 participants reported adopting physical activity practices. **Minnesota's** 17 various health and wellness webinars, with all reports stating that they would recommend the programs to a friend. **North Carolina's** general wellness programs reached 741 and wellness guidance information reached 631,519 on social media!

"I was able to come off of 3 medicines because of the motivation to log my steps." - Kentucky participant



There are 9,019 smiling faces in **Arizona** who have participated in *First Smiles Arizona!* Working with 87 community partners, screenings, referrals, fluoride treatments and education were provided.

New Jersey's Work Well-Workforce Wellness Initiative reached 67 employees with 95% reporting positive changes for a healthier lifestyle.

Heart disease has been the leading cause of death in the US since 1950. **Indiana** and **Kansas** are fighting the battle by reaching 252 and 44 respectively with information on management and prevention.

Over 21% of US adults have arthritis. **Oregon's Walk with Ease**, **Oklahoma's AA Exercise Program**, **New Mexico's Walk with Ease**, reached a total of 199 and **Michigan's Tai Chi for Arthritis and Fall Prevention** reached 1499 to provide evidenced-based skills to manage pain from arthritis. Montana offered similar community programs.



With a 47% expected increase of Americans aged 65+ over the next thirty years, there is an increased focus on aging well. Many states have answered this call! **Indiana's Train Your Brain**, **New Mexico's Strong Seniors Strong Bones**, **Kansas's Keys to Embracing Aging**, and **Virginia's** newsletter *Buzz, Body, & Bites* each provide relevant information to our aging adults to improve overall health and wellness!

Wisconsin's Strong Bodies is a strength training program for aging adults that reached 10,000 participants!

Missouri's Stay Strong Stay Healthy helped 920 participants to maintain independence.

"I never thought to take into consideration what my brain needs to be healthy." - Indiana participant



"This class has not only helped me build up the muscles I lost but also gave me some of my confidence back."

Florida and **Louisiana** impacted change while making communities safer! **Florida's Complete Streets Policy** helped develop policy that improved the safety of bicyclists and **Louisiana** was involved with making a Facen Park in West Monroe a safer place.

Substance use was addressed in many ways, including **Utah's** Narcan trainings reaching over 600 participants and **West Virginia's Training for Addiction Impact NOW** program reached 859, reporting an increase in knowledge and reduction in stigma related to addiction.

The amount of stress faced by our farmers and their families is staggering. Farm stress programs have offered help to those who provide so much for all of us! **Utah's Ag Wellness** reached 279 with information to manage stress. In **Maine**, 300 farmers/farm workers participated in the *Farm Wellness* program to receive information and \$500 towards services to improve well-being.

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)

Daily stress affects our well-being! 212 **Illinois** Municipal Retirement Fund members attended Illinois's *Happy Hacks for More Positivity and Improved Well-Being* with 84% reporting they were likely to use the resources. 941 **Michigan** participants learned about stress management activities through the *Stress Less with Mindfulness* programs.

Arkansas and **Pennsylvania** featured *Walk Across Arkansas* and *Walk across Pennsylvania* that reached over 2,400 participants with 70.5% of Arkansas participants reporting improved health and 44% of Pennsylvania participants reporting weight loss.

Texas's combined physical activity programs attracted 13,100 participants with lifetime economic benefits estimated at \$64.6 million.

Ohio and **Oregon** promoted mental health and wellness through *Ohio's Mental Health First Aid*, reaching 373 with training to recognize, understand, and respond to mental illnesses and *Oregon's Suicide* prevention curriculum, reaching over 100 seventh to twelfth graders.

1,600 meals have been provided through **Idaho's Salman Idaho Community Dinner Table**, communal meal program that has been in place since 2017 providing a sense of community.

"It has helped me to be more social and put myself out to enjoy neighbors and new friends."

Minnesota's SuperShelf Newsletter reaches 166, reporting information related to food access.

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Raising kids, Eating right, Spending smart

