



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.

Food and Nutrition

Extension Family and Consumer Sciences education reached over 17 ½ million people through nutrition and food preparation information and programming. These services impact the health and quality of life of individuals and families for current and future generations.

Extension Family and Consumer Science programs work to ensure participants gain knowledge and skills to select, purchase, plan and prepare healthy meals and to support access to local and nourishing foods in the communities they serve. This report highlights many of these efforts around the country. Proper nutrition is necessary for children's growth and development. A healthy diet helps adults live longer with a lower risk of chronic diseases, such as Type 2 diabetes, heart disease and certain cancers, and avoid costly complications from such conditions.

Fruits & Vegetables



"This (Seed to Supper) class was a great way for me to learn the basics of vegetable gardening."

Oregon educators developed a Seed to Supper vegetable gardening curriculum and resource manual.

Alabama ranks among states with the lowest intake of fruits and vegetables. Extension partnered with 38 schools and organizations to help establish and sustain school and community gardens reaching 10,640 individuals with fresh grown produce.

Nutrition & Wellness

FCS Agents in **North Carolina** reached nearly 28,000 residents, helping them reduce sugar/salt intake and increase intake of healthy foods. One individual touched by Extension programming reports.

"I've lost 65 lbs. What I learned in class feels like a natural and normal way of eating and has worked for me."

Maryland's *Fresh Conversations* series was implemented statewide in 23 senior centers with participants significantly improving self-efficacy and intention to make healthy lifestyle changes.

Innovative efforts by **Minnesota** and **Ohio** educators reach participants through 10 webinars (to educate 853 hard-to-reach residents) on key nutrition-related topics and a virtual 6-week wellness challenge incorporating weekly emails and webinars, with (with 86% of participants learning new information).

90% of *Healthy You* participants in **Colorado** increased their mindfulness while 80% increased confidence in their cooking skills.

"After struggling with food for 18 years, I feel more confident in how to eat for my body."

Youth

Mississippi youth increased their fruit/vegetable consumption, kitchen safety and knife skills and physical

activity after being a part of *Fun with Food* program offered by FCS educators.

Fulton Fresh Kids Day Camp gave 4th-6th graders in **Georgia** exposure to new vegetables through the Fear Factor Challenge and provided the opportunity to learn about healthy eating and cooking.

Heart Health

Heart disease is the leading cause of death in the United States and FCS educators have reached many with educational programs to lower their risk of heart disease.

Over 9,000 **Arkansas** adults were reached through *ReNew You and Reshape Yourself without Shame* nutrition and other weight loss programs.

Delaware's *Simple Cooking with Heart* has had significant impact in participants' preparation and intake of heart-healthy meals through virtual and live cooking classes.

Med vs Meds trained **Florida** residents in the health benefits of a Mediterranean-style diet and helped them implement dietary and behavior changes to improve their heart health.

Meal Planning/Cooking Skills

Montana's *Meals in Minutes* provided students hands-on experience using electric pressure cookers.

Eat More Fish is a **Virginia** Cooperative Extension webinar series teaching participants how to prepare seafood safely and deliciously and how seafood consumption benefits health and the Virginia economy.

Seniors in **Oklahoma** learned how to maintain a healthy and independent life through *Journey Through Health* with the majority of participants increasing their ability to build a healthy plate and use appropriate portions.

Idaho seniors are eating out less and cooking more at home and saving money on food costs in response to *Healthy Meals for Busy Families*.

Cooking Matters impacted over 750 **Missouri** residents with nutrition education and hands-on cooking experiences. Some class participants reported reduced need for medication as a result.

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)

EFNEP and Food Security/Access

Low income EFNEP participants in **Maine** are planning meals, using a shopping list, eating more vegetables, consuming less sugar-sweetened beverages, and exercising more.

Over 90% of **California's** *Eating Smart Being Active* curriculum participants improved food resource management and diet quality.

Texas's *Better Living Texas* Extension program has reached more than 67,000 participants with knowledge, skills, and behaviors necessary for nutritionally sound diets and improved family nutrition with economic benefits of \$25.5 million.

Kansas FCS educators *Changing Communities for Sustainable Impact* efforts secured \$141,500 to address food insecurity and \$2,772,008 in funding to increase access to childcare in communities throughout the state.

Cook Wild Kentucky utilized over 15,000 lbs. of locally sourced wild-game meat to address food insecurity and to promote sustain food practices to over 4,100 **Kentucky** residents.

Arizona educators were part of the success of *Building Healthy Communities* which trained community leaders and built necessary infrastructures to provide over 54,000 lbs. of fresh produce and other foods to those in need.

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Raising kids, Eating right, Spending smart

