



IMPACT 2016

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

Improving Children's Lives

Extension Educators from all over the United States are impacting the lives of children and their families in numerous ways. Across the country, Extension is changing the lives of families! Extension has offered thousands of programs to over 200,000 participants (parents, teachers and childcare professionals) with hundreds of different community partners, all devoted to the mission of improving children's lives. Studies have shown that time and resources spent on early childhood development are instrumental in producing well-rounded children who are ready to face the challenges of school and are more likely to become successful adults.

Lead Poisoning Prevention

Lead Poisoning is considered to be the #1 threat to America's children. It's associated with serious health problems, the most devastating being irreversible brain damage. **Tennessee** has responded to this problem by offering a lead surveillance database which recorded 90,982 lead screenings and identified 425 children with elevated levels. The percentage of children identified with elevated blood levels has decreased from 5.4% in 2010 to 2.5% in 2014.

Child Care and Preschool Enhancement

In **California**, the *Grow, Go, Glow* program focuses on exposing young children to healthy lifestyles and food choices in a 6-lesson series to help them form eating and lifestyle habits that may last a lifetime. There were 6,575 young children in this program!

"To sustain preschool wellness practices, we changed the culture of teachers and staff around healthy beliefs and eating habits." ~ California community partner

Iowa's team designed eleven childcare provider workshops that are DHS approved and listed on the state's training registry, providing continuing education hours for participants.



Indiana offered *Block Party* training as a means to educate childcare staff in the importance of using building blocks to help children develop skills in science, math, language, social and problem solving.

"Asking more open-ended questions about the "structure" that was built to enhance their vocabulary and understanding relationships was excellent!" ~ Indiana participant

Illinois offered a webinar series for parents and childcare professionals. After participating, childcare providers increased their knowledge of child development, utilized new strategies in their programs, and improved their quality of care.

Tennessee Extension agents trained 313 childcare professionals and 286 parents to create and sustain safer, more healthful environments.

Raising kids, Eating right, Spending smart



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Missouri aims to advance child care providers' knowledge and skill in caring for and educating children. *Building Better Child Care* workshops center on child care provider workforce preparation, children's school readiness and the socialization of children's health, nutrition, and physical activity. Over 1000 early childcare professionals benefited from this program.

Texas also offers both online and in-person training to thousands of childcare staff.

Healthy Living, Healthy Relationships

43% of youth in Prairie County, **Arkansas**, are considered overweight or obese. Extension has reached over 39% of children ages 5-19 with the *Healthy Choices, Healthy Kids* program.



Relationship Smarts, the 6- to 8-week program that teaches youth conflict management, interpersonal skills, social support skills, dating violence awareness, communication skills, and financial management benefited almost 4000 **Alabama** youth.

One **Oregon** county partnered with the local Mercy Foundation's Healthy Kid Outreach Partnership to offer nutrition education and cooking skills to all schools, equally, funding 2 additional staff.

Texas Extension Educators partnered with schools and Municipal Court to raise awareness of alcohol abuse for 20,600 participants at 168 events.

"I appreciate (your pilot program) and am very happy you had this program available for our defendants. Anytime you want to allow us to work with you on this program or others, please let me know..." ~ **Texas** judge

Parenting Support

Georgia believes in *Better Brains for Babies*, a statewide initiative to increase awareness of early brain development and prepare parents and professionals to provide sensitive care that supports healthy brain development. Brain connections made during early childhood are important because they form the foundation for later development.

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.

Co-Parenting for Successful Kids in **Nebraska** meets court-mandated requirements for parents who are divorcing, seeking custody modification, or never married and seeking custody. After taking the class, 95% of the 1,879 parent participants understood how to develop a child-focused co-parenting plan.

"I hope to use the 'I statements' more than the 'you statements' with my x-wife. Getting angry and playing the blame game does nobody any good — especially for my kids." ~ **Nebraska** parent

Oklahoma ranks third nationally for number of divorces. Divorce increases the risk of negative outcomes in youth. 96% of participants in the *Co-Parenting for Resilience* program said they learned new ways to be an effective parent during and after the divorce.

Thousands of **Michigan** residents benefit from a wide array of programs aimed at improving children's lives such as *Parent Nurturing, Bullying, Language Development and Early Emotional Skills*.

"I learned about understanding mine and my child's temperament and parenting styles. A big thing for me was to see that I need to try to lead by examples and listen to feelings and emotions expressed by my child." ~ **Michigan** parent

In **Arizona**, participants in *Brain Builders for Life* received 16 hours of training to better understand how infant and toddler experiences influence brain development. With improved caregiving practices, providers learned to create developmentally appropriate environments conducive to learning. Surveys showed a 90% increase in knowledge.

Thanks to Extension, **Kansas** has *Brainy Babies!*

"As a parent of three young children, I...appreciate a program that focuses on little ones, builds literacy, and builds relationships. An unexpected benefit is that I've also made new mom friends through story time, which is good for me as a mom and helps kids socialize, too." ~ **Kansas** mom

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