



# Program Reports 2005

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## National Extension Association of Family & Consumer Science



Raising Kids  
Eating Right  
Spending Smart

[www.learningandlivingwell.org](http://www.learningandlivingwell.org)

**Through Extension programs across the nation, Family and Consumer Science educators provide a multitude of educational opportunities to meet the needs of diverse audiences.**

### *Raising Kids*

In the United States, nearly 6 million children live in a household headed by grandparents or other relative. To address their needs, **New York, West Virginia, Idaho, Arizona, Colorado** and **Michigan** developed resources and programs on discipline, transitions, legal concerns, and rebuilding families. **Idaho** resources assisted in legislation being passed to help grandparents. **Colorado** and **Arizona** formed kinship caregiver support groups with 1537 participants. In **New York**, 95% of families reported being more informed about age appropriate behaviors and felt more positive in their parenting role.

Parent education for divorcing parents was presented through Focus on Kids in **Missouri** serving 3,000 families which reduced the need for costly professional services. **Ohio** programs helped children in stepfamilies understand and work through feelings.

BEE in **Alabama** enhanced school readiness in underserved populations. Language skills increased 15%, behaviors improved 18%, and 20% of parents were more motivated to help children learn.

61% of the 5264 attending parenting education classes in **North Carolina** adopted new practices for motivating and guiding children. 92% of **Georgia** parents improved parenting skills. 2100 families in the **Arizona** Pinal Parent Project reported using one new parenting skill. 94% of parents attending workshops on brain development presented in **Arizona**

and **Georgia** understood the importance of early brain stimulation. **Iowa** provided parenting via satellite conferences which were available throughout the United States.

**Arizona** and **Colorado** taught prison inmates parenting skills for reunification with children and to break the cycle of destructive behavior. Evaluation showed an increase in communication, discipline, self-esteem and responsibility.

**West Virginia, Colorado, and Michigan** developed newsletters for parents to gain knowledge about raising children and adopt new parenting practices.

79% of the 6186 child care providers trained in **North Carolina** increased their knowledge about providing a safe and healthy environment for children. In **Georgia**, 98% of the 19,168 providers trained reported increased skills.

### *Eating Right*

Diabetes affects 17 million Americans with annual health care costs estimated at \$200 billion. Dining with Diabetes (DWD) is presented in **Arizona, Colorado, Illinois, West Virginia, Missouri, and Idaho**. 91% of **Missouri** participants reported being confident in preparing healthy meals. **Arizona** participants reported a weight loss and reduced blood glucose levels and 60% made dietary changes. 87% of **Colorado** participants reported meal planning was easier after DWD. In **Idaho**, 80% adopted the Plate Method for meal planning.

**Florida** provided Take Charge of Your Diabetes with 100% of participants reducing their A1c. 61% of **Colorado** participants in monthly Success Groups reported a decrease of A1c. (*One point decrease in A1c can reduce heart disease risk by 35%*). Healthy Living A to Z in **Oklahoma** targeted diabetes and related health risks. In **Texas**, 736 participants completing Do Well, Be Well with Diabetes showed a reduction in blood glucose levels. 89% of Right Bite participants in **Georgia** reported improving skills to manage diabetes.

**Pennsylvania** provided osteoporosis prevention education via television broadcast. Evaluation showed participants made behavioral changes of comparing calcium in foods, identifying effective calcium supplements, and eating more calcium-rich foods. Bone Builders in **Arizona** formed community collaborations to reach over 1 million with osteoporosis education.

Senior nutrition was provided in **Vermont** through computer lessons. **Idaho** reached 152 seniors with nutrition education through 1225 home-based lessons. In **Georgia**, 93% of seniors reported learning healthy nutrition and meal planning concepts.

In **Colorado**, 100% of ServSafe participants adopted a new food safety practice. **Nebraska** trained 3000 food service workers in food safety practices. **Georgia** trained 3060 in ServSafe with 95% improving knowledge. **Missouri** reported soap consumption in school restrooms increased by 50% after education programs on hand washing. In **Arizona**, 84% attending Safe Food Conferences reported using information in current job skills.

Nutrition for limited resource families is presented through Extension. 94% of **Wyoming** and **West Virginia** participants made changes in eating behaviors. **West Virginia** participants saved \$4 per month on food. Idaho provided 370,937 contacts with educational information. In **Missouri**, 220,000 participated in hands-on interactive nutrition education. 76% of the 68,563 participants in **Ohio** made a behavior change in nutrition and food preparation.

### ***Spending Smart***

Extension assists limited income households to improve money management skills. In **New York**, 80% of participants completing Power Partners now pay bills in full and on time. Other states with money management programs for limited income families are **Illinois** with Your Money and Your Life, **Indiana** teaches Making Your Money Work, and **Idaho** presents workshops on Dollar Decision\$.

Family Life Skills in **New Hampshire** educated 2400 participants on competencies for employment with 41% now employed. In **Georgia**, 88% of participants in Surviving Tough Times gained skills to manage a period of unemployment. **Missouri** and **Georgia** assisted low-income families with tax preparation, saving them over \$1.5 million in tax preparation fees and from using tax refund anticipation loans.

Extension provides money management skills to youth and teenagers. In **California**, 29% of teenage participants increased their knowledge. Nearly 1000 students completed Welcome to the Real World in **Idaho** and **Illinois** with 84% of Illinois students reporting they will use information learned. 85% of those completing Credit Wise Cats in Arizona demonstrated an increase in financial knowledge and behavior. Credit Card Blues in **Nebraska** prepared 700 seniors for managing credit before going to college or entering the workforce. **Wisconsin** provided Youth Money Smart College and **West Virginia** presented High School Financial Planning.

Over 300 participants in **Oregon** learned about Using Medicines Wisely and as a result of the program were more prepared to ask a doctor or pharmacist questions, read instructions closely, and be aware of drug and food interactions.

In **Illinois**, 688 participants learned about long term health care insurance with 44% reporting the seminar helped them make a decision about purchasing insurance.

### ***Living Well***

To promote healthy lifestyles, Extension has implemented activity programs to increase strength and walking. Strong Women programs were provided in **Arkansas, Kansas** and **Colorado**. In **Arkansas**, 100 participants and 30 volunteers improved strength, flexibility and balance.

In **Kentucky**, 1200 individuals reported 327,212 PAMs (*Personal Activity Miles*) which resulted in weight loss and lowered hypertension. In **Texas**, 4,073 participated in Walk Across Texas and 50% reported improved health and well being. In **Nebraska**, 345 participants in Wise Women increased physical activity. **Georgia** had 727 participants in Walk-A-Weigh with 86% indicating they gained skills to address overweight issues. **Illinois** provided Healthy Moves for Healthy Children.

To address an emerging issue related to disclosure when selling a home, **Alabama, Colorado, Illinois**, and **Georgia** provided radon education. In Alabama, 7647 homes were tested. **Illinois** established an informational web site, and 94% of participants in **Georgia** programs plan to test their homes.