



# IMPACT 2025

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 and Wellness

The Community Health and Wellness programs have made a profound impact by addressing public health concerns through a variety of educational initiatives. These programs have reached diverse populations, covering topics such as chronic disease prevention, physical fitness, nutrition, financial literacy, and overall well-being. By utilizing both in-person and virtual platforms, these programs have effectively expanded access to essential health education.

### Program Reach and Participation

Across multiple states, a total of **5,173,607** individuals participated in community health initiatives, with an additional **4,912,402** individuals engaging through virtual platforms. These numbers highlight the broad reach of these programs, ensuring that health education is accessible to individuals regardless of geographical or logistical barriers.

### State-Specific Highlights

Several states led impactful programs that directly contributed to the well-being of their communities:

- **Alabama:** The *Live Well and Move Alabama* program reached 4,004 individuals, with 1,900 engaged virtually. This initiative promoted physical activity and movement as a key aspect of health and chronic disease prevention.
- **Arizona:** The *First Smiles Oral Health* program in Pinal County and other regions educated 4,837 participants on the importance of oral health and its connection to overall wellness.
- **Arkansas:** The *Extension Get Fit* program provided essential fitness education and activity resources to community members, improving their long-term physical health. Program volunteers invested \$268,757.25 worth of volunteer hours back into the program.

- **Colorado:** Various *Health & Wellness Programs* reached 1,609 individuals, focusing on holistic approaches to maintaining well-being.
- **Delaware:** The *Adult Physical Activity Initiative* engaged 6,202 participants, with 1,323 benefiting from virtual resources, promoting exercise as a cornerstone of health maintenance.

These state-led programs exemplify the effectiveness of targeted health interventions in fostering healthier communities.



*First Smiles Oral Health Pinal County*



*Thank you so much for coming out to our classrooms yesterday! The kids really enjoy it and it's so great for them to have a positive dental experience in a comfortable environment. We appreciate you.*



## Key Areas of Impact

The programs addressed a variety of health and wellness concerns, with significant emphasis on:

- **Chronic Disease Prevention:** Many initiatives provided education on managing and preventing diabetes, hypertension, and cardiovascular diseases through diet and exercise.
- **Nutrition and Food Security:** Programs equipped families with strategies to make nutritious choices on a budget, increasing their knowledge of meal planning, portion control, and food safety.
- **Physical Activity and Movement:** Organized fitness programs, walking challenges, and community exercise initiatives encouraged individuals to adopt healthier, more active lifestyles.
- **Financial Literacy:** Educational sessions focused on budgeting for health and nutrition, ensuring that individuals could sustain healthy eating habits over time.

## Community Partnerships and Collaborative Efforts

Strong collaborations with community partners, including **libraries, local businesses, nonprofits, and healthcare organizations**, played a key role in program success. These partnerships provided critical support in expanding reach and ensuring that vulnerable populations had access to essential health education. By working with **local organizations**, many initiatives were tailored to specific community needs. Programs for older adults, individuals with disabilities, and economically disadvantaged families ensured that health education was inclusive and widely accessible.

## Participant Outcomes and Success Stories

The impact of these programs was evident through participant feedback and measurable lifestyle improvements. Many individuals reported **healthier eating habits, increased physical activity, and improved chronic disease management** as a result of their involvement.

**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)

## Participant Testimonial

This feedback highlights the effectiveness of these programs in fostering positive health behavior changes.

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*The program really made me aware of how unhealthy I eat and how little water I drink. This program has helped to change my eating and drinking habits and to consume more for better health.* - Walk Kansas Program Participant

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*I'd always wanted to be involved, but didn't know how. JMWWV gave me purpose to become my best self and to give that knowledge back to the community.* - Mississippi's Jr. Master Wellness Volunteers Participant

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## Conclusion and Future Direction

The Community Health and Wellness programs have played a vital role in educating and empowering individuals to lead healthier lives. By reaching of **5,173,607** participants in person and **4,912,402** virtually, these programs have proven their value in improving public health.

Moving forward, continued investment in community health education, strengthening partnerships, and integrating more virtual resources will ensure that these initiatives remain a cornerstone of public well-being.

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*Raising kids, Eating right, Spending smart*

