

2017

**SRPLN FCS
State Report**

SRPLN FCS State Report 2017

Reporting Institution: ____ 1862 ___ X 1890 (check one)

Name of Institution: Alabama A&M University

Budget Situation: Budget remains flat

Staffing Update (field and state office): No new FCS State or County Staff hired

How Institution is Addressing the Situation: Current budget has allowed refilling vacant positions but no increase or new FCS hires

Top 3 Program Highlights of Current Year: (program, collaborators, impacts)

Health and Nutrition

Teens are one of the nation's most at-risk youth groups for obesity and health related problems. Alabama ranks ninth (9th) highest for teenage obesity (16.1%). Teens' have a low intake of fruits (10.2%) and vegetables (10.4%) and do not meet the recommended 60 minutes of physical activity daily (25%). These factors increase teens' chances of developing chronic diseases such as obesity, diabetes, cardiovascular diseases, and some forms of cancer. The Technology Enhancing Exercise and Nutrition (TEEN) was a three-years funded program through the 1890 Capacity Building Grant. It was also accepted in the eXtension i-Three Issues program. The program built capacity in nine of Alabama's Urban counties through an interactive technology driven learning environment that fully energized and engaged at-risk teens to eat healthier and become physically active for 60 minutes each day to reduce the risk chronic diseases. TEEN program was a collaborative effort between the Alabama Cooperative Extension System (ACES) Urban Affairs and New Non-traditional Programs (UANNP)'s Nutrition, Youth Development and Volunteerism areas. Nine Health and Nutrition and five Youth Development Regional Agents conducted nutrition and *iDance* classes and recruited volunteers. The agents were trained by the Volunteerism specialist on recruiting, training, and retaining volunteers. The Youth Development agents recruited the teens ages 12-18 years old through collaborations with schools, recreation and detention centers, faith-based, community, and service organizations, boys and girl clubs, and afterschool programs. TEEN program was conducted for 25 days with each group. Research indicated it takes 21 days to change behavior habits. The program was evaluated through 1) *Qwizdom Clickers*- pre-and post- assessments for eating habits and knowledge, 2) *iDance* Exergame- dance steps, calories burned, 3) Body Mass Index (BMIs)- logged into a database, and 4) Volunteers Service Hours- logged into ACES Volunteer in Urban Programs (VIP) database. Pre-and post-assessments were analyzed through the Statistical Package for Social Sciences (SPSS). The *iDance*, BMIs and volunteer service hours were analyzed through Excel. The results are based on two-years of program implementation. Teens (baseline- 1195 and endline- 1084) improved from pre- to post- (percentage differences): 1)

Knowledge (58%), 2) Consumption for vegetables (59%), fruits (10%), whole grains (39%), lean protein (27%), low-fat/fat-free dairy (9%), and reduced fatty foods (17%) and 3) physical activity (26%). *iDance* recorded approximately 1.5 million steps and teens burned an average of 394 calories per person. Eight hundred and eight (808) teens Body Mass Index (BMI) were measured using standard BMI ranges- normal- 18.5-24.9 (62%), overweight- 25.0-29.9 (23%) and obese- 30.0 and above (15%). Forty-eight volunteers contributed 1000 hours yielding a savings of \$22,280 based on Alabama volunteer rate of \$22.28/per hour. The TEEN program impacted teens to choose healthier food options, decrease intake of fatty foods, increase physical activity to 60 minutes daily and maintain a normal BMI range. It also increased volunteer support with youth nutrition programs to combat obesity and decrease risk factors of chronic diseases.

Snap-Ed

During FY 16 grant year 4869 participants (adults =1293, youth=3576) involved in a 10 lesson nutrition series as a part of USNAP-Ed. The following impacts are highlighted:

- 23% increase in adult participants, 20% increase in youth participants, who increased engagement in physical activity
- 22% increase in adult participants who reduced consumption of fats, sugar, and salt
- 23% increase in adult participants, 31% increase in youth participants, who eat fruits and vegetables
- 24% of families receiving the Parents Encouraging Nutrition and Physical Activity Lessons (PENPAL's) newsletter indicated adopting at least one healthy tip.
- 33% increase in adult participants who read nutrition facts label when buying food
- 32% increase in youth participants who choose food based on MyPlate

During the current FY17 grant year, the Urban SNAP-Ed Program of the New and Nontraditional Programs Units with Alabama Cooperative Extension System extended the statewide social marketing campaign efforts by adding the three nutrition messages (eat fruits and vegetables, drink more water and move more) that are seen on billboards across the state, to public transportation buses in the Birmingham and Montgomery city areas. This effort extends our delivery reach of healthy nutrition and physical activity messages from the individual level into the community level of the Socio Ecological Model. In doing this, Alabama citizens receive the same helpful messages throughout their day which reinforces lessons taught through direct education and helps them to be mindful of these messages in places where they eat, work, learn and play. The signs run for 12 weeks starting in June, with a total of 25 interior and 6 exterior bus signs placed.

Family Finance Making Money Count

American consumers owe approximately \$11.85 trillion in debt of which \$918.5 billion is credit card debt (Chen, 2015). In 2015, 911,086 bankruptcy filings were processed (United States Courts, 2015). In addition to sinking in debt, in 2013 nearly 9.6 million households were unbanked and 24.8 million were underbanked – those with a bank account but use alternative

financial services such as payday loans, title loans, etc. The State of Alabama ranks second among the fifty states in most bankruptcy filings per capita (Seale, 2015) and it has 26.4% of its citizens underbanked and 9.2% unbanked (Cole, 2014).

Promoting Readiness for Employment Possibilities (PREP) is a curriculum focused on preparing individuals for conducting a successful job search. The program consisted of four lessons that were taught in a series or as stand-alone lessons throughout various urban areas in Alabama. The focus of the lessons was on resume writing, completing job applications, interview skills, and appropriate dress.

Of 186 participants, one to three months after participating in the program:

- a) 60% included their children in financial decisions
- b) 83% made less impulsive financial decisions
- c) 72% used a spending plan
- d) 79% tracked their spending
- e) 51% found ways to reduce their expenses
- f) reduced their spending, on average, by \$45
- g) 65% had a savings account
- h) 53% had a checking account
- i) 30% were using a debt management software for help in managing their debt
- j) 59% had reduced their use of alternative sources of credit

New or Unique Collaborations and/or Funding Sources:

Day Release Center

Salvation Army

Contact for Additional Information:

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Associate Director Urban Affairs

Alabama A&M University

SRPLN FCS State Report 2017

Reporting Institution: ____1862 __X__1890 (check one)

Name of Institution: Alcorn State University

Budget Situation:

During current year, Alcorn State University Extension Program was appropriated a 1% increase in funds.

Staffing Update (field and state office):

One additional FCS educator has recently been moved to FCS from another program to conduct FCS education in the field. This increased the total number of FCS educators on staff from two to three.

How Institution is Addressing the Situation:

Due to the increase in funds the current year, programming was maintained at the previous level.

Top 3 Program Highlights of Current Year: (program, collaborators, impacts)

1. In an effort to bring Awareness to Breast Cancer during Breast Cancer Awareness Month (October 2016), the Alcorn State University Extension Program participated with Health Fairs and conducted a series of workshops on Breast Cancer Awareness in several Mississippi counties. The program included topics such as “Facts on Cancer for Men and Women,” “Taking Control of Your Health,” and “Know Your Body.” A total of 500 adults attended and participated in the series of workshops implemented during the Month of October. Activities implemented included:

- Conduction of a Breast Cancer Awareness workshop with adults at the Warren-Yazoo Adult Day Center in Vicksburg, MS (Warren County) on October 3, 2017.
- Conduction of a Breast Cancer Awareness workshop at the Educare Senior Day Center in Vicksburg, MS on October 16, 2017.
- Collaboration with the Claiborne County Extension Office Open House entitled “Get Your PINK On” on October 20, 2017.
- Conduction of a Breast Cancer Awareness workshop with adults at the Educare senior Day Center in Jackson, MS (Hinds County) on October 26, 2017.
- Distribution of an array of brochures on Breast Cancer for Men and Women.

After participating in the health fairs/workshops:

- Participants received helpful information on how to adapt to healthy lifestyle changes that would benefit themselves and their families.
- Participants acknowledged the importance of making healthier food choices and being more active.

- Participants were able to conduct breast examinations, using a Breast Model available on display.
2. The ASU Extension FCS Program Educator participated in the Mississippi State University Mississippi Home Volunteer Convention in March 2017 in Natchez, MS at the Adams County Cooperative Extension Office. During the program the participants were introduced to ways they could make cost efficient spring decorations and door wreaths on a budget. The educator demonstrated how to make a “garden hose wreath.” Topics discussed included “Spring Do It Yourself Projects” and “Garden Hose Door Wreaths.” Program participants, totaling 85, came from counties throughout the state of Mississippi. As a result of participating in the program:
 - Adults increased their knowledge about shopping and saving money on seasonal decor.
 - Adults increased their knowledge on how to make décor to beautify their homes.
 - Adults can apply basic, simple ideas to decorate their homes.
 - Adults can apply basic, simple ideas to make Spring DIY door wreaths.
 3. The ASU Extension FCS Program Educator provided nutrition information and a related display at a health fair event to promote the observance of “National Women Health Week” (May14-20, 2017) and “National Salad Month” (May) in Jefferson County, MS. During the event participants received educational materials pertaining to women’s health/wellbeing and the importance and benefits of eating vegetables and salads. Information was offered to participants on different strategies to practice to stay in good health. Salad and low-fat salad dressing recipes were provided. A total of 100 participants attended this event. As a result of participating in the event:
 - Adults increased their knowledge about Women’s Health Awareness.
 - Adults increased their knowledge on the importance of eating fresh fruits and vegetables (salads).

New or Unique Collaborations and/or Funding Sources:

The ASU Extension Program collaborates with the Expanded Food and Nutrition Education Program (EFNEP), Extension’s Health and Wellness Program and community agencies in alignment with common objectives/priorities.

Contact for Additional Information:

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SRPLN FCS State Report 2017

Reporting Institution: 1862 1890 (check one)

Name of Institution: University of Arkansas Division of Agriculture

Budget Situation: UA Division of Ag, along with all Higher Ed institutions in AR, was held to flat recurring funds for 2018. We did receive \$2.5 million in one-time monies from the Attorney General's settlement funds to enhance FCS consumer education, as well as civics and leadership programs in 4-H, public policy programs, agricultural law, and other programs.

Staffing Update (field and state office): We have three counties with long-term FCS agent vacancies. All other counties have FCS/4H agents or funding committed to hiring FCS/4H agents when vacancies occur. On the state level, we currently have one Family Life Specialist, one Family and Consumer Economics Specialist, one Health Specialist, one Nutrition Specialist /SNAP-Ed Coordinator and one Nutrition Specialist/EFNEP Coordinator. We still have not received approval to fill our vacant Food Safety Specialist position.

How Institution is Addressing the Situation:

District Directors are working with county governments to secure continued funding.

Top 3 Program Highlights of Current Year: (program, collaborators, impacts)

How to Talk to Your Doctor (NIFA-funded through Rural Health and Safety Education grant)

The How to Talk to Your Doctor program aims to improve individual and family health literacy around the domain of communication with healthcare providers. This is a joint project with UAMS Center for Health Literacy and UA-Fayetteville targeting Medicaid-eligible adults with low health literacy. An online facilitator training was created, along with print materials and a robust evaluation component including pre/post class questions and 3-month follow-up. Early evaluation results for this single session program show statistically significant improvements for all outcome measures. Interestingly, participants receiving Medicaid report the largest gains in confidence to communicate with healthcare providers and be prepared for medical appointments. We expect to reach 3,000 people in 45 counties by end of program year.

Best Care (funded through the AR Division of Child Care and Early Childhood Education since 1998)

Early Childhood Professionals in AR are mandated to receive a minimum of 15 clock hours of professional development training a year. UA Extension offers Early Childhood Professional Development training opportunities that provide 45 clock hours of PD training each year in at least 30 locations, using a network of 75 FCS county agents throughout the state.

Our three childcare provider training programs (10 hours face to face, 5 hours online, and 30 hours online and self-study) provided continuing education to approximately 5,400 early childhood professionals in Arkansas. Impacts: Of the ~5,400 providers evaluated 98% of

participants experienced knowledge gain, 92% of participants indicated intent to change at least one practice based on information presented at the training.

Faithful Families Eating Smart and Moving More (NIFA-funded through SoRNECE)

The RNECE-funded Faithful Families Eating Smart and Moving More project, implemented in five counties, utilized faith community-appointed lay leaders and EFNEP program assistants or trained Wellness Ambassador volunteers to educate church members on ways to improve the nutrition and physical activity environment in their faith communities. The 9-week program positively impacted diet quality and health behaviors among participants. Overall, we saw a decrease in consumption of sodium, solid fat and added sugars (SoFAS), saturated fat and Calories and an increase in whole grain consumption. Mean decreases in systolic blood pressure approached significance from entry to exit. Compared to Wellness Ambassador-led groups, the EFNEP Program Assistant-led groups demonstrated significant decreases in consumption of saturated fat, and food energy that were sustained through 3-month follow-up. For health behaviors, Wellness Ambassador-led groups showed significant changes in shopping behaviors (shopping with a grocery list, considering healthy food choices when deciding what to feed their families and using the Nutrition Facts label). One Faith Community developed policies to improve nutrition and physical activity environments for the church.

New or Unique Collaborations and/or Funding Sources:

The Family Life subject-matter area began a collaboration with University of Minnesota Extension Center for Family Development to adapt two parenting curricula for use with families in Arkansas. *Parents Forever* will offer education and support for families in transition through separation, divorce, or other shifts in family and parenting roles. In our first wave of training, ten Arkansas FCS agents statewide will be trained to deliver this program. We have also introduced *Parenting in the Age of Overindulgence* which will be available to all FCS agents for use with parents in a variety of settings. In addition, UA Extension faculty has partnered with Minnesota Extension to develop four Take-and-Teach Modules based on the larger Overindulgence curriculum. These modules will be piloted in both Arkansas and Minnesota this fall.

The Nutrition team is partnering with 4 other So. Region States on a Diabetes Prevention Program (DPP) project. The goal for Arkansas is to establish a DPP to be implemented by County FCS Agents. If funded, 10 agents will receive support and lifestyle coach training. Ultimately, we hope to obtain CDC program recognition and attain sustainability within year four of the DPP. Other states in the project are Florida, Kentucky, Tennessee and Virginia. We also submitted a smaller proposal for a pilot program to begin preparing agents for the DPP to the Arkansas Blue and You Foundation.

Contact for Additional Information:

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SRPLN FCS State Report 2017

Reporting Institution: 1862 1890 (check one)

Name of Institution: University of Florida Institute for Food and Agricultural Sciences (IFAS)

Budget Situation: While our house and senate were kind to UF/IFAS, our governor did veto a line of funding (\$1 million, Family and Youth Initiative), which we have had since 2007. It provided salary dollars for 5 state faculty (FCS and 4-H) as well as 5 RSAs for 4-H. It had also provided program dollars for FCS and 4-H programs. Thankfully our VP opted to take the cuts as whole. No faculty positions were lost, but several new searchers were put on hold for the time being. Our Snap-Ed program leadership team successfully negotiated a bidding process with our State DCF; they now have a three-year contract in place.

Staffing Update (field and state office): UF/IFAS Extension FCS has 12 tenured or tenure track faculty serving as administrators or state specialists and approximately 53 FCS agents, 1 Interim RSA, 1 FCS Program Coordinator serving clientele in 67 counties. We are currently organized around 3 program areas—health and wellness, family resource management, and nutrition and food systems.

How Institution is Addressing the Situation: The UF System will maintain its workload and seek to build its faculty ranks in Extension at state, county, and district levels.

Top Program Highlights of Current Year: (program, collaborators, impacts)

Diabetes: A Costly Issue

According to the Centers for Disease Control and Prevention, approximately 29 million Americans over age 20 have diabetes and 86 million adults have prediabetes.¹ People with prediabetes are at increased risk of developing type 2 diabetes, heart disease, and stroke. Diabetes is the seventh-leading cause of death in the US. Having diabetes doubles an individual's risk of heart disease and stroke, and can also lead to blindness, lower limb amputations, and kidney disease.² People can delay or prevent these health problems by keeping their blood glucose levels in good control. The cost of diabetes in the U.S. was estimated at \$245 billion for 2012.³ More than one-fifth of health care spending is to care for persons with diabetes.¹ In Marion County, this amounts to over \$234 million in annual diabetes-related health care costs.

Extension's Response

Take Charge of Your Diabetes (TCYD) is a ten-session educational program developed by University of Florida IFAS Extension faculty, and conducted in collaboration with health professionals in local communities. The primary goal of TCYD is to provide information and motivation to help adults with type 2 diabetes modify their lifestyles to better control their blood glucose levels and reduce risk for health complications.

Since 2002, Nancy Gal of Marion County Extension has provided 24 TCYD programs, with 358 total participants. In 2016, 22 people participated in the program, learning how to manage their diabetes by addressing medical issues, nutrition, self-care, and exercise.

Program Results

Each TCYD program is evaluated using participant self-reports and medical measurements of body weight, blood pressure, and hemoglobin A1c levels, which indicate average blood glucose levels for the past 2 to 3 months.⁴ Data are collected at baseline, end of the program, and at follow-up three months after the program has been completed. Program results for Marion County include:

- 83% of participants in 2016 rated the workshop as “excellent.”
- From pre-test to follow-up, participants engaged in more diabetes management behaviors in 8 of 9 areas, with statistically significant increases in 3 of the 9 practices.
- A1c scores, which indicate average blood sugar levels over time, were significantly reduced from an average of 8.8 to 8.0 ($p = .003$). Weight was significantly reduced by an average of 5.4 pounds ($p = .010$). Average blood pressure did not change significantly.

Economic Impact (Total: \$49,797)

- Based on the cost of TCYD (\$45) relative to the available hospital-based program in Marion County (\$1,100), participants saved themselves or their insurance companies **\$23,210** in 2016.
- Based on research on the value of diabetes education⁵, it is estimated that TCYD participants saved between 5.7% (private insurance) and 14.0% (Medicare) on health care costs relative to those not taking classes. This sums to **over \$24,266** in savings in 2016.
- Nurses and other volunteers who conducted health assessments contributed the equivalent of over **\$2321** of their time in 2016.⁶

VITA Program

The UF/IFAS Extension Volunteer Income Tax Assistance (VITA) Program provides free income tax preparation to residents in 9 Florida Counties and 5 Georgia Counties. In 2017, Family and Consumer Sciences (FCS) agents from 13 rural counties operated sites where taxpayers could make appointments to receive free tax return preparation. The agents processed the in-take paperwork before connecting the taxpayer to a Leon County volunteer tax preparer via Skype video conferencing to complete and e-file the return. The taxpayers received accurate, high-quality tax assistance from the volunteer, and the local agents were able to focus on individual financial education, including record-keeping, budgeting, and goal-setting. In 2017, 433 taxpayers filed free federal, state, and amended income tax returns, including 91 free state returns from 6 states. UF/IFAS Extension submitted 334 federal returns in for the 2016 tax year, and these taxpayers saved an estimated \$89,512 in preparation fees. The VITA program reaches a target audience of rural, low-income taxpayers—households must earn less than \$54,000 to qualify. In 2017, VITA taxpayers received \$268,733 in tax refunds, claiming \$67,599 from the Earned Income Tax Credit alone. The VITA project is supported by a competitive IRS grant and matching funds from a Bank of America gift. These support a part-time program assistant in the Leon County office, who recruits volunteers, manages the shared appointment calendar, and assists during the tax return when needed. The VITA team won the UF/IFAS Extension Dean Don Felker Financial Management Award. The team was also awarded a cash prize from the Prudential Productivity award issued by the Florida Tax Watch group.

New or Unique Collaborations and/or Funding Sources:*Cooperative Programs for the Advancement of Community Health and Health Equity (CPACHE)*

The CPACHE Program is a health and wellness initiative focused on building collaborative relationships in support of academic-community partnerships to reduce the prevalence of weight-related chronic diseases and related health disparities throughout the state of Florida. Phase 1 of the initiative aimed to develop and strengthen academic partnerships from which to build community-based programs involving UF/IFAS extension. Current collaborations with key stakeholders from colleges and institutes within the University of Florida (UF) Health Science Center, including the College of Public Health and Health Professions, the College of Medicine, the Clinical and Translational Science Institute, and UF Health Cancer Center are centered on improving health outcomes among Florida's health vulnerable populations. This includes primarily rural residents, however low-income and racial/ethnic minorities are priority populations as well. An additional collaboration with the UF Diabetes Institute is focused on promoting healthy lifestyles for the prevention of type 2 diabetes statewide. Phase 2, set to begin in August 2017, will focus on engaging county level stakeholders, including Family and Consumer Science (FCS) agents, in county assessments to examine community capacity and support for establishing transdisciplinary, multi-system community health programs.

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SRPLN FCS State Report 2017

Reporting Institution: 1862 1890 (check one)

Name of Institution: University of Georgia

Budget Situation: Our state budget is much favorable this fiscal year as the economy and state budget has improved. Extension is enjoying steady improvements.

Staffing Update (field and state office): Our state extension faculty has remained stable with no turnover. Dr. Don Bower, Extension professor and emeritus faculty has led the Georgia Traffic Injury Prevention Institute, one of UGA's longest externally funded projects, is fully retiring from Extension; and the program is being transitioned to a state agency. The program manager retired and finding qualified personnel to run the program was not an option.

Georgia has a public service promotion process, with the entry level for extension agents being a Master's degree and \$46,000 entry starting salary. Because of accreditation concerns because our agents are exempt faculty, there is an entry level position that allows them to come in as a public service representative. They must acquire a master's in five years or have an exemplary record of scholarship.

Since 2014 the FACS program has grown from 89 to 127 faculty/staff in 2017 across the state. This growth is attributed to increased grant funding, more county and state support and the work of the program development coordinators in each district hired in the fall of 2014.

How Institution is Addressing the Situation:

We have initiated another classification for Extension Educator that is focused on a narrow job description that allows us to hire bachelor's level employers working under the direction of an agent/program development coordinators. This helps us meet the demand in the state for specific program needs at the county level.

Top 3 Program Highlights of Current Year: (program, collaborators, impacts)

CDC Obesity Grant, Health Outreach work, and new partnership with Emory and Morhehouse Schools of Medicine in the Clinical and Translation Alliance in Georgia.

New or Unique Collaborations and/or Funding Sources:

Contact for Additional Information:

SRPLN FCS State Report 2017

Reporting Institution: 1862 1890 (check one)

Name of Institution: University of Kentucky

Budget Situation: The University of Kentucky experienced a budget reduction, resulting in a \$2.6 Million cut to Extension Field Programs.

Staffing Update (field and state office): 276.3 plus 20 vacancies

Field/County: 109 filled FCS County Agent positions plus 15 vacancies
116 Nutrition Education Program Assistants (grant funded)
2 CYFAR Program Assistants (grant funded)
6 Area Nutrition Agents and 1 vacancy (grant funded)

State Staff: 12.55 Specialists and Professional Staff plus 1 vacancy
18.75 Specialists/Professional Staff plus 2 vacancies (grant funded)
4 Support Staff plus 1 vacancy
6 Support Staff (grant funded)
2 Administrators

How Institution is Addressing the Situation:

Cooperative Extension in Kentucky is in the midst of a comprehensive review to study the organization and its structure, determine a plan and a timeline for adjustment. As indicated in the staffing breakdown displayed above, FCS Extension relies on competitive grants to fund numerous state staff and county paraprofessional positions. Reallocation of resources within units and departments, increased county-based assessment for extension programming and a continued pool of vacant county positions contribute toward resolving budget constraints.

Top 3 Program Highlights of Current Year: (program, collaborators, impacts)

Nutrition Education With Limited Resource Audiences: Many Kentucky families face financial and health issues that impact their overall quality of life. Families in Kentucky struggle economically; 19 percent of the population live below poverty and, 17 percent of the population experience food insecurity. The food consumption and physical activity habits of Kentuckians have undesirable health outcomes. Nearly 1 out of 2 Kentuckians consume fruits less than once a day. One-third of the population are physically inactive. Of the state population, 34.6 percent of adults are obese; and, 37.1 percent of children are overweight or obese. Over 39% of Kentuckians have hypertension. In response to these issues, the Kentucky Nutrition Education Program (KYNEP) delivered programs to assist limited-resource audiences in learning and developing the skills to make healthy behavior changes that will lead to improved diet and nutritional well-being in all 120 counties of the Commonwealth.

During the 2016 program year, a total of 887,377 participants were reached by KYNEP through a variety of direct and indirect educational methods and community outreach efforts. There were

10,558 Kentucky families enrolled in the KYNEP nutrition educational curriculum series and over 20,000 lessons were taught. Results of our pre and post evaluation of those enrolled in the curriculum series indicate that KYNEP is working for Kentuckians.

- 95% of adult participants made a positive change in food group choices.
- 81% of adult participants showed improvement in one or more food resource management practices (i.e. plans meals, compares prices, does not run out of food).
- 90.5% of adult participants showed improvement in one or more nutrition practices (i.e. makes healthy food choices, prepares food without salt, reads nutrition labels).
- 66% of adult participants use the "Nutrition Facts" on food labels to make food choices more often.
- 81% of adult participants showed improvement in one or more food safety practices (i.e. thawing and storing food correctly).

Physical Activity: Kentucky now has the fifth highest adult obesity rate in the nation, according to The State of Obesity: Better Policies for a Healthier America released September 2016. Kentucky's adult obesity rate is currently 34.6 percent, up from 21.7 percent in 2000 and from 12.7 percent in 1990. Although obesity is associated with a number of serious medical conditions, it is treatable and manageable. Regular physical activity is one of the most important thing people can do for health because it provides many short- and long-term health benefits. Physical activity helps maintain a healthy weight, lowers risk for many diseases, such as coronary heart disease, depression, diabetes, and cancer. As part of making healthy lifestyle choices, Cooperative Extension is emphasizing physical activity based programs to educate children, adults, and families about the importance of movement. As a result of our programs, 15,399 adults and youth experienced an increase in knowledge, opinions, skills, or aspirations regarding lifestyle changes that improve personal health. A total of 11,160 people demonstrated spending time being physically active and 5,869 individuals reported adopting physical activity practices.

Keys to Embracing Aging: Health and safety-related decisions that individuals and families make across the lifespan directly affect overall well-being and the ability to age well. Yet many individuals make choices which result in poor overall health and high chronic disease rates. Keys to Embracing Aging is a Cooperative Extension educational health intervention aimed at improving overall health by focusing on ways in which individuals and families can be empowered to take control of their own lifestyle decisions and behaviors in terms of health and well-being. This 12 lesson program is important because "strong, stable and resilient families are crucial to the health and well-being of individuals, communities, and society" (K-State Extension, n.d.).

During the 2016-2017 fiscal year, trained FCS agents presented various individual Keys to Embracing Aging lessons to 1,792 reported community and KEHA participants. As a result of the lessons, 1,585 participants reported improved understanding regarding the impact lifestyle choices have on overall health and well-being. 1,481 participants reported intentions to implement at least one strategy to improve their overall lifestyle.

All participants were asked to complete a 30-day follow-up evaluation. Of the 658 returned follow-up evaluations, 452 reported that they implemented at least one strategy to enhance either brain activity, positive attitude, financial management, health numbers, healthy eating, physical

activity, safety, social activity, stress management, taking time for oneself, and/or tuning-in to the times.

Estate Planning: Regardless of net worth, estate planning is important to protect, and help ensure, your personal and financial goals are realized after death. Unfortunately many people fail to properly plan for transfer of their possessions and property at the time of death. A properly executed estate plan can reduce family stress, reduce federal and state tax obligations, and allow the estate to be settled in an expedient fashion saving both time and money. Many individuals perceive estate planning as complicated, costly, and unpleasant; thereby, leaving possibly leaving their family, farming operation, or small business at risk. To address this need, nine County Extension Offices hosted an Estate Planning workshop during the 2016/2017 programming year. Emphasis was on the estate planning process, including steps to develop an estate plan, establishing goals for an estate plan, specific estate planning tools (Power of Attorney, Trusts, and Wills), the probate process, insurance, funeral planning and gift and estate tax laws. 379 consumers participated in the workshops. Participants were surveyed following the classes. Statistically significant mean increases in knowledge were reported on three knowledge areas measured: 1. How to manage/address current estate planning issues facing my family, farming operation, or business; 2. Identifying estate planning strategies; and 3. Confidence in handling estate planning or specific financial matters. Additionally, 97 % planned to create at least one specific estate planning goal, in addition to 96% planning to implement at least one strategy in regard to estate planning and plan to take action toward implementing at least one estate planning strategy as a result of participating in the program.

New or Unique Collaborations and/or Funding Sources:

FCS Extension and Kentucky Extension Homemakers collaborate with the Greater Kentucky/Southern Indiana Alzheimer's Association Chapter, sharing the National Alzheimer's curriculum in their communities.

Contact for Additional Information:

Cherry Kay Smith

SRPLN FCS State Report 2017

Reporting Institution: 1862 1890 (check one)

Name of Institution - Kentucky State University

Budget Situation:

Kentucky State University received 100 % match of federal funds from the state of Kentucky. As a result of this funding and grant funding numerous agriculture related positions and some FCS and 4-H positions are being filled. It is anticipated that 2 new FCS agents will be hired in Hardin and Hancock counties where University of Kentucky does not have FCS representation. We hope to replace a position in Jefferson County for an FCS agent who left. The SNAP Ed program also hired 8 persons. FCS has 2 new employees – Dr. Allison Young, an Associate Extension Professor, and Ms. Deborah Clemons who serves as an administrative Assistant.

A new president, Dr. M. Christopher Brown, II joined KSU on May 15, 2017. He replaced Dr. Aaron Thompson who had served as interim president.

Staffing Update (field and state office):

State Staff - 6 Specialists and 1 Administrative Assistant

County Staff - 2 Agents and Area Agents

Rosenwald Center for Families and Children – 1 Director; 1 Extension Associate; 4 full time Teachers, 2 part-time teacher assistants;

EFNEP – 4 State and county positions

SNAP ED. – 7 County positions and 1 coordinator

How Institution is Addressing the Situation:

KSU will be filling 2-3 positions in Family and Consumer Sciences and 4-H.

Top 3 Program Highlights of Current Year: (program, collaborators, impacts)

Strengthening Kentucky Families

Strengthening Kentucky (SKY) Families Parenting program began approximately 13 years ago in response to a community need to assist with increasing parenting skills for families of color. Over the years the program has involved to include all families. The Kentucky State University Strengthening KY Families (SKY) Parenting Education program provides instructional information on relevant issues, such as conflict resolution, non-violent discipline techniques, effective communication and other skills that help divert crisis situations when parenting infants through young adults. SKY Families offers a twelve-week program for families in the

Lexington/Fayette County region of Kentucky. Participants meet once per week for an hour and a half. SKY Families Participants are taught skills from the Nurturing Parenting Community Based Curriculum, to increase capacity by teaching skills that aid in the reduction of abuse and neglect. By offering an evidence-based culturally competent strategy, SKY Families aids in the family reunification process and helps individuals move towards self-sufficiency.

During the current fiscal year, SKY Families serviced 43 families with 36 completing the program. Overall 293 contacts were made with the following ethnic breakdown: 219 whites, 73 Blacks, 51 Hispanic, 1 other, and 22 females, 73 males representing 111 children who were in attendance for the program.

Evaluating your Health Insurance Needs and Options

Health insurance helps consumers in preparing for unexpected events and circumstances for themselves as well as their families. The possibility of the repeal of the "Affordable Care Act" (designed to provide access to affordable, quality health care), has many concerned about the future of their family's health care. To assist consumers in evaluating their health insurance needs and options, the Kenton County Extension Office Family and Consumer Science Agent hosted the "Evaluating Your Health Insurance Needs and Options" workshop for county residents. Educational emphasis was placed on identifying health care wants and needs along with identifying strategies for developing a planned buying process for health insurance. Participants were surveyed following the class and indicated they learned how to identify strategies for developing a planned buying process for a health insurance plan and learned how to identify health care wants and needs. Behavioral changes indicated they plan to select a health care plan based on wants and needs as well as use strategies learned to develop a planned buying process. The lively discussion generated questions on Medicare. Another session on Medicare will be offered in the fall of 2017 to assist in making wise health care choices.

Kentucky State University Operates Two CYFAR Check and Connect Community Sites

The Check and Connect initiative is an after school program designed to prevent high school school drop outs. It engages at risk youth through monitoring, mentoring and parental involvement. Kentucky State University operates two CYFAR Check and Connect community sites – the Imani After School Program in Lexington, KY and the Rosenwald Center for Families and Children/ Promising Youth After School Program on the campus of Kentucky State University in Frankfort, KY. Both sites have embraced the activities specified by the University of Minnesota such as student engagement plans, parent consent forms, dialogue between parents and students, developing mentors, etc. The Imani site provided 4-H and other experiential activities related to leadership, food and nutrition, project management, conflict resolution, healthy eating, and physical activity. The Rosenwald site enrolled 36 students – 11 girls and 25 boys who were engaged in check and connect and other activities. Activities have been conducted that have brought benefits to youth, parents and communities. Many students reported that they shared information with their families. A parent of one of the student's noted that, "I like the program because it keeps her active and involved." Another parent responded that "I'm grateful for this program, I like the free opportunity it has provided for middle

Farm To Tables- Vegetable and Fruit Demonstration

Students from two Jefferson County Public Schools and a private Catholic School attended the 4H Farm Field Day. The field staff for the area of Family and Consumer Sciences demonstrated for the 140 students how fruits and vegetables grow on the farm and their different functions/ parts. After learning about how the items grew and about the functions of the plant, the students participated in a short game where they had to find the parts of the plant, name of the plant, and what part of the food group it belongs. Afterwards the students were able to participate in a food demonstration of apples and pumpkin dip. About 50% percent of the students agreed that they learned something new and that they would try the new recipe at home with their parents. About 25% stated that the field trip was the first time that they ever been on a farm. schoolers to do something positive instead of being on the street.

New or Unique Collaborations and/or Funding Sources:

The Rosenwald Center for Families and Children (KSU's child development and learning center) collaborates with Cooperative Extension to offer workshops each week. The Thursday Learning Experience at Rosenwald is a free, two-hour weekly workshop rooted in the commitment of the school-family connection and is open to Rosenwald families and the community. Experts from Kentucky State University Land Grant Extension work alongside other participating agencies to bring educational programs to this learning experience so families and community members leave with real skills they can implement in their daily home life.

SKY Families Program (Strengthening KY Families) Multiple relationships with KY courts, Protect Child Abuse KY, Imani Baptist Church

EFNEP – Local churches, Simon House (women's shelter), Adult Learning Centers

CYFAR funding for the Check and Connect Program

NIFA Capacity Building Grant for Establishing an FCS Degree Program

Contact for Additional Information:

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SRPLN FCS State Report 2017

Reporting Institution: ____1862 __X__1890 (check one)

Name of Institution: Langston University

Budget Situation:

The budget situation is the same. There are no additions.

Staffing Update (field and state office):

The staffing situation is the same. There is a hiring and traveling freeze.

How Institution is Addressing the Situation:

The Institution is addressing the situation by eliminating pay increases and other benefits.

Top 3 Program Highlights of Current Year: (program, collaborators, impacts)

1. Food and Nutrition
2. Family Resource
3. Health

New or Unique Collaborations and/or Funding Sources:

None

Contact for Additional Information:

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SRPLN FCS State Report 2017

Reporting Institution: 1862 1890 (check one)

Name of Institution: LSU AgCenter

Budget Situation: Continues to be uncertain

Staffing Update (field and state office):

Excited to hire 5 new FCS agents to handle general nutrition work. All FCS agents do only nutrition but until recently were majority on either EFNEP or SNAP-Ed funds and very limited in ability to work with general audiences. There is one in each region and each will cover two parishes.

Finally hired two tenure track nutrition specialist. There are two food safety specialists but no nutrition for a couple of years. It is a 75/25% split between extension and research. One includes PI responsibilities for SNAP-Ed and CDC Healthy Communities, the other is more general and includes evaluation. One 100% tenured extension specialist retired in June

How Institution is Addressing the Situation:

We continue to look for ways to maximize our resources by partnering with other agencies or programs.

Top 3 Program Highlights of Current Year: (program, collaborators, impacts)

1. Healthy Communities is expanding from just the original CDC parishes to others in the state. All FCS agents are being trained on facilitation skills, PSEs and related skills. A couple that meet the CDC guidelines are receiving minor funding and we are using F & A from to fund other HC needs. Among the success stories are new crosswalks added near a rural school by LDOT, a grocer redoing his checkout lines at his expense to add healthy options, games stenciled on pavement in public areas, etc. Impacts are in the process of being measured.
2. FSMA training is receiving lots of attention by producers and processors. Extension specialist has been successful in several grants so is able to fund his program and support grad students, post doc, & undergrad research students. His students are gaining applied knowledge, something that industry says is lacking in most new employees.
3. With the addition of a tenure track position in consumer food safety we are able to develop a food safety outreach program that's been badly needed for some time. Program development is still in the piloting stages but successful programs have been done for disaster volunteers, school cafeteria workers and food service workers in nursing homes, churches and child care centers. Preliminary data show that knowledge has been gained but additional evaluation is needed to determine impacts. Based on increased requests the programs are proving to be very popular so there will be revisions to address needs of specific groups with programs targeting specific audiences at one time.

New or Unique Collaborations and/or Funding Sources:

Collaborations remain strong with the Louisiana Dept. of Ag & Forestry, Louisiana Farm Bureau and various commodity groups such as the Louisiana Pecan Growers and the Louisiana Vegetable Growers

for FSMA programming. New collaborations are being formed through activities done as part of CDC grant.

Although there are several new grants there are no new funding sources. All are through NIFA and primarily related to FSMA.

Contact for Additional Information: Karen Overstreet koverstreet@agcenter.lsu.edu

SRPLN FCS State Report 2016-17

Reporting Institution: 1862 1890 (check one)

Name of Institution:

Mississippi State University

Budget Situation:

Mississippi State University Extension had a 5 % reduction in the Legislative budget for 2015-16 and is expecting another 2-5 % reduction this year. For the year 2016-17 a Reduction in Workforce plan was established, but due to retirements MSU Extension did not have to use the plan.

Staffing Update (field and state office):

No new hires in 2015-16.

How Institution is Addressing the Situation:

Almost 100% staff in FCS

Top 3 Program Highlights of Current Year: (program, collaborators, impacts)

Healthy Homes Solutions

Program Area(s):

Family & Consumer Sciences

Summary:

Healthy Homes Solutions will empower people with knowledge so they will adopt healthy behaviors and take practical, low-cost action to solve housing challenges.

Target Audience(s):

Everyone who has a home, and especially high risk populations such as parents of young children, households who live in older housing, low-income families, and older adults

Objectives:

Participants will:

- Gain understanding in the nine elements of a healthy home,
- Learn about the nine elements of a healthy home, and
- Learn how to become better equipped to improve their home environments.

Total Number of Modules or Sessions: 12

Total Number of Hours for Program Delivery: 12

Program Delivery:

- Educational Class

- Demonstrations
- Workshop
- One-on-One Intervention
- Group Discussion

Program Area(s):

4-H Youth Development
Family & Consumer Sciences

Summary:

Relationship Smarts Plus is a healthy relationships program that helps teens learn about issues such as dating and teen violence.

Target Audience(s):

Youth ages 13-18

Objectives:

Participants will:

- Increase knowledge of healthy and unhealthy relationships, healthy dating patterns in terms of using effective approaches to conflict management and communication, and the importance of mutual respect, shared values, and commitment;
- Learn how to recognize patterns of unhealthy and abusive relationships in terms of verbal or physical aggression, controlling behavior, and lack of respect between partners;
- Learn how to feel empowered to make good choices and stand up for themselves when needed;
- Learn how to problem solve and build communication skills in terms of communicating effectively with partners about needs and views and resolving conflicts in relationships using effective communication strategies; and
- Learn about the choices and behaviors that can put their physical and emotional health at

New or Unique Collaborations and/or Funding Sources:

Summary: SNAP –ED funding

Cooking Matters hands-on courses (Adults, Teens, and Families) will empower families with the skills to be self-sufficient in the kitchen.

Target Audience(s):

Limited-resource parents and caregivers of children ages 0 to 5

Objectives:

Participants will:

- Learn how to stretch their food budgets;
- Learn how to prepare healthy meals so their children get nutritious food at home; and
- Demonstrate fundamental food preparation skills, including proper knife techniques, reading ingredient labels, using different forms of fruits and vegetables, and making a healthy meal for a family of four on a ten-dollar budget.

Total Number

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SRPLN FCS State Report 2017

Reporting Institution: ____1862 __X__1890 (check one)

Name of Institution: North Carolina A&T State University

Budget Situation:

Flat funding and yet to receive 100% match.

Staffing Update (field and state office):

Hired a social marketing coordinator for Try Healthy our SNAP-Ed component.

How Institution is Addressing the Situation:

Continuing to provide quality service and sharing our programs add value to NC residents.

Top 3 Program Highlights of Current Year: (program, collaborators, impacts)

- Increase in new award for SNAP-ED of \$115,000.
- Speedway to Healthy reached 8,000 youth this year.
- Introduction of bus ads as part of the Try Healthy programs.

New or Unique Collaborations and/or Funding Sources:

- Funding to support Speedway to Healthy from Blue-Cross Blue Shield
- Funding for Youth Voice Youth Choice through the 4-H National Council partnership with the Walmart Foundation.

Contact for Additional Information:

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SRPLN FCS State Report 2017

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Reporting Institution: ___X___ 1862 _____ 1890 (check one)

Name of Institution: North Carolina State University

Budget Situation: The State budget remained relatively flat for 2017-18.

Staffing Update (Field and State Office)

- Moved from 59 to 83 FCS agents during the past two-years.
- Created a part-time District-wide agent position to help address lack of coverage in 3 counties that are unable to afford even a portion of an agent.

Top 3 Program Highlights of Current Year: (program, collaborators, impacts)

1. Three years ago, NC State Extension underwent a visioning process that resulted in a reduction of FCS agents across the state. Many agents were assigned one vs. the traditional one county/one agent model. One agent took on a three-county area. That left the organization with just 59 FCS agents. Today, we have 83 FCS agents. Many counties, given the option to pay a larger portion of agent salaries, chose to do so in order to have their own FCS agent. This is a huge endorsement of FCS impacts. This still leaves us with 3 counties that do not have any FCS presence. We have introduced a part-time District-wide agent who helps fill in for those counties. Approximately 25 percent of agents currently serve 2 counties.
2. In the fall of 2016, Family & Consumer Sciences Specialists and agents gained first-hand experience helping North Carolina communities respond to, then recover from Hurricane Mathew. While Mathew was just a Category 3 hurricane, it was a storm that dumped extreme rain on the heads of 5 different river systems in the state, resulting in record-breaking flooding in parts of the state that had not previously been flooded. Two counties experienced 1,000 -year floods. Three communities experienced their second 500-year flood in less than 20 years. Our FCS personnel helped secure resources, temporary lodging, food, and clothing for thousands of displaced residents in three counties. Our agents are still helping with the recovery process, which is projected to take up to 10 years to restore communities.
3. Our Department of Agricultural and Human Sciences is in the process of raising funds to build demonstration kitchens to allow greater programming in food preparation and preservation. When complete, there will be three residential kitchens and one commercial kitchen located in the department making it possible to create educational videos, conduct webinars and live workshops, and to provide greater service to the both adult and youth audiences.

New or Unique Collaborations and/or Funding Sources

- A programming team lead by Amy Chilcote received a \$350,000 Rural Health and Safety grant to begin to address the opioid epidemic in North Carolina.

Contact for Additional Information:

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SRPLN FCS State Report 2017



Reporting Institution: (1862 or 1890 (check one))

Name of Institution: Oklahoma State University; Oklahoma Cooperative Extension Service

Budget Situation:

The state and county budget situation continue to be challenging for many state funded agencies. Our Extension service was cut over 16% in FY 17 and for FY 18 we anticipate a cut of close to 7%. These significant cuts have precipitated a need to examine the number of districts and Extension educators we can sustain and support. No layoffs are anticipated, however, by attrition, we expect to reduce our workforce in the next few years until such time state revenues increase again and funding is restored.

Staffing Update(Field and State Office):

Field/county level: We have 60.25 FCS Educator Positions; 17.75 FCS positions are vacant

The Community Nutrition Education Program (CNEP) incorporates grant/formula funding Extension educators and staff: -- 57 Nutrition Education Assistants (NEA) positions, 7 Area Coordinators, 6 managerial staff at state office. A total of 78 positions.

State: We currently have 17 State Extension Specialists and 2 Assistant State Extension Specialists and 1 Associate State Extension Specialist; for a total of 20.

How is your institution addressing the situation?

We continue to increase the number of Master FCS volunteers to help us with programming needs around the state. In addition, we have worked in identifying programs that could potential generate fees that could in turn be used to support the programs and the county educators.

Top 3 program highlights of current year (program, collaborators, and impacts)

Tai chi: Moving for Better Balance. *Community Health & Wellness*

Over 14% of Oklahoma's population is age 65+ and at greater risk of death from home injury. After the program, over 68% of participants can move without risk of injury and can perform activities of daily living with minimal difficulty.

"I enjoy exercising with the ladies and the fellowship we have. It keeps me from just sitting around like a little old lady. I had limited motion from a previously dislocated shoulder but after being in Tai chi for several months I can now raise my arm all the way up." -

Participant

Total times the program was offered- 49 Total participants reached – 1,437

Partners: Public libraries and community centers.

**Live Well, Eat Well, Be Active, with Diabetes
Diabetes Prevention & Management**

Oklahoma has the 8th highest rate of obesity and 12% of residents were diagnosed with diabetes in 2015. Evaluation data show a decrease of over 57% in those who plan to eat snack foods and drink sugar-sweetened beverages every day. *“I have been able to lower my A1C to a normal level using the techniques I learned in the class.”*

Participant

Total times the program was offered – 20

If it is a series of lessons, number of lessons in series – 4 lessons Total participants reached – 314

Partners: Community Nutrition Centers

Progressive Ag Safety Day

Healthy Homes & the Environment

Oklahoma ranks third for federally declared disasters. Youth who are prepared to respond to emergencies at home will be less fearful. Evaluation data show that over 95% of evaluation respondents identified the correct equipment to use for fires, bicycling, first aid, and going out in the sun. Greater than 98% of evaluation respondents correctly identified how to stay safe during thunderstorms and tornadoes.

“My favorite station was first aid because we got to make our own first aid kit...” – Kelly

Total times the program was offered – 10 Total participants reached – 1,738

Total community partners assisting in the program – 60

**Community Nutrition Education Programs (CNEP) - Adult and Youth Programming
SNAP-Ed /Oklahoma Nutrition Education Program (ONE) and Oklahoma Expanded
Food and Nutrition Education Program (EFNEP)**

Obesity, poor nutrition, and limited physical activity are ongoing health concerns in Oklahoma. More than 1/3 of adults and 17% of youth are considered obese, CNEP’s mission is to improve the health of limited resource youth and low-income adults through practical

lessons on nutrition and healthy lifestyle, food resource management, food safety and physical activity. In 2016, CNEP reached 1,995 adults and 9,153 youth directly, and an additional 7,183 adults and 10,355 youth indirectly.

Trained paraprofessionals, known as Nutrition Education Assistants (NEAs), coached adult and youth participants in a series of lessons to build skills that enable them to lead healthier lives in an effort to prevent obesity and associated chronic disease.

CNEP collaborated with schools to provide nutrition education marketed as *Food and Fun for Everyone* to 5,376 Pre-K through 4th graders in low-income schools as designated by the Oklahoma State Department of Education (OSDE) Child Nutrition Programs.

During the 2016 program year, adult participants completing the CNEP nutrition education program reported the following changes as measured by pre/post 24-hour dietary food recalls and behavior checklist surveys:

- 44% reported a positive change in serving more than one kind of vegetable a day
- Participants increased their average serving intake of fruit by 41%
- 43% reported they less often drank one or more sweetened beverages a day
- 46% reported a positive change toward eating or drinking dairy foods, such as milk, cheese or yogurt each day
- 83% reported one or more positive changes in food resource management skills
- 58% reported one or more positive changes in food safety practices

During the 2016 program year, youth participants enrolled in CNEP's *Food and Fun for Everyone* reported the following changes as measured by pre/post surveys:

- 44% of youth increased their ability to identify when to wash their hands
- 22% of youth increased their frequency of fruit consumption
- 26% of youth increased their ability to identify healthy snacks
- 27% of youth improved frequency of vegetable consumption

Financial Readiness

In 2016 the statewide unemployment rate was 5.1% and the median household income in Oklahoma was \$47,524. Four percent of all homes with mortgages in the state were foreclosed. Seventeen percent of Oklahomans, including 22% of Oklahoma children, live below the poverty level. Twenty-five percent of Oklahoma adults and 11% of children do not have health insurance. In 2015, 7.8% of high school students dropped out of school.

In 2016, 1,581 individuals across Oklahoma attended Family & Consumer Sciences programs on financial management. *Check and Balance* classes are offered to bogus check offenders as a possible alternative to having charges filed in district court. This program, previously called "Making Sense of Money Management" was updated in 2016 specifically to address the problem of bogus check writing in Oklahoma. Participants

learn to improve financial management skills (maintaining and balancing a checking account and maintaining a household budget, the importance of saving, proper use of credit, checking credit reports, and being adequately insured) and to increase confidence in managing their finances. *Money Habitudes* cards are a fun, easy tool for participants to talk about money and understand their money personality type. Money Habitudes help individuals understand their money personality and spending habits.

241 adult respondents to finance issue team evaluations reported the following planned behavior changes after participating in the program:

- 61% increase in those to plan to regularly track income and spending
- 102% increase in those who plan to regularly make a written spending plan
- 24% decrease in those who do not plan on paying off their credit card balance each month
- 54% decrease in those who do not plan to take steps to prevent identity theft
- 64% decrease in those who do not plan to order a copy of their credit report on a regular basis
- 116% increase in those who plan to establish or update estate plans
- 163% increase in those who plan to regularly write down financial goals

Co-Parenting for Resilience

Oklahoma ranks among the top 5 in all states for number of divorces. Divorce has negative impacts on parents and youth and increases the risk of negative outcomes in youth. Youth whose parents divorce have a 25-30% increased risk of suffering a mental health condition. For over twenty years, the Co-Parenting for Resilience Program (CPR) has provided divorcing parent with the insights, strategies, and skills necessary to help reduce the stress and conflict associated with divorce and to promote adjustment and resilience among their children. CPR is based on the latest empirical research in the field and employs proven theories of change to move participants beyond gains in knowledge to actual change in behavior. Divorcing couples with minor children in the home, who are required by Oklahoma law to attending co-parenting classes, experience a combination of lecture, discussion, video, activities, and examples at CPR classes and discover effective strategies that promote their children's healthy adjustment to their parent's separation. In 2016, 426 classes were held in 60 of Oklahoma's 77 counties. There were 2,898 parent participants, with another 612 completing the online version of the curriculum.

While parents were mandated to attend the program, nonetheless they were overall extremely satisfied with the experience. Evaluation results show a 75% increase in participants who search for the positive in their child's other parent and actively point it out to their child; and a 70% increase in participants who report they can honestly say they treat their child's other parent like a valued member of the team.

New or unique collaborations and/or funding sources.

We are exploring new partnerships in the health care education arena with insurance companies. We are also working with Office Depot to explore cobranding of fact sheets with industries (such as hospitals) who serve the public we also want to reach.

FOR MORE INFORMATION ON IMPACTS, VISIT:

<http://fcs.okstate.edu/success-stories>

Contact for additional information

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Report Submitted June 2017

SRPLN FCS State Report 2017

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Reporting Institution: ____ 1862 X 1890 (check one)

Name of Institution: Prairie View State University

Budget Situation:

- The Texas A&M University System has a new Compensation Plan. Within this plan, Program Specialist starting salary is the same as Extension Agents. This has hindered hiring some specialist for positions due to salary range.

Staffing Update (field and state office):

- Hired staff in Cameron, Potter, Webb, Harris, and Grimes Counties
- Hired a Bilingual Program Specialist
- Hired a Licensed Registered Dietician
- Vacancy - Administrative Assistant – College of Nursing
- Vacancy – EFNEP

How Institution is Addressing the Situation:

- Currently CEP is addressing the need for staff and reviewing salaries being offered in Education and other areas of specialty.

Top 3 Program Highlights of Current Year: (program, collaborators, and impacts)

- For the past 5 years, FCS and 4-H & Youth Development have continues to collaborated conducting Childhood Obesity education programs with grant funding from United Healthcare and Walmart.
- Prairie View A&M University has continued to partner with the University of Georgia and received a grant for Cancer Prevention.
- Working with researchers on preparing nutritional dishes for families using medicinal plants.

New or Unique Collaborations and/or Funding Sources:

- For the past 5 years, FCS and 4-H & Youth Development have continues to collaborated conducting Childhood Obesity education programs with grant funding from United Healthcare and Walmart.
- UGA and PVAMU are collaborating in a Cancer Cooking School Education Program. This grant is being implemented in 3 Texas Counties (Maverick, Washington, and Wharton)

Contact for Additional Information:

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SRPLN FCS State Report 2017

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Reporting Institution: ___1862 1890 (check one)

Name of Institution: Southern University Land Grant Campus

Budget Situation:

Currently, our budget for this Fiscal year 2016-2017 remained the same. We have not increased any expenditure. Therefore, the expectations are that this Federal Fiscal Year 2017-2018 will be sustained with grants and other funding sources—state and federal will perhaps change pending the state's budgets.

Staffing Update (field and state office) New Hires:

- Assistant Area Educator/Nutrition
- Assistant Area Educators/ Family and Consumer Sciences
- Nutrition Educator

How Institution is Addressing the Situation:

FCS programs continue to operate with limited human and financial resources. Contracts on a state and federal level remain positive with governmental and state agencies, SUAREC—FCS Specialist/Extension and other unit Educators are writing grants to sustain and promote programming across the state.

Top 3 Program Highlights of Current Year: (program, collaborators, and impacts)

- The Parents Preparing for Success Program (PPSP) provides education outreach to Louisiana families seeking social service benefits. The program is developed for Expected mothers and women with children under one. These potential moms and women with children under one are referred by the DCFS to obtain knowledge and skills in parenting, money management and strengthening their families. This program has increase an awareness of knowledge and skills on parenting and budgeting of 127 parents within the state. The collaboration is highlighted through planning and the monetary contributions garnered by the Department of children and families and the Department of labor.
- 150 Parents lack knowledge and skills on retaining their health records and going to the doctor. Many of these families have health challenges and need knowledge on how to successfully complete a doctor's visit. Educators in five parishes provided these families with information on how to visit the doctor's office and recording health care information necessary to identify changes from each visit. Families indicated that they never considered the visit as being useful for anything other than exam and receiving medicine. These sessions enabled them to keep

better record especially since they were able to ask questions about a condition and/or the healing process.

Unique Collaborations and/or Funding Sources:

The Cooking Healthy Enjoyable Foods (C.H.E.F. Camp)

- The Southern University Ag Center in collaboration with the LSU AgCenter sponsored a program entitled Creating Healthy and Enjoyable Foods (C.H.E.F). The cooking school was designed to teach youth basic cooking principles and nutrition education according to the USDA's food guidance system - Dietary Guidelines. The goal of C.H.E.F was to promote healthy lifestyles among youth by teaching them basic nutrition, food safety, food selection and food preparation skills. Workshops are on-going and there is a count of 13 or more camps in parishes of Louisiana with an average of 16 kids per camp.

New or Unique Collaborations and/or Funding Sources:

- Department of Health and Hospitals-Emergency Preparedness Program assist families and businesses with disaster mitigation. The DHH community specialists also have been instrumental in providing the SU Ag Center family and human development unit with training information on challenges that may adversely affect families in isolated communities and rural areas.

Contact for Additional Information: Dr. Kasundra Cyrus, Southern University Agricultural Land-Grant Campus, Baton Rouge, Louisiana.

SRPLN FCS State Report 2017

Reporting Institution: X 1862 ___ 1890 (check one)

Name of Institution: Virginia Cooperative Extension/Virginia Tech

Budget Situation: Had some budget cuts and offered an Alternative Severance Option last year.

Staffing Update (field and state office):

One split appointment state specialist with focus on childhood obesity resigned. In the field, 4 FCS agents retired with the Alternative Severance Option. Two others resigned. One of the county-level positions has been advertised. The others are not filled or posted at this time.

How Institution is Addressing the Situation:

VCE leadership is strategizing staffing options in light of the vacancies to determine the best way to address programming needs locally in all programming areas.

Top 3 Program Highlights of Current Year: (program, collaborators, impacts)

Highlight #1 & #2: Promoting Health Lifestyle Behaviors in Virginia (multiple curricula)

VCE Specialists: Carlin Rafie, Ph.D., Samantha Harden, Ph.D. Collaborators include local parks and recreation departments, local YMCAs, local faith-based groups, local community centers, Virginia Department of Health

Lifestyle behaviors including diet and physical activity affect the health of Virginians across the age continuum. Improving health behaviors requires a multi-pronged, coordinated approach using strategic programming and evaluation tools. Chronic disease prevention and management are priority areas nationally and in Virginia and provide the opportunity for VCE to seek external funding, formation of coalitions to address these issues collaboratively, and increased public awareness. Thus, two strategies were used to increase the capacity of Extension Agents to provide effective healthy lifestyle programs: (1) identify and provide orientation to evidence-based lifestyle change programs, and (2) promote healthy lifestyles within Extension. As a result, in 2016 Extension Agents delivered 4 evidence-based curricula to 604 Virginia residents. These 4 programs resulted in measureable improvement in the following healthy behaviors:

L.I.F.T.: Delivered by 6 agents to 139 older adult participants in 7 counties; participants showed improvement across all functional fitness measures (upper and lower body flexibility and strength as well as a composite balance score).

FitEx was delivered by 8 agents to 324 adult participants in 39 Virginia localities. Lifestyle change outcomes included a doubling of fruit/vegetable consumption (from \hat{A} ½ a cup to a full cup) and a tripling of the average minutes walked per week (from 32 to 93 minutes per week).

This was accompanied by a doubling in the average miles walked weekly (3.2 miles to 6.2 miles per week).

Sixteen *Balanced Living with Diabetes* programs were conducted in 15 rural counties to 141 Virginia residents. Of the 62 participants that provided follow-up information, 15 (24%) showed clinically significant improvement of their blood sugar. Six of 22 (28%) diabetic participants with poor blood sugar control ($A1c > 7\%$) at the start of the program, improved their blood sugar control into the recommended range ($A1c < 7\%$). An additional 11 out of 34 (32%) participants with blood sugar in the pre-diabetic range ($A1c = 5.7 - 6.4$) saw a reduction to normal ($A1c < 5.7$). 61% (41/62) of participants lost weight, with an average weight loss of 6.9 pounds (range: 0.2 - 45.3). 60% of participants reported an increase in their fruit and vegetable consumption, and 52% reported an increase in their weekly exercise.

Three *Diabetes Prevention Programs* have been started in 2 counties, with a total participation of 32 Virginia residents. Outcomes are currently being assessed. Moreover, Virginia submitted a proposal to CDC, in collaboration with other states in the Southern Region, to support a regional effort. We are awaiting response regarding the proposal.

A diverse group of over 10,500 youth ages 12-18 participated in *Teen Cuisine* in Virginia. Positive changes in knowledge and behavior resulted from participation including increased knowledge of healthy food choices (94%) and change to healthier food choices (72 - 74%). Participants indicated that they ate more fruits and vegetables (82%), whole grains (71%), less junk food (56%), drank less soda (63%) and more water (86%). The majority also reported that they used recipes and cooked more (75% - 78%) and improved their knife skills (92%).

Twenty-four Extension Agents reached 19,507 people with healthy lifestyle programs. Of those, 10,310 were under 18 years of age, 7,607 were aged 19-64, and 1,590 were over 65 years of age.

Highlight #3: Building Capacity for Intergenerational Program to Support Young Children and Older Adults

Collaborators: local adult day sites; child care centers

Research shows that when the generations come together everyone benefits. Children are exposed to their elders' traditions and wisdom. And because of these interactions, adults are able to expand their social networks and stay physically active, which better their health outcomes. Communities benefit when all are engaged and feel included. Intergenerational (IG) programs help to dispel age-related myths and stereotypes. They can also address societal concerns such as literacy, environmental issues, health, and crime prevention (Generations United, 2016).

According to Virginia Voices for Children, over two-thirds of parents of young children are in the workforce, requiring many families to use child care services. The quality of early care matters, and brain researchers, economists and business leaders all agree – investments in early care and education provide the biggest return on investment. At the same time, adult caregiving needs are on the rise. Thus, to identify the potential of IG strategies to address these needs in Virginia, Project TRIP (Transforming Relationships through Intergenerational Programs) was developed by a Virginia Tech researcher and an Extension specialist and funded by CYFAR (Children, Youth, and Families at Risk) from August 2011 - August 2016. The long-term aim of Project TRIP was to develop an intergenerational (IG) model and test its ability to be replicated

to support socioemotional development and well-being of at-risk children ages 2-5 and older adults through high context (daily) programming and community building.

Project TRIP preschoolers met weekly with older adult partners. Programming was intended to support development of life skills while the children build trusting relationships with older adults through regular interaction with a consistent group of elders. Activities incorporated skills, including self-expression, decision-making, and sharing of cultural traditions, preferences, and social history. Participation was voluntary for all children and adults; programming occurred between one and three times a week and increased with the sustainability of the program. Project TRIP also sought to develop staff expertise as well through community partnerships, grant opportunities, and frequent booster sessions to increase knowledge of successful tools and techniques for intergenerational programming and sustainability.

Site staff at the six sites planned, implemented, and evaluated 512 intergenerational activities. Activities were implemented at a given site 1-6 times per week and usually lasted about 30 minutes. On average, 6 children and 7 elders joined each intergenerational activity. Individuals joined an average of approximately 5 hours of programming.

Parents surveys showed that 75 percent of their children are more comfortable interacting with elders after participating in IG programming at one of the centers. Moreover, at another center, 82.4 percent of parents reported their children were more satisfied coming to the center itself after participating in IG programming. Some parents offered additional anecdotes indicating that children felt comfortable talking to elders in community settings after joining TRIP programming. Thus, the gain in children's socio-emotional development was noted. Similar comments were received regarding the older adults. One staff member said: "IG is good for our seniors, too. Our seniors worry less about depression or anxiety because they are able to keep being social. Even though it's with a little person, it's somebody. A lot of seniors don't get that. I feel like that's helping to keep them active."

To assess the improvement in staff attitudes and knowledge, as well as increased use of best practices, qualitative interviews were conducted with over 30 staff members and administrators. Results indicated that staff comprehension and use of best practices increased over time. Observed behavioral responses through videos of interactions between the older adults and children became more interactive and less passive than at the beginning of the project.

Success with Project TRIP supported the successful funding of a current \$1.2 million CYFAR grant entitled "Food for a Long Life", a Virginia-Ohio community-based project using intergenerational strategies to address food access challenges.

New or Unique Collaborations and/or Funding Sources:

VCE was just awarded \$350,000 for Rural Health and Safety Grant to address opioid epidemic in rural Virginia. VCE (both VT & VSU) is collaborating with the Virginia Tech Center for Public Health Practice and Research, Virginia Rural Health Association, Virginia Tech Institute for Policy and Governance, and the Partnership for Prevention Science at Iowa State University.

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