



IMPACT 2018

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.

Community Health and Wellness

Promoting healthy lifestyle choices to improve physical health and prevent illness or disability is a core goal of Extension Family and Consumer Sciences programming. Extension educators collaborate with community partners to improve the health and wellness of all residents in local communities.

Nutrition and Health Education

In **New Jersey's** Bay area of Elizabeth, NJ there are no supermarkets. A mobile monthly market was started at a housing project. Healthy food is distributed, and Rutgers Cooperative Extension provides food demonstrations, recipes and tasting of produce distributed that week. The YMCA offers physical activities for youth/adults and city nurses offer health screenings.

Texas' Step Up Scale Down program reached 309 participants in the 12-week online and in-person program that targets obesity. Participants lost 6 pounds, on average, with 93% reporting more focus on planning meals and snacks, which was sustained at the 30-day mark after the program.

"These 12 weeks have made me focus more on eating and exercise. I am making better food choices and have become more active."
– **Texas** participant in Step Up Scale Down

Steps to Health Community Project in North Carolina serves limited-resource families and builds on direct education through site-specific resources and leadership to assess change. They reached 5,443 participants and helped them make changes in eating and physical activity behaviors.

Alabama Extension nutrition programs and 14 faith communities collaborated to implement 72 nutrition education classes and 11 policy changes, reaching 840

adults. Participants reported significant improvements in food purchasing habits and average daily vegetable consumption.

New York's Harvest of the Month project is a farm to school program that enriches the connection communities have with fresh, healthy food and local food producers. They offered the program 350 times and reached 3,500 people.

Increasing Physical Activity

Oklahoma offered *Tai Chi: Moving for Better Balance* 27 times and reached 1,013 participants. With more than 15% of Oklahoma's population 65+, a greater risk of death from home injury is present. After the program 92% of participants believe practicing Tai Chi has improved their balance and 84% are less afraid of falling. In the *Live Healthy Live Well* program in **Ohio**, 3,331 participants were asked how often they are physically active for at least 30 minutes per day. After the program, 69% reported meeting this benchmark for 4 days a week or more, compared to 52% before the program.

"I think about my life choices more as far as what I'm eating, exercise and my whole attitude on life."
– **Ohio** participant in Live Healthy Live Well

Wyoming offered *FitEx* to 36 participants who completed 4,738 miles of walking (or equivalent exercise) and consumed 4,018 cups of fruits and vegetables. At the start of the program 19.4% of participants were meeting physical recommendations, while 56% participants were meeting those recommendations at the end of the program.

In **Montana's Arthritis Exercise Program** participants improved strength, flexibility, and mobility. This class served rural participants, many who were often unable to travel to a larger town.

"In the few weeks of class, I've noticed that I am stronger and less sore. I deal with pain every day and this helps me be more mobile." – **Montana** participant in Arthritis Exercise Program

Kentucky reached 11,160 participants in the *Get Moving Kentucky-Physical Activity Promotion*. The program implemented 145 statewide environmental changes implemented to support physical activity guidelines, and 5,919 people reported adoption of physical activity practices.

Disease Prevention and Awareness

Stress affects adolescents in their daily lives and can reduce memory and emotion processing, as well as mental connections. **Delaware's** 5-week *Mindful Movement Program* reached 974 participants. About 72% of participants increased their knowledge of positive stress techniques, and 90% adopted at least one new positive stress relief technique. *The Cooking for a Lifetime of Cancer Prevention* in **Georgia** educated men and women on cancer screening and nutrition and physical activity for cancer prevention.

Michigan offered *Responding to Stress in Farm Communities* to 501 participants; 76% showed increased knowledge of the current agricultural situation, and 88% increased knowledge of the personal impact of stress. About 92% could recognize warning signs of depression, suicide and mental illness.

Health and Wellness

Arizona's Pinal County Choose Health Action Teen Program trained teens to be nutrition advocates who then train other youth and adults through community events. Training was provided for 32 teens who reached more than 400 youth and adults. The teens reported making positive lifestyle changes in the lives of others.

Illinois Extension developed *Aging: Everybody's Doing It!* summits to reach 773 participants in the 8 programs with wellness education.

Utah offered 141 *Community Health and Wellness Programs* reaching 5,783 participants. The programs encompassed youth mental health, physical activity, mindfulness and other healthy habits to benefit individuals and communities.



I didn't think I would be able to finish the whole six weeks, but I loved it and will continue to walk. I have more energy throughout the day and have lost weight. – **Oklahoma** participant in *Walk With Ease*

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Raising kids, Eating right, Spending smart



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; Community Health and Wellness; Financial Management; Food and Nutrition; Food Safety; Healthy Homes and the Environment; Improving Children's Lives; and Protecting our Resources – Family Life.