



# 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.

## Improving Children's Lives

### Children

Over 50% of **Arizona** 5-year-olds have experienced dental decay. To combat this, the state's *First Smiles* program provided dental health screening/referral and fluoride to 1086 children while improving the oral health literacy of expectant parents and caregivers of children 0-5.



*Grow It! Oregon Garden Challenge and SNAP-Ed* provided students in 3,500 households the skills and confidence to make and eat healthy meals through virtual recorded lessons and recipe demonstrations.

At **Utah's 4-H Youth Life Skills** programs 5,732 youth gained leadership skills, participated in service activities, and practiced presentation and social skills.



California Youth Leaders

In **California** 90 youth 4-H leaders were educated to provide physical activity and nutrition programs to their peers in 46 classrooms (pre-COVID) and families (117 individuals during COVID). 13 counties in **Georgia** delivered *Relationship Smarts Plus* to 1,440 youth who developed increased knowledge, attitudes, and skills salient to developing healthy romantic relationships. The *Block Party* program encouraged communication and respect among 400 adults and 713 youth to help lower drug and alcohol usage among **Indiana** teens. Nearly 90% of caregivers noted using learned skills to cool-down before confronting youth, and over 50% of youth noted using learned skills to increase communication with parents.

### Daycare Providers/Teachers/School Food Service Staff/Other Professionals

**Arizona** Extension provided virtual education that doubly increased 61 state educators' knowledge of Cooperative Extension resources.

Early Childhood Education Trainings in **Iowa** increased educators' ability to identify strengths and limitations, and prioritize changes. Of 570 participants, 96% indicated this growth, and had initiated a workable plan for program development.

Raising kids. Eating right. Spending smart



**Mental Health First Aid in Missouri** taught 350 professionals to apply the ALGEE action plan to identify and reach out to someone who may be developing a mental health or substance use challenge and help connect them to the appropriate care.

*"I feel more confident in my ability to help youth who are experiencing mental health challenge or crisis. The most relevant thing I learned was the ALGEE process and how important listening and making the youth feel heard is." Missouri Mental Health First Aid*

Car seat checkup events were conducted in rural areas of **Texas** to educate on proper usage. Extension inspected 1,900 safety seats; the economic benefits are estimated at \$2.9 million.

*Strong Parents, Stable Children* is an interactive, strengths-based 4-hour workshop, in **Utah**, designed to provide an overview of the five Protective Factors professionals can use with families.

In **Idaho** 100% of students identified proper times to wash hands and teachers noticed students reminding one another when to wash.

## Parents/Grandparents/Families

The *Block Party* program in **Indiana** offered 5 play stations for families (92 adults, 88 youth). Adults learned that participating in skills play with their children enhances science, math, literacy, social, and physical strengths.

*Nurturing Families Parenting Classes* were provided to 70 adults in **Kentucky** to help lower the state's statistic of leading the nation in child abuse and neglect. Visitation rights have been restored to 69% of those who completed the course, and 40% regained custody

**Michigan** provided child-family development lessons to 8,862 people through the year. Parents and caregivers (30-45%) reported positive change on the measures of understanding the importance of supporting learning, understanding how the topics connect to healthy development, being able to support learning and growth, and increasing techniques to help children learn.

*"I will be more conscious of my own emotions / feelings so that I can effectively help my kids better. I homeschool my children and this class has taught me about consistency, patience, and setting a better schedule." Michigan*

Parent education in **North Dakota** provided 2,504 parents knowledge and skills to create safe, stable and nurturing relationships with their children. Participants reported an increase in constructive family conflict resolution (from 69% to 90%) after class completion.

*Co-parenting for Resilience* programs in **Oklahoma** were provided to 1,302 single parents, to help support positive environments for youth. Evaluation data show 91% of participants became more likely to encourage their child to have a positive relationship with their other parent.

To promote home gardening, family time, and self-sufficiency, **Oregon** mailed a variety of seeds to 4,600 families. Directions and demonstrations were shared in English and Spanish on [www.FoodHero.org](http://www.FoodHero.org).

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