



Impact 2020



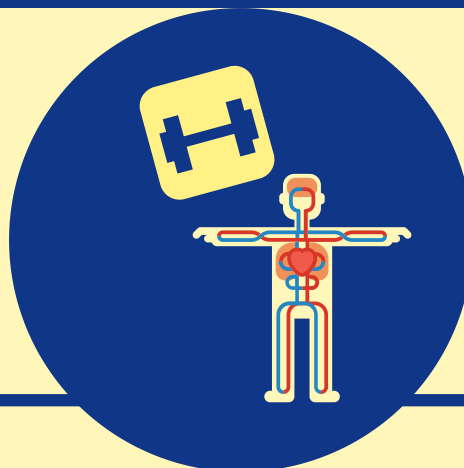
Community Health and Wellness

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



NUTRITION AND HEALTH EDUCATION

Healthy food choices within limited budgets resulted improvement in food resource management practices. Increased access for local food vendors and increased healthy food appeal to benefit residents.



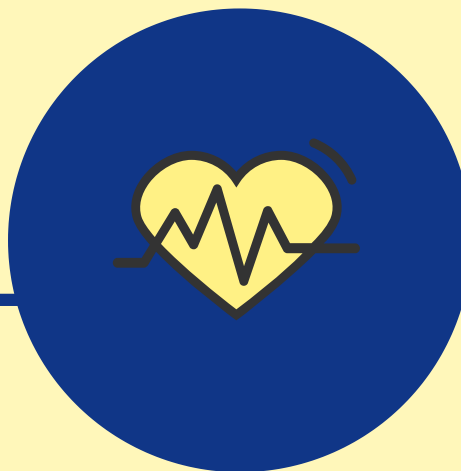
HEALTH AND WELLNESS

Promoted healthy lifestyles for senior citizens in low-income housing sites. Interactive lessons presented on stress management, anger triggers, calming methods, positive problem solving, and effective communication skills. prevention programs. Combated opioid prescription and overdose death rates.



INCREASING PHYSICAL ACTIVITY

Weight bearing exercises, walking programs and nutrition education improved health. An intervention program to tackle physical inactivity met needs addressing participants declining skeletal muscles.



DISEASE PREVENTION AND AWARENESS

Cancer awareness, brain strategies learned that support memory and identifying and monitoring risk factors for heart disease were each an extension focus to prevent disease.