



IMPACT 2019

COMMUNITY HEALTH AND WELLNESS

Limited resources of time, money and energy for families create struggles. Training and support through Extension Family and Consumer Science educators produce and deliver programs to help clients address physical health and prevent illness or disability.

Nutrition and Health Education

Hands on cooking classes for older adults encourage increased vegetables in their diets. Child-focused programs promote healthy eating behaviors.

Educators promote community farmers markets and incorporating recipes with fruits and vegetables. Garden plots have been maintained in low-income housing areas.

Community gardens in rural areas promote meeting MyPlate vegetable recommendations. Educators create programming in 4-H Latino communities.

Educators promote environmental supports for healthy eating and increased physical activity. Cancer prevention efforts promote early cancer screening.

Education targeted to men focuses on screenings and disease prevention strategies. Programs to create a healthy home environment and make health care decisions are offered.

Health and Wellness

Youth learn how to prevent the spread of germs through proper handwashing and other methods. Mental health awareness for youth emphasizes coping skills during stressful situations reaching out to reduce depression and anxiety.

Programs help older adults prevent falls through exercise and other strategies. Workshops reduce consumer confusion related to health insurance.

Increasing Physical Activity

Programs improve the health of older adults through exercise. Participants track their progress related to activity levels and fruit/vegetable consumption.

Programming has focused on skin, colon, and prostate cancer health, including the impact of physical activity. Educators have focused on lifestyle choices related to brain health.

Leadership teams are formed around the concepts of health literacy.



Raising kids
Eating right
Spending smart

