



Program Reports 2005

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National Extension Association of Family & Consumer Science



Raising Kids
Eating Right
Spending Smart

www.learningandlivingwell.org

Through Extension programs across the nation, Family and Consumer Science educators provide a multitude of educational opportunities to meet the needs of diverse audiences.

Raising Kids

In the United States, nearly 6 million children live in a household headed by grandparents or other relative. To address their needs, **New York, West Virginia, Idaho, Arizona, Colorado** and **Michigan** developed resources and programs on discipline, transitions, legal concerns, and rebuilding families. **Idaho** resources assisted in legislation being passed to help grandparents. **Colorado** and **Arizona** formed kinship caregiver support groups with 1537 participants. In **New York**, 95% of families reported being more informed about age appropriate behaviors and felt more positive in their parenting role.

Parent education for divorcing parents was presented through Focus on Kids in **Missouri** serving 3,000 families which reduced the need for costly professional services. **Ohio** programs helped children in stepfamilies understand and work through feelings.

BEE in **Alabama** enhanced school readiness in underserved populations. Language skills increased 15%, behaviors improved 18%, and 20% of parents were more motivated to help children learn.

61% of the 5264 attending parenting education classes in **North Carolina** adopted new practices for motivating and guiding children. 92% of **Georgia** parents improved parenting skills. 2100 families in the **Arizona** Pinal Parent Project reported using one new parenting skill. 94% of parents attending workshops on brain development presented in **Arizona**

and **Georgia** understood the importance of early brain stimulation. **Iowa** provided parenting via satellite conferences which were available throughout the United States.

Arizona and **Colorado** taught prison inmates parenting skills for reunification with children and to break the cycle of destructive behavior. Evaluation showed an increase in communication, discipline, self-esteem and responsibility.

West Virginia, Colorado, and Michigan developed newsletters for parents to gain knowledge about raising children and adopt new parenting practices.

79% of the 6186 child care providers trained in **North Carolina** increased their knowledge about providing a safe and healthy environment for children. In **Georgia**, 98% of the 19,168 providers trained reported increased skills.

Eating Right

Diabetes affects 17 million Americans with annual health care costs estimated at \$200 billion. Dining with Diabetes (DWD) is presented in **Arizona, Colorado, Illinois, West Virginia, Missouri, and Idaho**. 91% of **Missouri** participants reported being confident in preparing healthy meals. **Arizona** participants reported a weight loss and reduced blood glucose levels and 60% made dietary changes. 87% of **Colorado** participants reported meal planning was easier after DWD. In **Idaho**, 80% adopted the Plate Method for meal planning.

Florida provided Take Charge of Your Diabetes with 100% of participants reducing their A1c. 61% of **Colorado** participants in monthly Success Groups reported a decrease of A1c. (*One point decrease in A1c can reduce heart disease risk by 35%*). Healthy Living A to Z in **Oklahoma** targeted diabetes and related health risks. In **Texas**, 736 participants completing Do Well, Be Well with Diabetes showed a reduction in blood glucose levels. 89% of Right Bite participants in **Georgia** reported improving skills to manage diabetes.

Pennsylvania provided osteoporosis prevention education via television broadcast. Evaluation showed participants made behavioral changes of comparing calcium in foods, identifying effective calcium supplements, and eating more calcium-rich foods. Bone Builders in **Arizona** formed community collaborations to reach over 1 million with osteoporosis education.

Senior nutrition was provided in **Vermont** through computer lessons. **Idaho** reached 152 seniors with nutrition education through 1225 home-based lessons. In **Georgia**, 93% of seniors reported learning healthy nutrition and meal planning concepts.

In **Colorado**, 100% of ServSafe participants adopted a new food safety practice. **Nebraska** trained 3000 food service workers in food safety practices. **Georgia** trained 3060 in ServSafe with 95% improving knowledge. **Missouri** reported soap consumption in school restrooms increased by 50% after education programs on hand washing. In **Arizona**, 84% attending Safe Food Conferences reported using information in current job skills.

Nutrition for limited resource families is presented through Extension. 94% of **Wyoming** and **West Virginia** participants made changes in eating behaviors. **West Virginia** participants saved \$4 per month on food. Idaho provided 370,937 contacts with educational information. In **Missouri**, 220,000 participated in hands-on interactive nutrition education. 76% of the 68,563 participants in **Ohio** made a behavior change in nutrition and food preparation.

Spending Smart

Extension assists limited income households to improve money management skills. In **New York**, 80% of participants completing Power Partners now pay bills in full and on time. Other states with money management programs for limited income families are **Illinois** with Your Money and Your Life, **Indiana** teaches Making Your Money Work, and **Idaho** presents workshops on Dollar Decision\$.

Family Life Skills in **New Hampshire** educated 2400 participants on competencies for employment with 41% now employed. In **Georgia**, 88% of participants in Surviving Tough Times gained skills to manage a period of unemployment. **Missouri** and **Georgia** assisted low-income families with tax preparation, saving them over \$1.5 million in tax preparation fees and from using tax refund anticipation loans.

Extension provides money management skills to youth and teenagers. In **California**, 29% of teenage participants increased their knowledge. Nearly 1000 students completed Welcome to the Real World in **Idaho** and **Illinois** with 84% of Illinois students reporting they will use information learned. 85% of those completing Credit Wise Cats in Arizona demonstrated an increase in financial knowledge and behavior. Credit Card Blues in **Nebraska** prepared 700 seniors for managing credit before going to college or entering the workforce. **Wisconsin** provided Youth Money Smart College and **West Virginia** presented High School Financial Planning.

Over 300 participants in **Oregon** learned about Using Medicines Wisely and as a result of the program were more prepared to ask a doctor or pharmacist questions, read instructions closely, and be aware of drug and food interactions.

In **Illinois**, 688 participants learned about long term health care insurance with 44% reporting the seminar helped them make a decision about purchasing insurance.

Living Well

To promote healthy lifestyles, Extension has implemented activity programs to increase strength and walking. Strong Women programs were provided in **Arkansas, Kansas** and **Colorado**. In **Arkansas**, 100 participants and 30 volunteers improved strength, flexibility and balance.

In **Kentucky**, 1200 individuals reported 327,212 PAMs (*Personal Activity Miles*) which resulted in weight loss and lowered hypertension. In **Texas**, 4,073 participated in Walk Across Texas and 50% reported improved health and well being. In **Nebraska**, 345 participants in Wise Women increased physical activity. **Georgia** had 727 participants in Walk-A-Weigh with 86% indicating they gained skills to address overweight issues. **Illinois** provided Healthy Moves for Healthy Children.

To address an emerging issue related to disclosure when selling a home, **Alabama, Colorado, Illinois**, and **Georgia** provided radon education. In Alabama, 7647 homes were tested. **Illinois** established an informational web site, and 94% of participants in **Georgia** programs plan to test their homes.