



IMPACT 2019

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.

Protecting Our Resources – Family Life

Family life continues to be a struggle for many American families. They have limited resources of time, money and energy. Extension Family and Consumer Sciences (FCS) educators have developed and delivered numerous programs that strengthen family life.

Relationship Education

West Virginia implemented a *Relationship Education* program, which covered crucial areas to accomplish safe and healthy relationships, with 916 participants.

Utah reached 1,697 participants in 87 programs designed to strengthen family relationships.

"We were having a hard time identifying our problems and why they bothered us. The conference helped us determine what our problem was and how we could get around it." – **Utah Relationship Education Conference**

Family and Relationship Education



Florida educators, with 23 community partners, delivered 29 (5-lesson) series of *Smart Couples* to reach 410 participants.

"I was hesitant to go at first and not entirely motivated, but throughout the course I learned a lot about my wife. We feel stronger as a couple and more, prepared to raise a child." – **Florida Smart Couple Program**

Ohio, with 15 community partners, delivered the *Successful Co-Parenting* program, serving 1,248 participants through 88 program series. According to surveys, 93% of participants reported learning new information from the program, 96% planned to use

the information that they learned, and 91% reported being more prepared to co-parent as a result of the program.

In **Kentucky**, the *Nurturing Parent Program* served 200 participants through a 6-session program series with 2 community partners. After completing the program, 95% reported enhanced knowledge of their child's developmental levels, developmentally appropriate activities, and healthful habits for themselves and their children. All participants reported improvements in areas such as communication and literacy skills, healthful eating practices, and conflict management techniques.

The *Co-Parenting for Resilience* program in **Oklahoma** served 2,549 program participants through 399 programs. According to evaluation data, 77% of participants became more likely to treat their child's other parent like a valued member of a team.



Kentucky educators presented *Dad's Night Out* with 3 community partners and 72 participants. This program focuses on families spending quality time together, while preparing healthful meals and learning about literacy and financial skills.

Raising kids, Eating right, Spending smart



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Family Traditions

Family traditions are practices or beliefs passed from generation to generation, which help families create a sense of connection and closeness as well as emotional safety, security, and stability. Traditions, such as eating together, also may impact health. Meals eaten with family members include less fat, less pop and more fruits and vegetables, and are higher in calcium and fiber and are lower in cost. **North Dakota** reached 3,111 individuals through *The Family Table* program with 10 community partners. In year 1, the social-media based Family Table program, reached 3,111 users, who have made 41,159 page views.

Temper Tantrum Thursdays are held bimonthly in **Mississippi**; 325 parents and students have attended 1 of the 24 (2-hour) programs. In **Minnesota**, *Military Families Learning Network Family Transitions* facilitated/co-facilitated 8 webinars in 2018 with 387 participants. Their previous 21 webinars had 3,478 additional views.



Reducing risk of falls with the **Oregon Strong Women** program.

Healthy Aging

Kansas' Aging Expos reached 160 participants through 11 program series. About 93% of participants had more positive feelings about aging after attending, and 84% reported they were going to make lifestyle changes to improve their health and wellness. At a 4-month follow-up, 68% stated they had taken action on lessons. **Kansas** has offered *Gray For A Day* to reach more than 10,000 participants to increase knowledge of aging. According to surveys, 88% of participants made a plan to improve their overall lifestyle in order to improve their sensory and functional well-being in the future.

"My wife and I lost over 30 pounds because of the exercise and nutrition we included in our daily routines, and had sustained this for 6 months since the program ending."

--**Kansas Keys to Embracing Aging** participant

Financial Resources

Florida reached 31 participants in their *Ag Saves: Planning your Farm's Financial Future* program. Participants learned about actions steps they can take to plan for farm succession. Participants increased their awareness of estate planning, tax preparation, wills, and trusts.

Stress

Stress has been linked to poor resiliency and contributes to chronic disease. **West Virginia**, through *Stress Less with Mindfulness*, reached 379 participants with 5 series that help with self-regulation techniques in responding to stressors. **Oregon** reached 53 participants through 4 programs with *Stress Less with Mindfulness*. Participants learned how to respond in a healthy way instead of reacting to stress; 84% of participants can identify 3 mindfulness tools to help manage stress.

Sewing enables people to save money, repurpose and reuse, gain creativity and extend their resources.

Utah's Sewing Skills Education reached 639 participants through 13 programs. One participant expressed how having this class and working on the quilt blocks each month helped her through a difficult time in her life.

"Makes you believe you can do projects and it can be affordable." - **Utah's Sewing Skills Education**

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