



IMPACT 2021

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.

Community Health & Wellness

General Health

In **North Dakota**, the *Healthwise for Guys* program reached 1,525 participants with sun safety and other cancer related information; 71% planned to eat more fruit and vegetables, and 56% planned to get more physical activity. In **Kansas**, the *Culture of Health Grant* focused on community gardens, building walking trails, offering incentive vouchers for SNAP beneficiaries, coordinating summer meal programs, enrolling youth in KanCare, and installing exercise equipment in low-income areas. In total, \$840,045 has been secured to expand future COH grant objectives. **California's** *Healthy Torres Martinez Desert Cahuilla Indians* is a partnership between the UC Cooperative Extension and the Torres Martinez Desert Cahuilla Indian Tribe. The project led to revitalization of the Avutem (Elders) Garden.

The *Dover Youth Committee* in **Delaware** brought together organizations to improve the health of youth in the community by compiling a Resource Guide with over 50 resources in the Dover area. In **Michigan**, *Personal Action Toward Health (PATH)* is a chronic disease self-management program that showed significant improvements in participants' confidence to manage 1) illness aside from taking medication; 2) fatigue, pain, emotional distress, and other symptoms from interfering with activities; and 3) health condition to reduce doctor visits. In **California**, the *Senior Quality of Life* improves gardening skills and includes more than 700 in Alameda County, reducing isolation of seniors living in low-income housing.

"My balance and strength have improved so much that I am no longer using my walker."
Oklahoma participant

Walking Programs

The *Walk Kansas* program is an 8-week program with 6,707 participants who recorded 777, 288 total miles; 93% of participants were motivated to do 30 minutes of physical activity 5 or more days per week. In *Everybody Walk Across Pennsylvania* 471 participants in the 8-week program walked 62,000 miles. **Indiana's** *Get Walkin'* is 12 weeks of exercise and emails. The 682 participants decreased their sedentary lifestyle and reported the emails encouraged increased activity and social support. The *Walk Across Texas* program showed self-reported physical activity significantly improved from week 1 to week 8, increasing an average of nearly 5 miles per week. **Florida's** *Let's Walk* program reported an average of 180 minutes of physical activity per week before the program and an average of 284 minutes afterwards, and 40% lost weight. In **Kentucky's** *Walking Program*, participants reported 32,645,552 steps; 90% gained knowledge and skills; 82% increased physical activity; and 53% improved health indicators. **Idaho's** *Walk the Prairie & Beyond* is virtual community walking challenge to help individuals accumulate time towards the 150-minute weekly physical activity goal. *Walk with Ease* is an Extension Pilot Program (with SNAP-Ed) who partnered with the Arthritis Foundation to teach individuals how to incorporate walking and stretching into their routines. **Minnesota** and **Oklahoma** reported participants improved health as a result of the program.

Workplace Wellness

Delaware's, *Workplace Wellness* offered online wellness programs and other policy, systems and change strategies that engaged employees. **Arizona's** *Empowering People in the Workplace* served 90 school administrators who strengthened skills for navigating conflict in the workplace.

Raising kids. Eating right. Spending smart



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Healthy Start

Be Heart Smart of **Indiana** reported nearly 90% of participants increased knowledge of risk factors and use of stress relief. In **Florida's** *Keeping the Pressure Down*, 38% reported a decrease in blood pressure. After a 3-month follow up 92% continue to check the food label to find sodium content. The **Alabama** *Food Pantries* program (in partnership with SNAP-Ed) served 17 emergency food sites and 9,809 residents received healthy foods. Additionally, the *Healthy Food Retail* program provides nutrition education designed to increase healthy food purchasing. *The Fruit and Vegetable Prescription Program* in **Idaho** increased children and adolescents' access, affordability, and consumption of healthy fruits and vegetables.

"Socializing, being active, etc...I never thought of stress management in those terms and I feel like it will be more helpful for me!" – participant in **Utah's** *Mindfulness and Physical Activity Programs*

Mental Health

In **Utah**, the *Mental Health Wellness and Suicide Prevention and Mindfulness and Physical Activity Programs* helped people feel more confident talking to others about suicide and thinking of stress management differently. Also, in **Utah**, the *Opioid and Substance Use Prevention* program addressed common myths, shared available treatments and has reached over 36,000 people with the Debunked social media channels. In **Oklahoma**, *Tulsa County Opioid Awareness and Prevention* resulted in 90% of participants said they intend to talk to their physician and advocate for themselves or family members regarding pain management. Meanwhile **Montana's** *Strong People and YAM (Youth Aware of Mental Health)* reported participants felt less stressed, stronger, and intended to engage in similar physical activity routines more often.

"This virtual walking club is one of the positive things to come out of the year 2020. Thanks to all the cheerful sharing of notes, accomplishments, videos, and pictures. Participation and encouragement put the pep back into my step!" – **Idaho** participant

Other

Florida's *Strong Bodies* participants increased the amount of weight lifted in at least 5 exercises. The *Faithful Families in Suwannee County, Florida* increased vegetable and water intake and physical activity. Also in **Florida**, *Healthy Eating Everyday* incorporates diet, exercise, how to identify triggers and barriers, and make SMART goals for adults where 93% reported knowledge gain in diet and physical activity and 92.5% intent to change an unhealthy habit. **Missouri's** *Stay Strong Stay Healthy* helps participants develop fitness, flexibility, and balance. **Oklahoma's** *Arthritis Foundation Exercise Program* evaluation showed 77% reported the program has made a difference in their arthritis symptoms. **Alaska's** *Strong Women* had 350 new and returning participants in strength training programs.



Photo from **Alaska's** *Strong Women/Strong Senior Class*

"Learning what numbers actually mean and how to help control them is extremely helpful. I wish I had understood them earlier in life." – Participant in **Indiana's** *Be Heart Smart* program

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