



COLLEGE OF AGRICULTURE, FOOD SCIENCE AND SUSTAINABLE SYSTEMS (CAFSSS)

A Kentucky Land Grant University



Family and Consumer Sciences Extension Programs Kentucky State University 2011-2012

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The Kentucky State University Center for Family Nutrition and Wellness Education (KSU CFNWE) educates students and families in the area of nutrition and exercise. In addition, the CFNWE conducts research that aims to curb the obesity epidemic by nutritional processes. Nearly 1,200 concerning the 2010 Dietary Guidelines tools to educate the public on healthy food practice, and importance of maintaining a include more vegetables and fruits in simple meals. The CFNWE curriculum, continue to learn the concepts of accessible exercises to improve

looking at behavior, body composition, and participants learned new information and MyPlate, both of which are USDA choices. Participants learned the benefits, nutritious diet and active lifestyle, to the diet, and healthy ways to cook MyHealth KY, helped students MyPlate in addition to readily overall health.

The Expanded Food and Nutrition Education Program

The purpose of this program is to



provide extension and educational

services and conduct research in order to improve the quality of lives for people, from lower income demographics, through nutrition endeavors. The objectives are being met by teaching children and families through an innovative curriculum that combines nutrition, diet instruction, cooking demonstrations, food safety, and food preservation. We have demonstrated and continue to expect that students have increased knowledge in areas of nutrition. Currently, 653 students have completed the program at a cost of \$184.97 per student. These numbers account for 5 different organizations including schools, churches, and summer groups.

Overall, there were approximately 21 different groups of children who went through 6-10 hours of nutrition education. We are witnessing improvement in knowledge of nutritional concepts and learning more of the behavior aspects that surround obesity.

Workplace Wellness through Nutrition Education

Ms. Loretta Adams

Family Development & Management Assistant – Division of Family Consumer Sciences

Statistics showed far too many deaths caused by cancer, diabetes and heart disease in Garrard County. Allison Abrasive Manufacturing Company invited the KSU Family Development and Management (FDM) Program to participate in their annual Health Fair for their employees. Based on previous experience and conversations with this group, the Program Assistant learned that they eat too many fast and fried foods. She conducted educational sessions presenting recipes using carrots, squash, and sweet potatoes. These three dark colored vegetables have been shown to help in decreasing the risk of developing some of our dreaded diseases. They are good sources of carotene, many vitamins such as vitamin B6, C, A, and vitamin B2. They are high in antioxidants, folic acid, dietary fiber, potassium. Sweet potatoes have also shown in studies that unlike many other starchy vegetables, they are an “antidiabetic” food. She prepared several different delicious dishes using these three nutritious vegetables. At first some were hesitant in trying a taste, but as the brave one’s who had a taste started commenting on how great they tasted, soon everyone wanted to taste. Some even came back for more and everyone took their recipes as they left. Learning to try something out of the ordinary was the first changed behavior, taking the written material with them the second and thirdly some of them will indeed learn the importance of eating foods rich in nutrients that will help protect them from possibly getting cancer, heart disease or diabetes.

Improving Health-Saving Money

Ms. Bessie Smith

Family Development & Management Assistant – Division of Family and Consumer Sciences

The Family Development & Management Program in Lincoln County provided program participants information and helped them build skills in the areas of family management, consumer choices, budgeting, home safety, parenting skills. Each month, a newsletter containing information on topics such as nutrition, food safety, basic cooking information, and other subjects was distributed. FDM participants learned how to stretch their monthly food budget by using seasonal foods and other cost-saving strategies. Participants responded that they tried a new food or recipe that was featured in the newsletter. Many shared how their families’ eating habits changed because of the timely information. On special occasions, food preparation classes were conducted to give hands-on experience. Learning how to prepare nutritious food for less is a great tool to improve health and save money at the same time. This monthly newsletter has proved to be an effective tool for reaching an underserved audience and helping them to make budget-conscious and nutritious choices.

Health Rocks for Young People

LeChrista Finn, Ph.D.

State Specialist Sr. – Division of Family and Consumer Sciences

Too many of Kentucky's youth, ages 10-15 years, practice risky health behaviors, including the use of alcohol, drugs, and tobacco. To help young people make better choices, the KSU Cooperative Extension Health Specialist implemented *Health Rocks! (HR!)*, an initiative sponsored by the National 4-H Council.

Health Rocks! (HR!) is making a positive impact on the lives of Kentucky youth. This healthy lifestyle curriculum endorsed by the National 4-H Council is aimed at 10 – 15 year olds. It equips youth with strategies to make healthy decisions. As a result of our commitment, Kentucky State University's Cooperative Extension Program has partnered with the National 4-H Council to reach a minimum of 2000 youth throughout Kentucky in 2012; we have reached approximately 470 youths to date.

A recent training was held for communities across the state to partner with us and make a difference in the decisions our young people make. Approximately (18) eighteen participants representing Extension, libraries, schools, churches and afterschool programs attended and committed to helping KSU reach its goal. Another training will be held later this summer to engage other community partners.



Personal Financial Management

Kentuckians are challenged by many economic, health and environmental issues. To address these problems, programs have been presented to low income and other consumers: to improve financial and resource management; to promote affordable housing and healthy home environments; to promote health and wellness; to improve parenting skills, human development, and family relations; to encourage energy and resource conservation; and to help families with estate planning matters. Programs are designed to strengthen families while increasing their knowledge and skill levels. Extension personnel recognize that our efforts not only build family strengths, but also build the strengths of communities.

Get More Bang for Your Buck

Joanne Bankston, Ph.D.

Interim Chair/State Specialist – Division of Family and Consumer Sciences

Get More Bang for Your Buck -- A Plan for Spending Your Money is a basic life skills lesson developed for low-to-moderate income consumers. The program is designed to help participants work through the steps of developing a spending plan for managing their money. It covers setting goals; identifying wants and needs; identifying resources; listing income; listing expenses; subtracting income from expenses; balancing income and expenses;

finding ways to cut spending and stretch money; evaluating the plan and taking action; and finding ways to save. "Get More Bang for Your Buck" was taught in 19 counties where the poverty level ranges from 15-45 percent. It was taught to 75 Homemaker leaders who in turn trained a total of 2,080 Homemaker Club members. Two Family and Consumer Sciences agents trained the seventy-five leaders who were evaluated using an evaluation tool developed as a part of the curriculum. Evaluation of the 75 trained leaders indicated that: 100% gained knowledge about ways to reduce expenses, reduce spending, and to stretch their money to make it go further. Ninety-eight percent of the leaders that were trained learned the following skills: how to set goals for the use of their money; how to identify resources to help with budgeting; how to balance income and expenses; and how to review spending plans and take action. Ninety-seven percent indicated that they will use the material they learned. Evaluation results were tallied from responses on the survey instrument.

MoneyPower for College Students

MoneyPower educates college students on making wise decisions about their money and life. It covers communication with family, financial aid considerations, making a spending plan, keeping money safe, credit and debit cards, updates on credit card laws, and protecting personal information. College students who participated worked on a case study to prepare a student budget. MoneyPower was presented by KSU specialist for family resource management to over 150 college students at Northern Kentucky University (NKU) at a program for honor students and to 120 participants of the Association for Financial Counseling, Planning, and Education conference in Denver. Eighty-seven percent indicated that they would use the information that they practiced.

Earned Income Tax Credit Puts Money in the Pockets of Kentucky Workers

Many families are suffering from the economic downturn, shorter work hours, unemployment and other conditions. To address the problem, the KSU specialist provided packets to county FCS agents and Extension assistants who promoted the Earned Income Tax Credit (EITC) in local communities to inform clientele of the program. EITC provides special tax benefits for low-to-moderate income workers, can reduce the amount of taxes that that owe, and put cash in their pockets.

In addition to the information packets, the Specialist provided newsletter articles with general information on EITC, Volunteer Income Tax Assistance (VITA) sites, how to select a tax preparer, and a list of all VITA sites in Kentucky. The goal of the effort was to spread the word about EITC, encourage Kentuckians who qualify to use EITC, and also to direct them to VITA sites where available to get their taxes prepared free. An evaluation instrument is enclosed in each packet to collect data. Approximately, 30 agents and/ or assistants responded to the survey.

As a result of the materials and information sent out, county FCS agents and Extension assistants reported that EITC was promoted through: home and group meetings; food stamp offices; community action agencies; newspaper and radio; grocery stores; the housing authority; and other groups and organizations. It is estimated that over 1825 people received information and over 725 people applied for EITC as result of receiving the information. During a money management training session (using materials developed by KSU & UK specialists) 17 individuals who had previously used commercial tax preparers learned about free tax preparation at VITA sites. They were bused to the site in their county. Each person received a tax return of \$1500 or more. More than \$200,000 was received by Kentucky families who received the information. Returns were used to pay bills, buy used appliances, make home repairs, purchase furniture, and purchase clothing for their children. Money was spent in local

communities to help stimulate the economy.
(Collaborative effort between Kentucky State

University and the University of Kentucky).

Stretching Your Home Improvement Dollar

Linda Brown-Price, M.S.
Area Specialist – Division of Family and Consumer Sciences

Homeowners want to stretch their home improvement dollars as far as they can. A joint program, *Stretching your Home Improvement Dollar*, was taught by the KSU Family and Consumer Science area specialist, with other UK agents at the Covington Center for Great Neighborhoods. Topics covered included KY Appliance Rebates, Federal Tax Credits for Consumer Energy Efficiency, and resources for buying used appliances and home improvement items. Participants also learned about the value of remodeling. A follow-up lesson, *Going Green in the Home and Garden*, was a hands-on experience on how to make safe and affordable cleaning supplies.

Starting Your Online Business

As the unemployment rate in Kenton County climbed, many individuals were seeking ways to supplement their income. In response, KSU offered a class, *Starting Your Online Business*. Topics covered were: what to sell, pricing, marketing strategies, inventory, what you cannot sell over their internet, PayPal, and fees of doing business. Participants shared ideas and suggestions on what to sell in this economic environment. Successes and failures of businesses that were currently operating were discussed. In conjunction with the NKU Small Business Center, participants also learned how to write a business plan, the steps to starting a business, and to find a niche that makes their business stand out.

Money Wisdom

As families are struggling to make ends meet and pay their obligations, a class on *Money Wisdom* was taught to the public as well as Kenton County Extension Homemakers. The emphasis was on communication with all family members concerning the flow of money in the household (i.e. adults as well as youth). Strategies were given for budgeting, saving on expenses, tracking expenses, increasing cash flow, stocking a pantry, and low-cost meal preparation. An additional series on *Where Does Your Money Go?* was taught with the focus on tracking expenses. Individuals commented that they were surprised at what they bought and how much they could spend in only a week. Suggestions were given on cutting expenses, needs and wants, spending guidelines, and stretching your holiday dollars.

Improving the Quality of Lives and Family Well-being

Parents Gain Confidence in Parenting

Marion Gibson, MPA
Area Agent – Division of Family and Consumer Sciences

Sometimes parents need extra assistance in carrying out their roles. The Fayette County Family Court and/or Child Protective Services refers parents from troubled families to a 12-week series of parenting classes conducted by

the KSU SKY (Strengthening Kentucky's) Families Program. Completion is a goal established for parents in order that they may reunify safely with their children. Ninety-three percent of parent participants reported that they agree or strongly agree that they are better parents since attending the parenting program. One parent's comment regarding participation in the program was: *I want to thank you for [teaching me] about how to take care of my kids better with their behaviors and stuff. These classes [have] helped me more than I thought they would. I am so proud of myself for getting through this because I've*

been down a rough road . . . and I'm just going to keep my head up and do whatever I've got to do to get my babies back so I can have a happy family again, clean and sober.

Parenting Program Saves State Resources

Placing children in foster care is costly to taxpayers and to children's sense of well-being. KSU's Fayette County Cooperative Extension Program utilizes a community-level, culturally strategic approach through collaborating with a local faith partner - the Imani Family Life Center, Inc., Prevent Child Abuse Kentucky, and the

Cultural Competence Protects Children

Nancy Cáliz, MPA
Interim Special Assistant for Hispanic Initiative,
Cooperative Extension Program

According to 2010 US Census Data, the Hispanic population in Fayette County doubled in the last decade. The KSU Hispanic Initiative provided KSU's Area Agent, located in Fayette County, with ongoing technical advice, consultation, and training. This led to increased understanding of the Hispanic culture and working with limited English proficiency (LEP) clientele. KSU was able to integrate this information into a culturally appropriate plan to address the needs of Hispanic LEP families identified by Child Protective Services in Fayette County. These parents joined the English-speaking participants for presentation that included information related to "positive parenting" or *Educación paternal positiva*, in addition to valuable information regarding *How the Child Welfare System Works* or *¿Cómo funciona el sistema de bienestar de menores?* The cost for a child in out-of-home care is approximately \$725 per month, per child, plus attorney fees for the child (guardian ad litem), attorney fees for each parent, county attorney fees, family court attorney, and community resource providers, etc., creating a large financial burden to taxpayers. The parents reported that their families are in

Kentucky Cabinet for Health and Family Services Child Protective Services in the delivery of parenting education, referrals for resources, mentoring and in-home consultation. As 50 parents achieve safe family reunification with their children (2 children each, on average), the Program's potential savings to taxpayers of the Commonwealth of Kentucky's is \$75,000 per month (based on estimation that it costs taxpayers \$725.00 per month per child for foster care x 100 children) or \$.9 million annually. (This amount does not include additional costs for attorney fees, mental health services, assessments, and other services.)



the process of being reunified. The Area Agent gained the skills and knowledge to provide services to Latino families and contribute to the well-being of the family and safety of the children.

