



# IMPACT 2022

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 2,225 participants with sun safety and other cancer related information; 97% of participants indicated their lifestyle had room for improvement. **Mississippi**, *AIM for Change*, assisted with community gardens and green houses to reduce food insecurity by providing hot meals, expanding a food pantry, providing education for youth, and providing places for physical activities in nine counties; more than 4,000 participants were involved. Over three million dollars was awarded with approximately \$100,330 being used specifically toward food insecurity. **Arkansas** implemented *Extension Builds Healthier Communities* to reduce food insecurity and improve access to physical activity. \$3,023,478.00 were awarded and approximately \$100,330.00 have been utilized specially toward the fight for food security. The program impacted 24,763 participants in five counties.

*"This program has been a tremendous impact on my students. The students have enjoyed planting, maintaining, harvesting, and consuming the food from the garden. There are so many lessons to gain from this garden and we appreciate the grant". Participant from Arkansas*

**Healthy Texas** programs empowers members of the community to take matters of their health into their own hands by teaching them how to eat better, be more physically active, and effectively working with their health care providers by offering various health programs. The economic benefits estimated at \$79.8 million. In **North Carolina's** *Step to Health Take Control*, is an 8-week program that aims to manage chronic diseases which impacts the majority of adults through healthy eating and physical activity. As the result of the program, 49% increased their physical activity.

*"This program has changed my life. I have lost a total of 20 pounds since joining the nutrition program and I hope to lose more! My blood pressure, cholesterol, and other health numbers were in a normal range". Participant from North Carolina*

### Walking Programs

**Kentucky's** *Walking Challenge* reported 94% of the respondents became aware of the benefits of regular physical activity. In addition, 92% gained the knowledge and skills to be physically active, and 86% increased their physical activity levels. **Walk Kansas**, reported 755,234 miles, 82% of the participants were confident they would continue to be physically active over the next six months. **Walk Across Texas** implemented an eight-weeks program series with a participation of 12,537 adults walking a total of 16,017.12 miles with an economic benefit estimated at \$48 Million.



Photo from Texas, Walk Across Texas

**Pennsylvania's** *Lifelong improvement through fitness together (LIFT)*, mentioned 17% of older adults are meeting the current recommendation for physical activity. A total of 158 participated in the program and a total of 13 community partnerships were established. In **Utah**, *Physical Health and Wellness Activities* were implemented to include wellness walks, pickleball, Tai Chi, and body gratitude. This program established 49 community partners and a total of 4,024 participants. *Walk with Ease*, in **Oklahoma**, mentioned 28% of Oklahomans are physically inactive. The program reached 360 participants. When the program ended, 81% reported their health had improved.

*"My ankles have been swelling, but through the balance, strengthening classes I have been able to get this condition under control. I am extremely pleased with my results". Participant from Oklahoma*

# Mental Health

In **Arizona**, SNAP-Ed Social Emotional Learning Trainings, implemented two trainings to 86 school staff, reaching over 1,930 students, on the importance of utilizing skills such as mindfulness, relaxation breathing, and meditation throughout the school day. **Indiana**, implemented 15 adult programs and six youth programs in *Mental Health First-Aid Youth & Adult*; a total of 169 adults and 63 youth were reached.

*"The most helpful part of this course was learning different talking techniques to help a child going through a mental health challenge. I've seen many students suffer with different mental problems, but never knew how to address it". Participant from Indiana*

In **Kentucky**, 41 participants were trained in mental health and first aid course to assist a person who is going through a mental health crisis. In addition, they implemented a *Farmer Suicide Prevention* program to address the effects of farming and rural mental health challenges. **Pennsylvania**, *Mental Health & Wellness* taught 541 participants in Mental Health First Aid Training, where 89% reported feeling more confident in supporting someone through conversations during a mental health challenge.

*"Youth mental health first aid really helped me better distinguish between typically adolescent behaviors and warning signs of mental health challenges. I think all adults need to take this training". Participant from Mississippi*

# Other

**Alabama** ranks third in infant mortality in the US, which is linked to preterm birth and low birth weights. To address the issue, expecting mothers are encouraged to participate in the *Expanded Food and Nutrition Education program*. The six week program features educational topics on basic nutrition, food safety, preparation and food management. The program was effective as 90% of participants had full term babies and 86% had babies born with a normal, healthy weight.



Photo from Alabama, Auburn University Expanded Food and Nutrition Education Program

**Drink Water Georgia!** Is a new social marketing campaign promoting healthy beverage choices and consumption using various media. Results showed 83% of participants exposed to the campaign reported feeling confident making healthier beverage choices and 82% intended to drink more water. A total of 1,677,970 participants were reached in this campaign.

*"After learning about the importance of drinking water, I lost 30 pounds! I thank you guys for the information and healthy eating guide". Participant from Georgia*

**Montana** Extension worked with high school students to reinforce the importance of handwashing to prevent the spread of germs.

*This report was compiled by Joanne Ureste, MS, Texas A&M AgriLife Extension Service, Public Affairs Education Committee members and Jennifer Bridge, University of Kentucky Cooperative Extension and NEAFCS Vice President Public Affairs. For more information, email [Jennifer.Bridge@uky.edu](mailto:Jennifer.Bridge@uky.edu).*

**National Extension Association of Family and Consumer Sciences (NEAFCS)** provides professional development for Extension professionals who improve the quality of life for individuals, families, and communities and provide education in the areas of: Childhood Obesity Prevention; Community Health and Wellness; Diabetes Prevention and Management; Financial Management; Food and Nutrition; Food Safety; Healthy Homes and the Environment; Improving Children's Lives; and Protecting our Resources – Family Life. NEAFCS is an equal opportunity/affirmative action association. NEAFCS values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of race, color, gender, age, religion, national origin, disability, veteran status, or sexual orientation. Membership is not by invitation. (Strategic Plan 1993-97)