

SRPLN FCS State Report 2014

Reporting Institution: 1890

Name of Institution: Tennessee State University (TSU) Cooperative Extension Program

Budget Situation: TSU Cooperative Extension Program budget is stable

Staffing Update (field and state office):

TSU Cooperative Extension Program has successfully increased its field outreach into 50 of the 95 counties in TN, this equates to seventy-seven (77) county staff personnel, sixty (60) are county agents with the majority of the positions in 4-H and youth development with subject matter expertise in Family & Consumer Sciences (FCS) or Agriculture & Natural Resources (ANR). We have a total of eighteen (18) Campus Specialists, three (3) FCS specialists in the areas of low income nutrition education and consumer food safety, public health nutrition and health education.

How Institution is Addressing the Situation:

Tennessee State University aims to reach the limited social and economic individuals, families and communities in the counties where there TSU agents with resources and programs designed to improve quality of life and vitality throughout the life span.

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

- In Nashville, TN (Davidson County), TSU FCS Agent Mary Wakefield and TSU SNAP-Ed Program Coordinator Deborah Goddard trained twelve (12) Metro Social Services (MSS) Congregate Meals Center Directors who provide meals to eligible seniors and disabled persons who reside in senior high rise developments. The training sessions are held quarterly throughout the year to provide the directors with three (3) nutrition education lesson plans. These lessons are taught one a month over the next quarter by the directors to seniors receiving meals in the centers. The first lesson focused on training the directors in techniques to educate senior adults. The next lessons focused on teaching the concepts of Choose My Plate and about the five food groups, essential nutrients and physical activity. In addition, label reading, food resource management, food safety, healthy snacking, and cooking for one will be included through the end of the program spanning. This nutrition education training program is expected to reach in excess of six hundred (600) senior and disabled adults.
- In Ripley, TN (Lauderdale County), the 6th Annual World Elder Abuse Day was observed on June 12th at the Tennessee College of Applied Technology with over eighty attendees. TSU FCS Agent Rachel Howell collaborated with Joni Cook with Lauderdale County Commission on Aging to increase awareness of Elder Abuse in Lauderdale County. The agenda consisted of a discussion panel consisting of representatives from a local bank, adult protective services, TSU Human Development Specialist, Alzheimer's practitioner and a local nursing home. The state director of the Commission on Aging was the featured speaker Jim Schulman. The day also included informational and educational exhibits.

- In Murfreesboro, TN (Rutherford County), The TSU FCS Agent Misty Layne-Watkins and TSU Health Education Specialist Rita Fleming teamed up to teach “Living Well with Chronic Conditions”. Forty-six adults learned about how to better self-manage their chronic health conditions. After completing the class, one participant stated: He has completed a half marathon, lost 31 pounds; consequently, was able to discontinue use of his medication. He, also, has used the suggestions from the class to help improve his ability to sleep. As a result of participating in the Living Well with Chronic Conditions Workshop, he feels better physically and emotionally.

New or Unique Collaborations and/or Funding Sources:

Mrs. Rita Fleming, TSU Health Education Specialist in the Department of Family and Consumer Sciences and Dr. Tyrone Miller, TSU Leadership Specialist in the Department of Agriculture and Environmental Sciences are being awarded the **USDA Children, Youth and Families At-Risk (CYFAR)** grant in collaboration with the University of Minnesota’s Department of Family Social Sciences in the College of Education and Human Development. The grant titled, ***Children, Youth and Sustainable Communities- U Connect***, is the program model, *Check & Connect*, which is an evidence-based, systems-level model that recognizes the student’s academic success is influenced by the multiple contexts in which the young person exists (e.g., family, school, and community). It ensures that young people (middle school/junior high age group) have the resources and skills needed to be academically engaged and have successful educational, familial, and communal supports and opportunities that need to be enhanced and coordinated.

Contact for Additional Information:

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