



# IMPACT 2017

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



Promoting healthy lifestyle choices to improve physical health and prevent illness or disability is a core goal of Extension Family and Consumer Sciences programming. Extension educators collaborate with community partners to improve the health and wellness of all residents in local communities.

### Nutrition and Health Education

**Alabama's SNAP-Ed Policy, System, and Environmental Efforts** have embraced using evidence-based strategies for over 40,000 participants to increase access to healthy foods through gardens, farmer's markets, emergency food assistance sites, and faith communities.

*"The garden has kept me out of my house, which is a good thing. In the last 9 months I have lost 50 pounds!"*  
~ **Florida** community gardener

The *Family Nutrition Program* reached 202,816 SNAP-Ed participants in **Florida** by collaborating with 942 state and community partners. They installed 111 school gardens reaching 80,651 youth and produced 235,156 pounds of fresh food through their Farm to School Program.

The *Garden Explorations for Children Program* provided education for nutrition, gardening, and donating to food banks to a diverse group of 153 **North Dakota** children. At the program's end, 87% were more willing to try vegetables and 75% taught their parents about gardening.

*"A heartfelt thanks for their education, support, and face-to-face interactions with children on gardening. Our common goal is to help children and families experience the fun of gardening."* ~ **North Dakota** Childcare Director

With funding from the Heal Zone Collaborative, Master Gardeners, university students, and **California** SNAP-Ed, *SNAP-Ed Gardening* provided for food access to 85 people in one of the poorest neighborhoods in California.

In **Massachusetts**, 110 collaborators assisted the *SNAP-Ed FY 2016* program that reached 62,847 participants at 422 sites. Youth behavior changes included eating more fruits and vegetables, increases in physical activity, and less screen time.

**Michigan's** SNAP-Ed program reached 66,034 participants. The nutrition and physical activity educational series had 53,597 participants, 73% showed gains in meal planning, cost comparisons, utilizing grocery lists, and not running out of food before the end of the month.

### Increasing Physical Activity

*Women Walk Putnam County* addressed the high rate of obesity by implementing walking groups where 100 adults in **Indiana** learned about nutrition, stress management, and adapting to a healthy lifestyle. Each session allowed the participants to engage in 30 minutes of activity.

*"Because I lowered my A1C, I don't need insulin. I went from being able to walk 5 minutes to 30 minutes and I lost 20 pounds."* ~ **Kansas** Participant

The 8-week *Walk Kansas Program* helped improve the health of 14,000 participants: 83% reported an increase in physical activity; 90% were confident they would continue this amount of activity in the future.



Raising kids, Eating right, Spending smart



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*Strong Hearts for Montana* helped 154 participants lose an average of 10 pounds, decrease their consumption of sugar, increase daily exercise to 30 minutes of vigorous exercise, improved arthritis symptoms, and increased their consumption of fruits and vegetables.

In *Ohio's Live Healthy, Live Well Program*, the 3,647 participants asked how often they were physically active for at least 30 minutes per day. After the program, 73% reported meeting this benchmark for 4 days a week or more, compared to 48% before the program.

### Disease Prevention and Awareness

The 14-lesson *Heart to Heart Program* in **Mississippi** focused on improving the heart health of 236 adults: 91% stated they have improved their eating habits and 62% scored 80% or better on a health and nutrition knowledge quiz. Chronic diseases are costly, common, and often preventable.

*"I come out of the program with a new view of how I should live my life. This program has given me many tools to adjust to my pain and live a healthy, satisfying life." ~ New Mexico participant*

**New Mexico** used the evidence-based *Stanford Chronic Disease Self-Management Program's* 6-lesson series to improve health and lower health costs for the 97 program participants.

The **North Carolina Eat Smart, Move More, Take Control Program** reached 124 adults in their chronic disease prevention program that provides strategies to help adults manage their health through nutrition.

The *Love Your Heart Partnership* of **West Virginia** trained and supported nine community partners in spreading life-saving messages to reduce heart diseases. Over 5,000 women participated in 300 activities and gained knowledge in targeted concepts.



**New Jersey** used the *Community Intervention in Obesity-Related Chronic Disease Program* to raise knowledge, skills, and awareness to 124 college students. Many were preparing for health-related careers through researching and visiting community-based programs focused on obesity prevention.

### Health and Wellness

**Kentucky** reached 14,135 individuals through their *Adoption of Healthy Lifestyles Program*. They experienced an increase in knowledge, skills, or aspirations. Lifestyle changes for the purpose of improving their health were made by 3,922.

The *Family Life Program* in **Illinois** reached nearly 2,000 participants in their wellness series. Several Senior Summits were held throughout the state with participants learning to be "Fit Wits" while "Holding that Thought," "Looking on the Funny Side," and "Being Mindful."

**Mississippi's Walk a Weigh**, 9-week nutrition and physical activity program was offered to a school's administration, staff, parents and community members. Participants lost weight, lowered blood pressure and glucose levels.

The *Family Health and Fitness Day* in **Oregon** offered screenings, treatments, resources, and information related to health, wellness, nutrition, safety, disease prevention and early detection to health related conditions to 989 participants. In a survey, 97% indicated they planned to make changes to improve their health.



In an effort to expand the reach of health and wellness initiatives, *Master Wellness Volunteers* in **Texas** are trained and certified to provide at least 40 hours of volunteer service through educational programs and activities designed to help Texans improve their health. Over 5,600 volunteers hours were logged and over 60,000 Texans were reached.

*"The best part of the program is that you learn new things while helping others lead healthier lives." ~ Texas Volunteer*

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**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)