

Alabama Extension Human Sciences



Helping people

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

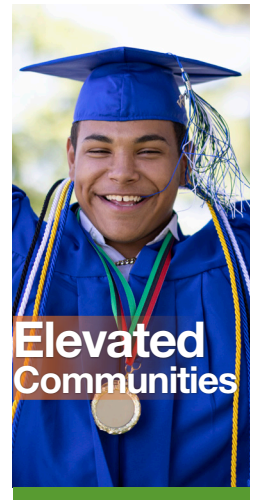
Making life better
for all Alabamians



Healthy People



Strong Families



Elevated Communities

Our Strengths

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

Our Programs

Human Sciences Extension helps people develop essential knowledge and skills to lead better lives, be work and career ready, build strong families, and make meaningful contributions to our communities.

-  **13** Human Sciences Extension (HSE) professionals
-  **14** Statewide programs and initiatives
-  **27** Peer-reviewed scholarly products
-  **10** Television appearances
-  **12** News stories
-  **3.2M** Unique viewers of HSE materials



aces.edu/humansciences



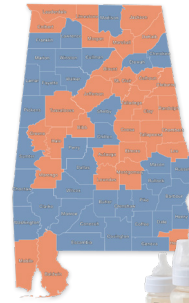
Healthy People

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. In 2022, agents certified 52 Alabama providers serving more than 1,800 children. Participation in this program resulted in 260 improved practices among participating early child care providers. An interactive map identifying certified breastfeeding friendly providers is available for parents or caregivers seeking this option in their county or community. Search for Alabama Certified Breastfeeding Friendly Child Care Providers on the Alabama Extension website at www.aces.edu.

52 Providers certified in 2022

1,800 Children served



46% of Alabama counties have a breastfeeding-friendly provider

Counties in orange have a certified provider.



Strong Families

Reducing Parental Stress & Enhancing Parenting Skills

Alabama Extension is the national host of Just in Time Parenting, reaching more than 14,500 subscribers nationwide. We offer 40 parenting newsletters in both English and Spanish. These newsletters have valuable information on child development from prenatal to age 5. They cover topics including child development milestones, helpful tips for success, family support suggestions, and nutrition guidance. The newsletters offer evidence-based information to support families in effectively managing challenging situations and minimizing harmful stress reactions.



40 Parenting newsletters in English and Spanish

14.5k Just in Time Parenting nationwide subscribers



Elevated Communities

Strengthening Alabama's Workforce

In 2018, Alabama 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. Last year, Alabama FAST: Financial Aid Survival Toolkit (ALFAST), the first statewide Extension curriculum designed to increase FAFSA awareness and decision-making, reached 10,000 Alabama high school seniors and 33 school counselors and career coaches at 83 high schools.

10k High school seniors reached

33 School counselors and career coaches at **83** high schools engaged



90.7% Students completing the ALFAST post-workshop survey made an intentional decision about FAFSA, including exploring post-secondary two- and four-year colleges and universities, certification, and licensure.

Connect with Us! ACES.EDU/HUMANSCIENCES

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



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**Extending Knowledge,
Improving Lives**

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