



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.

Improving Children's Lives

How do you improve children's lives? By educating their teachers and caregivers, by giving their parents tools to enable them to be better parents, and by making sure children have all the support necessary to grow into happy productive adults.

Children

Over 1,000 **Missouri** children learn about their nutritional needs and how to be more physically active on a regular basis. Many take what they learn back to their parents, who report changes made within the home environment. In **Pennsylvania** evidence-based prevention programs are reducing youth substance use, while in **Texas**, the *Driving While Intoxicated* prevention simulator illustrates how dangerous drunk driving can be.

8 received mental health assistance, 3 no longer were involved in prostitution, and 2 obtained Green Cards.

New Mexico's *Mental Toughness* program is reaching youth who live in high-risk areas for dropout, teen pregnancy, drug and alcohol use, and crime. **Arizona** Extension is concentrating on early screenings for vision, hearing and developmental delays and preventive dental health education. More than 15,000 children across the state have participated in programs. **Oklahoma's** *Reality Check* teaches money management practices through hands-on activities. Evaluation data show over 80% of youth participants now believe the best time to start saving money is *now*.



The *On the Move to Better Health* program reaches **North Dakota** children and their families with nutrition and fitness education. After the 5-week program, 57%

increased daily physical activity and 55% drank less pop. University of **Georgia** FACS and 4H Extension Agents delivered the 6-part series, *Relationship Smarts Plus*, and helped youth develop knowledge, attitudes, and skills that are salient to healthy romantic relationships.

A partnership between University of **Kentucky** Extension and Louisville YMCA Safe Place, made possible by a Children, Youth, Families At-Risk (CYFAR) grant, is focusing on homeless youth. Program results show 26 youth gained employment, 13 gained housing, 5 enrolled in college, 9 enrolled in trade schools and were working toward a GED,

"Our partnership with U of Illinois Extension has been invaluable. Their educators are able to offer training topics that bridge the gap between compliance training and training focused on continuous quality improvement." – **Illinois** Child Care Resource and Referral.

In **California**, 23,637 *EFNEP* participants received quality, evidence-based nutrition education. Youth from limited-resource families in urban and rural areas, learned to develop healthy eating habits, chose healthy snacks, increased physical activity, and practiced safe food handling.

Daycare Providers/Teachers

Illinois is providing workshops on current issues in nutrition, child development and pedagogy to provide credentials for Early Childhood Educators and Child Care Providers. Providing training to providers who care for the youngest **Texans** is essential. More than 22,000 in-person

clock hours were conducted as well as 601,302 online hours. About 90% of participants acquired new information and used it to benefit the children in their care.

"The program was very beneficial and helped us parent/child understand each other and what is expected. Since the first part of the program, I have seen a big change in my child." –
Pennsylvania parent

North Carolina Healthy Child Care Environments offer webinars on environmental hazards, resulting in increased cleaning frequency, mold/lead/radon testing, carbon monoxide detector installation, and parent education on reducing exposure at home. **Nebraska's** unique *Cultivating Healthy Intentional Mindful Educators (CHIME)* was developed to reduce teacher stress and burnout and enhance teacher mindfulness and reflective abilities. 77% of participants completed the program. All indicated the CHIME program was "very or somewhat helpful." The *Essentials Child Care Online* curriculum provides a comprehensive, entry level training available 24/7, for 16,667 **Iowans** to reduce the annual 42% turnover rate.

Fruit and vegetable intake of small children is a major concern nationwide. Alameda County **California** Preschool Initiative provided child-size serving utensils to 20 centers (1,074 children) to encourage children to serve themselves, while promoting fruits and vegetables intake.

Parents

Indiana's Parenting Counts research demonstrates that parents and families have a significant impact on children's outcome, affecting everything from children's health and development, to school readiness and school attendance.

Montana Extension helps fill the gap in parenting education by providing workshops using Penn State's *Positive Parenting Solution Curriculum*.

A variety of programs were taught to 6,885 participants in **Utah** to build stronger children and families, including education for child care facilities, parenting courses for

families of incarcerated individuals, leadership teams within 4H and other programs to build life skills in children.

Participants (1,188) in **Kentucky's Nurturing Parents** program reported improved personal knowledge of behavior expectations and positive discipline techniques. 569 reported using preventative and positive discipline in response to child's misbehavior and 1,269 parents/caregivers accessed community resources when needed.

Wisconsin's Raising A Thinking Child teaches skills such as critical thinking, impulse control, problem solving, and conflict resolution to children's most influential teachers: their parents.

Oklahoma ranks 3rd nationally for number of divorces. Divorce increases the risk of negative outcomes in youth. Evaluation data shows that 78% of the 3,272 participants in *Co-Parenting for Resilience* committed to reassuring their child that conflict and the break-up of the marriage is not their fault.

"Our 5-year-old seems more aware of others' feelings. She seems to treat her sister like she wants to be treated." – **Wisconsin parent**

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Raising kids. Eating right. Spending smart 

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