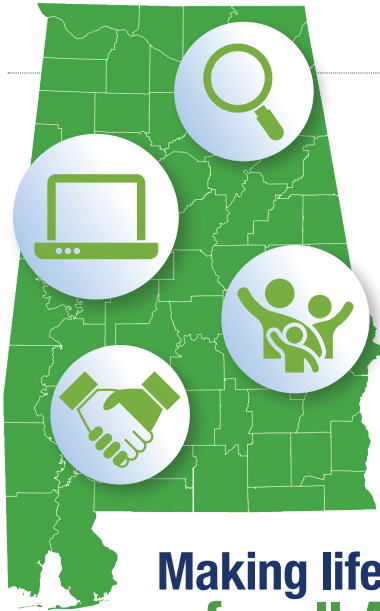


Alabama Extension Human Sciences

2023



Helping people

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

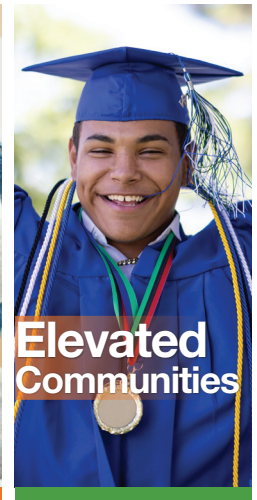
Making life better
for all Alabamians



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 professionals
- 14 Statewide programs and initiatives
- 7 Peer-reviewed scholarly products
- 5 Television appearances
- 11 News stories
- 9M+ Unique viewers of HSE materials



aces.edu/humansciences



Healthy People

Escape Vapes

Increasingly, middle and high school students are using electronic cigarettes at an alarming rate. In response to this issue, Escape Vapes was developed to curb and prevent adolescent use of e-cigarettes. The effectiveness of the program was evident in 2023 among 2,625 youths in 18 counties. In addition to the youth education program, Escape Vapes: Empowering Adults was offered. It is one of the few vaping education programs for adults. It equips adults with knowledge that can help decrease youth usage and manage vaping-related issues through the lens of addiction rather than delinquency. Meaningful outcomes were observed in 2023 among 238 adult participants.

88% of adult participants report they would discuss vaping risks with their children or those close to them.

85% of students said that they are unlikely to vape in the future.



Strong Families

Reducing Parental Stress & Enhancing Parenting Skills

Alabama Extension is the national host of Just in Time Parenting, reaching 16,000 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

67k Just in Time Parenting website visitors



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. Career FAST: Financial Aid Survival Toolkit is the first statewide Extension curriculum designed to increase FAFSA awareness and decision-making. In 2023, a multistate team of Extension professionals explored options to expand as a nationwide initiative. Expansion will broaden the reach of Extension, supporting educators, high school students, and families in making informed FAFSA decisions.



Extension professionals trained **100+**

High school counselors and community educators on critical changes to the FAFSA process.

Career FAST training was delivered in all regions of the state.



Connect with Us! [ACES.EDU/HUMANSCIENCES](https://aces.edu/humanosciences)

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**