

Southern Region Fast FACS!

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The first quarter of 2022 has begun with a stellar start for programming in the Southern Region! We are invigorated and helping our clients to modify behavior and impact their lives for the better. Here are a few Fast FACS from around the South:

Louisiana is providing education through The Vivian Family Dinner Nights program. This program was designed to provide families with nutrition lessons, skill building lessons for parents, and hands-on innovative activities for youth. This four-week series provided families with handouts and nutrition education incentive items provided by EFNEP staff. Door prizes and meals were funded by the National Recreation and Park Association (NRPA) Nutrition Hub grant awarded to the Town of Vivian.

Alabama is changing lives through The Walking Like a CHAMPION Program. This is an on-going statewide program that addresses Alabama's continuing challenges with obesity (39%) and physical inactivity (29%). Interactive nutrition and physical activity lessons are offered through social media, Zoom, and face-to-face. For two years, over 7000 virtual and face-to-face participants have engaged in the program.

Kentucky is mobilizing to do service projects helping families all across Central KY in impactful ways! The KY Affiliate also unveiled a custom KEAFCS logo featuring the colors of both representative universities and they plan to use it for marketing the association. February saw most FCS extension agents across the state in training on new curriculums and USDA updates.

Texas is empowering members of their community to take the matter of their health into their own hands by teaching them how to eat better, be more physically active and effectively work with their health care providers. Through Extension Programs, agents are implementing educational health and wellness programs such as; Cooking Well with Diabetes; Strong People, Strong Bodies; Step Up, Scale Down; and Walk Across Texas.

North Carolina is busy working hard to plan the 2022 Annual Session which will be held in Raleigh, NC. We hope you will join us September 12-15 as we take flight to reach new heights.