



# IMPACT 2017

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.

## Improving Children's Lives

From Georgia to North Dakota, Extension is changing the lives of families! 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.

### Young Children



The *Child Passenger Safety* project works to reduce deaths and injuries from motor vehicle crashes by increasing the correct use of child restraints and safety belts. Projects were offered 61 times by 45 community partners benefiting the safety of 2,227 young **Texas** children.

*"We are excited about the partnership we have with Texas A&M AgriLife Extension Service. Assisting families with the most precious cargo is both rewarding and a passion." ~ Texas Fireman, Michael Self*

In **Kentucky**, 27% of children aged 19-35 months do not receive all immunizations. Improving children's lives through preventative health practices, enabled 10,673 people to receive health screenings, immunizations, well-baby care, and other preventative health practices.

### Tweens and Teens

In **Kentucky**, drug overdose deaths exceed motor vehicle mortality rates. The *Truth and Consequences* program had 10,594 participants. Surveys showed 87% had a better understanding of the legal consequences of substance use and abuse and 85% demonstrated a better understanding of the emotional consequences.

In *Reality for Teens*, **Oklahoma** rural youth learn about issues such as human trafficking, self-defense, and drunk driving. Evaluation data show the (drunken) goggles hands-on activity and victim's panel had a strong impact on future decisions.

*"The self-defense really has me realizing what I need to do before college and the human trafficking and victim's impact panel made me realize what is going on around me." ~ Oklahoma Reality for Teens participants*

**Kansas** Extension provides relationship education to youth. *Safe Dates* aims to stop dating violence before it ever starts. *Relationship Smarts* teaches youth conflict management, interpersonal skills, and communication skills.

*"I think every high school student needs this education. I see a lot of my friends get into unhealthy relationships, now I know the warning signs." ~ Kansas Relationship Smarts participant*

*Watch UR BAC*, a **Texas** alcohol awareness program, provided programming to 59,903 youth.

**Arkansas** is increasing access to physical activity for more than 73,000 participants. The *4-H Yoga for Kids* program is improving health for Arkansas youth during the school day and after school hours.

Belonging and leadership is important in behavioral development of teens. Through *Teen Councils*, 7965 **Utah** youth are taught personal and relationship skills necessary to be successful in relationships and gives them leadership opportunities.

Raising kids. Eating right. Spending smart



## Child Care Provider Training

In **California**, the Early Childhood Education program focuses on healthy eating for 7451 students, parents and staff. Teachers reported 96% of students identified healthy foods and 85% tried new foods. In one district, 724 children practiced smart shopping skills.



**Georgia, Illinois, Michigan, Mississippi, Missouri, North Dakota, and Texas** provided both online and in-person education for 332,335 childcare providers, increasing their knowledge and skill in caring for and educating our youngest children. Topics included: children's health, workforce preparation, children's school readiness, practices to prevent injuries, reduce infection, and identify and report suspected abuse and neglect. Workshop participant surveys indicated statistically significant increases in knowledge surrounding the topic areas.



**Georgia** participants reported they plan to supervise children without interfering with play (82%) and 100% would use bleach water to disinfect. In **Texas**, 97% of participants acquired new information from the conferences, considered the trainings to be very relevant to the work they do, plan

to utilize the information gained at the conferences to improve their programs, and consider themselves better equipped to work with the children in their care.

*"I will make sure I take better notes on children." "I will try to keep records on what concerns me about the children." "I will listen more to what children talk about."*

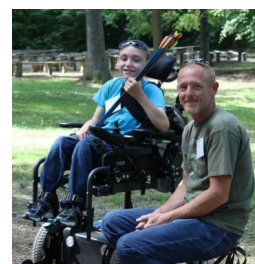
~**Missouri** Building Better Childcare participant

**Nebraska** offered an on-line child care provider training, Fit and Healthy Kids to 600 adults impacting 5000 children. Of those attending, 32% served military families.

*"Thank you for providing these recorded trainings. I enjoy all your trainings and they are educational for child care providers." ~ Nebraska participant*

## Parenting Skills

The *Strong Dads, Resilient Families* project goal is to strengthen parenting skills of **Kentucky** fathers to promote family resiliency. After participating, 100% had more positive perceptions of themselves as role models for their children.



Thanks to Extension, families are stronger in **New York** where workshops significantly



improve parenting skills and family relationships; reduce problem behaviors, delinquency and alcohol and drug abuse in children and improve social competencies and school performance.

*"This program was so very good. Wish I had taken it 25 years ago when I had 10-14 year olds. Could have handled it much better. I know I am a better parent because of time spent with you."*

~**New York** parenting class participant

**Wisconsin** Family and Consumer Sciences educators are posting the eParenting High-Tech Kids Blog, an online, weekly blog that reaches 34,650 families at 76 middle/junior high schools. A survey showed 88% used or intended to use one new parenting skill and 92% now talk often to teen about technology.

*Parenting in the Age of Overindulgence* is an online course offered in **Minnesota** to 149 parents that offers tools to identify and avoid overindulgence.

In the **Michigan** Nurturing Parenting program, 232 participants reported 62% improvement in family functioning and resiliency (adaptive skills), 42% improvement in social emotional support (informal supports), 41% improvement in concrete support (access to tangible goods/services) and 34% improvement in nurturing and attachment between parent and child.

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**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)