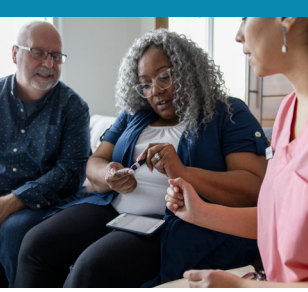


2022 IMPACT REPORT



extension

HUMAN SCIENCES



ALABAMA COOPERATIVE EXTENSION SYSTEM

Making life better for all Alabamians

[ACES.EDU/HUMANSCIENCES](https://aces.edu/humansciences)

Alabama Extension Human Sciences



Helping people

- Lead healthier lives
- Become more financially secure
- Have better relationships with their families



Human Sciences Extension (HSE) offers educational programs to help Alabamians be healthy, financially secure, and experience improved family relations. Our research-based information addresses financial literacy; nutrition, diet, health, and wellness; family and fatherhood relationships; and workforce development. Collectively, our efforts improve health and well-being across the lifespan and enhance the quality of life for all Alabamians. These efforts are affiliated with the College of Human Sciences at Auburn University.

Our Strengths

Alabama Extension's unique strengths allow us to do our job well. These strengths include the following:

- **Timely, relevant, and science-based programming delivered to individuals across the life-span**
- **Partnerships that, when leveraged, increase reach and impact**
- **Human Sciences Extension professionals who can bring about positive change.**

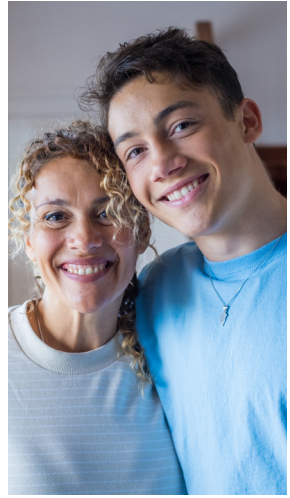
Human Sciences Extension is an essential bridge between Auburn University and communities in Alabama. We are able to leverage our presence across the state through our affiliation with Auburn University's College of Human Sciences and our collaboration with community partners and state agencies. Our role as the "great connector" is upheld by a dedicated team of Extension professionals with expertise in engagement processes and subject matter content.

We are steadfast in our commitment to fostering interdisciplinary and collaborative approaches that enhance the overall health and well-being of individuals and communities. Within this framework, Human Sciences professionals play a vital role in safeguarding and promoting the health and well-being of individuals, families, and communities alike.

Healthy People

Curbing & Preventing Adolescent Substance Abuse

More and more middle and high school students are using e-cigarettes at an alarming rate. In response to this issue, **Escape Vapes** was developed as a program aimed at curbing and preventing adolescent use of electronic cigarettes. The effectiveness of **Escape Vapes** was evident in 2022 when 2,625 youth from 17 Alabama counties actively engaged in the program. The outcomes proved to be statistically significant, indicating positive changes across all measured variables.



2,625 YOUTH
from **17 Alabama counties**
actively engaged in
ESCAPE VAPES

25%
Increased their knowledge
about the nicotine content
in vaping devices

46%
Had a greater
understanding that one
pod or disposable vape
pen has as much nicotine
as one pack of cigarettes

43%
Increased their knowledge
concerning the health
impacts of vaping

32%
Increased their knowledge
of marketing strategies
used by manufacturers
to target young people

Adults also learned more about e-cigarettes through the **Escape Vapes: Empowering Adults** program. When adults learn about vaping, they can talk to their young people about its health risks, recognize if their child or other youth might be vaping, and get help for youth experiencing nicotine addiction. Furthermore, when adults begin to understand vaping as an addiction issue, the conversation and efforts to reduce the distribution of these products can change.



Increasing Financial Well-Being

Financial literacy, acquired through financial education, enables people to make informed decisions about their money, thereby increasing economic well-being. **Money Smart for Adults** equips individuals with practical knowledge and resources to manage their finances confidently. In 2022, 5,929 adults participated in the five-part series and significantly increased their understanding of money management skills in five areas: banking, credit, identity theft, saving, and spending planning. Intentions to take specific actions after participating increased across all sessions.



Money Smart for Adults Participation Outcomes*

5,929
Program Participants

7.32%
Intended to actively work toward reducing debt

19.77%
Plan to increase saving by \$162 per month

8.1%
Plan to start an emergency fund

14.6%
Plan to begin saving change each week toward a future goal

*Outcomes were observed in a subset of participants.

Strong Families

Alleviating Parental Anxiety & Improving Parenting Practices

Alabama Extension is the national host of **Just in Time Parenting**, a comprehensive resource encompassing 40 parenting newsletters available in both English and Spanish. These newsletters are available to the public at no cost. They cover a wide range of topics from prenatal care to age 5, including child development milestones, helpful success strategies, hints for family support, and valuable nutrition information. With the growing trend of parents turning to online platforms for valuable insights, Alabama Extension recognizes the need to provide essential information to parents of young children.

By offering knowledge on child development and practical tips to enhance social-emotional skills, Just in Time Parenting not only alleviates parental anxiety and improves parenting practices but also acts as a protective measure against child abuse and neglect. Furthermore, it equips parents with the necessary tools to navigate unexpected family crises effectively.

Just in Time Parenting resources not only aid in bolstering resilience but also actively engage with more than 14,500 subscribers and draw in excess of 30,000 website visitors, all aimed at fostering resilience. According to the protective factors theory, this resilience-building helps decrease negative stress responses when families face significant challenges. This support benefits the public purse by reducing the costs of attending to child maltreatment and supporting families in crisis.



Supporting Healthy Parent-Child Relationships

Reentry fathers are at risk of returning to prison and not having healthy parent-child relationships. The **Staying Connected Fatherhood Program** assists Alabama fathers during reentry to strengthen relationships with their children and families. Reentry fathers in this program gain parenting skills—cooperative coparenting, understanding the fathering role, and learning appropriate discipline corresponding to children’s developmental ages. Reentry fathers in this program enhance their skills in setting realistic parenting expectations, engaging in positive communication with children and coparents, and reducing child abuse and neglect by using praise and encouragement, adhering to realistic family rules and expectations, and implementing age-appropriate consequences. They also learn to set realistic parenting and family reunification goals.

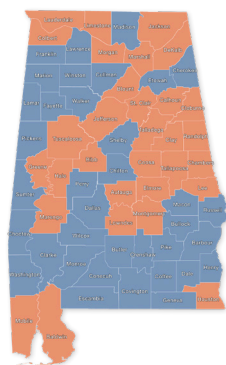
Elevated Communities

Making Alabama Breastfeeding Friendly

The **Breastfeeding Friendly Child Care Certification** program is a collaborative effort of Alabama Extension, the Alabama Department of Public Health, the Alabama Partnership for Children, and the Alabama Breastfeeding Committee. Through this collaboration, Alabama Extension regional agents help early child care providers implement practices that support breastfeeding families.

In 2022, agents certified 52 Alabama providers serving more than 1,800 children. Certification indicates that these facilities have created an environment that supports breastfeeding families and ensures that staff is educated on best practices for storing and preparing breast milk. This program resulted in 260 improved practices among participating early child care providers, indicating an enhanced environment for breastfeeding mothers and families. Improved practices include a breastfeeding friendly environment; breastfeeding policies; breastfeeding support, education, and professional development; and breastfeeding and infant feeding.

An interactive map identifying certified breastfeeding friendly providers per Alabama county is available for parents or caregivers seeking a breastfeeding friendly child care provider in their county or community. Search for Alabama Certified Breastfeeding Friendly Child Care Providers on the Alabama Extension website at www.aces.edu.



46% of Alabama counties have a breastfeeding friendly provider

Counties in orange have a certified Breastfeeding Friendly Child Care provider

52 providers certified in 2022

1,800 children served



Strengthening Alabama's Workforce

In 2018, Alabama Governor Kay Ivey outlined the Success Plus Initiative to add 500,000 highly skilled workers by 2025. The state adopted the Free Application for Federal Student Aid (FAFSA) high school graduation policy to support the governor's workforce goals and October as FAFSA Completion Month. Alabama FAST: Financial Aid Survival Toolkit (ALFAST) is the first statewide Extension curriculum designed to increase FAFSA awareness and decision-making. ALFAST showed overwhelming positive community results in its six-month pilot period, reaching more than 10,000 Alabama high school seniors and 33 school counselors and career coaches at 83 high schools through our in-person FAFSA workshops. Strategic partnerships with the Alabama Board of Education, the Alabama Commission on Higher Education, and Alabama Possible have been formed through this effort. Six other states are interested in expanding ALFAST as a potential multistate partnership.



90.7% of students who complete the ALFAST workshop make an intentional decision about FAFSA, including exploring post-secondary two- and four-year colleges and universities, certification, and licensure.



We provide easy-to-understand expert information.

Meeting people where they are



13
HSE professionals



14
Statewide programs and initiatives



27
Peer-reviewed scholarly products



10
Television appearances



12
News stories



3.2 MILLION
Unique viewers of HSE materials

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For more information, contact your county Extension office. Visit aces.edu/directory or email aceshse@auburn.edu.



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