



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.

Food and Nutrition

Family and Consumer Sciences educators promote agriculture, financial management, healthy lifestyles, and 4-H youth development educational efforts to improve quality of life in urban and rural America.

Food Insecurity

In **Ohio** *EFNEP*, 82% of adult participants showed improvement in food resource management and 89%, in nutrition practices. As a group, they saved a total of \$19,063 on food costs from pre-program to post-program. In **Utah**, *EFNEP* programs were taught 11,870 times to 51,941 persons and involved 174 community partners. About 91% of program adults are improving nutrition practices. **California** *EFNEP* reached 37 families in need during a *Summer Meals Program* at Riverside County Public Library. One in 5 **Kentuckians** (19%) is living below poverty; 884,898 participated in *Nutrition Education Programs (NEP)*, with 6,600 families enrolled and 21,288 lessons taught. About 98% of adults made a positive change in food group choices and 95% of adults showed improvement in one or more nutrition practices.

In **Oklahoma**, 17% of the population does not have access to a reliable source of food and 9% have limited access to healthy food. Participants in *Cooking for 1 or 2* classes learned thrifty meal preparation. Data show 80% plan to use money-saving meal planning or food shopping practices.

College students often are food insecure. To address this issue, **Oregon** worked with faculty at Eastern Oregon University delivering a 6-week *Cooking Matters for Adults* series sharing cooking, nutrition, and meal planning skills with 14 students

Cooking Classes

For more than a century, FCS educators have taught meal preparation techniques to adults and youth, and they continue to be community resources, providing in-person

classes and other resources. **Missouri** reached 3,242 persons during 121 *Cooking Matters* programs. **North**



Dakota reached 500 children with cooking schools. In **Idaho**, *Mealtime Inspirations* was taught 9 times in 5 years reaching 296 persons with cooking demonstrations and involving 12 community partners. **Texas** offers *Dinner Tonight* cooking schools and videos of recipes on social media; 89% of participants at

the cooking schools intended to make healthy meals at home.

Healthy Lifestyles

Minnesota's *Forks Well Fed* program reached 15 adults and 40 children who learned how to purchase local produce and incorporate them into their meals. All participants reported they increased their daily intake of produce, and all reported an increase in their children's daily intake of produce.

"My grandkids are now helping me cook at home, and we are saving money." – Kentucky participant

FCS educators in **New Jersey** delivered nutrition education to 1,189 older adults at senior centers, churches, and affordable housing units. Evaluations with 383 participants revealed at least 76% of participants learned quite a bit/a lot, 97% agreed or strongly agreed they understood the content, and at least 83% probably/definitely will apply

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the information.

Dining with Diabetes programs offered in **Kansas** to 143 persons with 55 community partners had positive results. About 97% of participants reported eating smaller portions, 85% reported cooking more at home, and 74% used recipes provided by the program. Their average A1C levels (a measure of diabetes management) decreased from 9.16 at pre-test to 6.48 at post-test.

"My son has been very interested in helping or doing things by himself in the kitchen, including getting his own snacks and being more helpful in the kitchen." – North Dakota participant

Surveys of 21 **Wyoming** participants showed improvements in lifestyle behaviors; 86% ate a variety of fruits and vegetables at least 5 days per week, 86% never or rarely drink sugary beverages, 71% reported eating smaller portions, and 71% reported exercising daily.

Illinois' *Meals for a Healthy Heart* program reached 293 people. Before the program, 19% of participants reported having a low level of ability to read a label and establish SMART goals. After the program, 42% participants reported that they had a moderate to high level of ability.

Youth Outreach

Five youth programs in **Delaware** were conducted with residents and 35 day-school youth attending a school at a Psychiatric Center. In post-program surveys, 75% of youth learned to clean produce first before eating.

A collaborating partner from the library says, "A perfect partnership -- we fed their minds with educational enriching programs and their bodies with fresh, wholesome foods!" – Georgia participant



Wyoming offered 249 youth *Cooking with Kids* classes; participants improved their attitude toward healthy eating, and increased knowledge of healthy food choices and cooking experiences. Individuals changed behaviors to improve eating practices, healthful choices in food preparation, cooking, and food safety skills.

"The most important thing I learned today is how healthy does not mean bad tasting or difficult." – Texas participant

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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.