

## SRPLN FCS State Report 2019

**Reporting Institution:**   X   1862        1890 (check one)

**Name of Institution:** Virginia Cooperative Extension/Virginia Tech

**Budget Situation:** Over the past year, state funds increased slightly. Both federal and local governmental support were level. VCE participated in a University one-day giving campaign resulting in more than 1,000 donors to VCE.

**Staffing Update (field and state office):** At the state level, there were no changes in positions providing FCS support. At the local level, three traditional FCS agent positions were vacated and three FCS/SNAP Agent positions were vacated. Two traditional FCS agent positions were filled and one will be advertised in the near future. The FCS/SNAP agent positions will be filled in upcoming federal budget cycle.

**How Institution is Addressing the Situation:** Given that many needs facing citizens of the Commonwealth fall within areas related to FCS programming, VCE has made intentional efforts to seek grant funding to support specialists and agents working in these areas, resulting in the addition of six positions statewide. Though the positions are short-term in nature, the hope is to provide high-quality and impactful programming which can be leveraged to support the addition of traditionally funded positions.

Further, VCE is establishing an FCS programming taskforce made up of State Program Leaders, Specialists, and Agents to assess local and state needs related to FCS subject matter. Further, the team will develop program impact marketing materials and a case statement which can then be used by administrators in seeking funding from various sources, thus increasing program capacity.

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

#### ***Highlight #1: Preventing Opioid and other Substance Misuse Among Youth in Rural Virginia***

*VCE Specialists: Crystal Tyler-Mackey, PhD, Kathy Hosig, PhD, Maurice Smith, PhD, Karen Vines, PhD, Carlin Rafie, PhD, RD, Debra Jones, MPH.*

Virginia families and communities are grappling with the impact of opioid and other substance misuse on newborns, children, adults, seniors, schools, health and social service systems, the workforce, and communities as a whole. On November 21, 2016, the Virginia State Health Commissioner declared the opioid addiction crisis a public health emergency. This issue is impacting rural, urban and suburban communities across the Commonwealth. Youth themselves are not immune to the epidemic, as 13% of high school students in Virginia report having misused a prescription medication. The overall mortality rate for prescription opioid overdose in Virginia in 2017 was 7.2 per 100,000 in rural counties and 5.3 per 100,000 in urban counties; mortality rate for fentanyl and/or heroin overdose was 4.3 per 100,000 in rural counties and 10.4 per 100,000 in urban counties. Solutions, including prevention, are needed at all levels. There are numerous prevention programs available that aim to reduce risky youth behavior, including substance misuse, or strengthen families. However, surveys show that most programs lack scientific evidence that they will be effective. Some programs fail because of ineffective program design, poor implementation, lack of sustainability or shifts in focus. In the end, youth, their families and our entire society pay a great price for programs that do not work, and for ineffective delivery of programs that do work.

PROSPER (PROmoting School-community-university Partnerships to Enhance Resilience) is the resulting evidence-based delivery system for supporting sustained, community-based implementation of scientifically-proven programs for youth and their families. The PROSPER Partnership Model, developed by Iowa State and Penn State Universities, links community teams with a university-based prevention science community using two existing systems, Cooperative Extension and the public school system. The result is community teams working at the local level to implement these proven programs. The PROSPER Partnership Model centers on community capacity building and sustainability so that programs will last over time and, ultimately, support the translation of prevention science into practice. VCE state and field faculty identified this model as a promising approach. Federal funding was secured to pilot PROSPER in



two Virginia communities, namely Grayson County and Henry/Martinsville. After initial planning and coordination, PROSPER was launched and is ongoing in those counties.

Results from the implementation of PROSPER and the related evidence-based curriculum in national, randomized studies show positive effects on family strengthening, parenting, youth skill outcomes and longer-term adolescent behavioral outcomes. Youth that participated in programs implemented through the PROSPER delivery system scored significantly lower on a number of negative behavioral outcomes, including drunkenness, cigarette use, marijuana use, meth use, and use of other illicit substances, up to 6½ years past baseline.

Local PROSPER community teams have been formed in Henry/Martinsville and Grayson counties. VCE personnel and partners have been trained and begun implementation of the family-based Strengthening Families 10-14 program for 6th graders and their families. Moreover, school personnel and VCE faculty and staff have been trained and begun teaching the Botvin LifeSkills Training program in all 7th grade classrooms at the middle school level (560 total) in Laurel Park and Fieldale Middle Schools. Eight instructors were certified to teach the course, which is currently being taught as part of the 7th grade health/PE class by the teachers. Pre and post tests are being administered to assess changes in anti-drug knowledge, anti-drug attitudes, drug-refusal skills, and other critical life-skills such as assertiveness, relaxation, self-control. Botvin LifeSkills Training is designed to use developmentally appropriate and collaborative learning strategies taught through lecture, discussion, coaching, and practice to enhance students' self-esteem, self-confidence, ability to make decisions, and ability to resist peer and media pressure. Anticipated results from the implementation of the PROSPER model in Henry/Martinsville and Grayson County include: Improved youth life skills (e.g., significant improvements in relationships with parents and peer resistance skills); Enhanced parenting skills; Increased family cohesion and well-being; Reduced exposures to substance use; Reduced gateway and illicit substance initiation; Long-term reductions in substance use, e.g., 40% reduced likelihood of having been drunk by 10th grade; Reduced youth behavior problems, 40% fewer aggressive and destructive behaviors by 10th grade; Long-term effects on school engagement and academic success (e.g., higher GPA); and Reduced lifetime STD rates and substance use in young adults.

***Highlight #2: Healthy People, Healthy Communities: Impacting the Healthspan of Residents of the Commonwealth***

*VCE Specialists: Carlin Rafie, PhD, Kathy Hosig, PhD, Samantha Harden, PhD, Debra Jones, MS*

Lifestyle behaviors, including diet and physical activity, impact the health of Virginians of all ages. With historically high healthcare costs and challenges providing quality health care, chronic disease prevention and management are priority issues nationally and within Virginia. In 2018, more than 1 of 4 of Virginia's youth were overweight and obese, and more than 1 in 10 adult Virginians had type 2 diabetes. To equip Virginia's families to live healthy lives, unbiased, research-based educational strategies are warranted.

Historically, VCE has delivered research-based health programming across program areas (4-H, Family and Consumer Sciences, Family Nutrition Program). However, more needs to be done to educate Virginians and facilitate behavior change. The Food, Nutrition, and Health Program Team aims to maximize impacts by coordinating efforts of agents and specialists, prioritizing resources for evidence-based programs, and adopting common evaluation tools. Further, VCE is uniquely positioned to address these issues statewide by building local and regional coalitions and increasing public awareness.

Educational programs teaching healthy lifestyles for chronic disease prevention and management were delivered by 51 agents, who were assisted by 239 Master Food Volunteers, and 971 educational partners trained by FCS SNAP-Ed agents. Programs reached 77,651 Virginians in 2018. Agents received program team and specialist support for six evidence-based programs for youth and adults. In addition to the curricula prioritized by the program team, 20 agents implemented 25 other distinct curricula, developed or adapted to meet local needs, targeting healthy lifestyles in youth and adults. Details for individual programs are in specialist and agent faculty reports, and the impacts of coordinated action plan efforts are reported here.



Youth. VCE specialists supported 20 agents implementing two evidence-based programs for youth: Health Rocks! and Teen Cuisine. 15,093 youth participated in these programs through a variety of settings, including 4-H clubs, public schools, and other youth education sites. Program evaluations align with metrics in 4-H Common Measures and FNP federal guidelines. In addition, training to support implementation of the Yoga for Kids program was delivered to 30 4-H Agents and 4-H Center Faculty. To support these efforts, faculty procured \$127,500 in extramural funding.

Adults. VCE specialists supported agents implementing four evidence-based interventions for adults (see below). These programs aimed at preventing diabetes and increasing physical activity were delivered 37 times to 443 adults, in collaboration with healthcare organizations, the YMCA, community colleges, regional food providers, faith-based organizations, and the Virginia Department of Health. Coordinated efforts to encourage adoption of these programs include forming agent-specialist work groups, training agents in program delivery, and developing guidance for collecting and reporting evaluations. SNAP-Ed agents distributed workplace wellness resources to clients. Extramural funding to support these efforts exceeded \$5,436,000, including \$2,500,000 million for obesity prevention.

Healthy lifestyle program participants reported a range of improvements among youth and adults, including gains in knowledge, intentions to change behavior, and adoption of behavior change. Clinical evaluations of adults showed improved physical fitness, improved blood sugar control, and weight loss.

*Balanced Living with Diabetes:* The Balanced Living with Diabetes was offered in four counties in 2018. Fifty-three residents age 22 to 86 years benefited from the program. We target populations most at risk for diabetes and poorer outcomes including those of lower educational attainment and socioeconomic status, which made up half of our participants. Participants significantly increased the practice of lifestyle habits essential for diabetes control including eating a balanced diet with appropriate portions of fruits and vegetables, establishing the habit of exercising daily, and monitoring their blood sugar regularly. They also experienced an average body weight loss of 2% and A1c reduction of 0.4%, which is important to blood sugar control. Research has shown that a 1% weight loss results in a 5.8% decrease in diabetes related healthcare costs, and a 1% reduction in A1c decreases health complications by 43% resulting in an average annual health cost saving of \$3,600 per person.

*Diabetes Prevention Program (DPP):* Virginia Extension Agents in five counties began a National DPP program in 2018. Forty-six Virginia residents with prediabetes enrolled in the programs that reached a diverse audience of men and women ranging in age from 38 to 85 years and with a racial composition of 41% African American and 59% white. At this point in the programs, participants have lost an average of 5 pounds and 3% of body weight. A loss of 5% of body weight is associated with a 58% reduction in the risk of moving from prediabetes to diabetes. Some dramatic outcomes have been experienced, as evidenced by one participant's comment, "Congratulations! I had a doctor's appointment yesterday and learned I was no longer PRE-DIABETIC! It shows how well your guidance has worked, because this is the first time in years for a lower number! Thank you, thank you, thank you!"

Based on our outcomes in the NDPP program, Virginia Cooperative Extension has received preliminary recognition status by the Centers for Disease Control and Prevention as a National DPP provider.

*Behavior Change Facilitation:* Health education programs have as their primary objective to influence the behavior of attendees for improved health. Lasting behavior change is difficult to achieve, however, and requires a skilled program facilitator to lead participants through the process of becoming convinced that a change is needed, deciding to make a change, implementing the change, and then sustaining the new behavior. Twenty-two Extension agents completed a day long in-service training on best practices of behavior change programs, and six essential facilitation skills for effecting those changes. Attendee responses on the post-program survey showed that everyone felt the training was really good or fantastic. Everyone indicated that the information in the training was directly applicable to their work and they were likely to use all of the skills in future programs. Their enthusiasm is best illustrated in quotes from their surveys: "Such a great, helpful and applicable program." "Thank you so much." "The role-playing



scenarios were very helpful!" "It provided concrete ideas for future programming. One of the best Extension trainings I have been to."

*FitEx:* Throughout the eight-week program, 125 participants completed 21,900 miles of walking (or equivalent exercise) and consumed 10,288 cups of fruit/vegetables. At the start of the program, 22% of participants were meeting physical activity recommendations. By the end of the program, 74% were meeting recommendations.

*Health Rocks!:* Among youth who completed 10 or more program hours, post-surveys showed that 9 out of 10 gained knowledge about the dangers of tobacco and other drug use. Of these participants, the following increases in knowledge and behavior change were noted from evaluation data. Knowledge about Smoking and Other Drug Use -- After participating in the program, 90% of participants know that people who smoke or do drugs can have serious relational consequences (e.g. ruined relations what family and friends); 94% of participants are aware of the physical health consequences (e.g. die from lung cancer); and 90% of participants are aware of the cognitive consequences (e.g. have illusions). Skills in Managing Stress, Dealing with Peer Pressure and Making Positive Decisions; 96% of youth participants in Virginia disapproved of engaging in risky behaviors related to substance use. Most of them reported intent to avoid underage tobacco use and positive health-related behavior change. They expressed confidence (93%) that they would be able to say "no" if other people, such as their friends or peers, offered them drugs. They would not choose drinking or smoking to deal with stress. In addition, 87% of youth participants were confident that they would be able to deal with stress by using stress management skills, such as talking about their problems with someone they trust. Behavior Change -- After participating in the program, over 94% of youth participants demonstrated social competency, volunteerism, self-confidence and strong values. An overwhelming majority showed intent to pursue healthy behavior/avoid risky behavior. Percentage Change for all 13 Indicators -- Virginia participants reported consistent increase in knowledge about smoking, drinking and other drug use after training. Health Rocks! training help youth learn skills in dealing with peer pressure and stress, in making good decisions, and improve their self-values. Regarding youth satisfaction with the program, over 92% rated the trainings as interesting and 923% stated that they learned a lot during the training. Over 96% said the staff members were friendly and over 93% said they actively participated in the training activities.

*LIFT:* Fifty-six participants from three localities in Virginia participated in LIFT. Pre-post objective assessments of functional fitness measures. Overall, this program was successful at improving the functional fitness of older adult participants, which can significantly impact their daily lives and may influence their ability to live independently longer. For stronger adoption in 2019, agents are hosting district-based trainings and inviting local partners to deliver the program (e.g., trained 24 community members from Parks and Rec, senior centers, and faith-based organizations in Southwest).

*Teen Cuisine:* In 4-H Common Measure post-tests evaluations, according to the 2,011 youth and teen participants who completed the evaluation at the conclusion of the program, 91% indicated that they learned about healthy food choices (eating correct portion sizes, eating in moderation, choosing healthier beverages over high calorie/high sugar drinks, and/or eating healthier snacks). Seventy-two percent indicated that they now pay attention to how much water they drink each day, 54% are more attentive to how many sugary drinks they drink each day, 52% pay attention to the amount of fruit they eat each day, while 45% pay attention to the amount of vegetables they eat each day.

*Yoga4Kids:* Six months after the training was delivered 67% of the 30 participants have begun implementation of the program. From implementation the following impacts have been noted from youth thus far: more awareness of their health and the importance of making healthy decisions; knowing how to calm down when nervous or angry; and increased confidence within youth.

*The Get the Facts Webinar Series:* Eight webinars in the area of Breast cancer and functional foods were delivered. Sixty (direct) and eighteen (indirect) people participated in this webinar series. 2018 series had focused on the general background information about breast cancer, and widely used and extensively researched functional foods to fight against breast cancer.



***Highlight #3: Financial Literacy – Capacity Building for Adults***  
*VCE Specialist: Travis Mountain, PhD*

While the median household income in Virginia (\$66,916) is higher than the median U.S household income (\$56,277) (Census.gov), Virginians also take on more debt than the typical U.S. household. For example, Virginia is among the top ten for highest levels of debt. At the national level, the 2018 Consumer Financial Literacy Survey prepared by Harris Poll found that 79% of adults would benefit from advice and answers to everyday financial questions and 73% are currently worried about their personal finances. This same survey revealed that 24% reported finding it difficult to reduce debt due to unexpected financial emergencies. 8% of all adults have debts in collection with Millennials (18-34) having a greater percentage in collection (13%). The well-being of Virginians depends on individual and family financial capacity. Financial capacity will enable individuals to make informed choices, sound decisions, and avoid financial pitfalls, as well as obtain knowledge of strategies to implement during times of financial crisis. The process of developing financial capacities will provide individuals the appropriate tools to understand and apply financial products, services, and concepts in an effort to improve their financial situation.

Family and Consumer Sciences Extension Agents collaborated with Master Financial Education Volunteers, Extension Leadership Council members and community volunteers to deliver financial literacy workshops, and one-on-one counseling sessions to Virginia residents. FCS Agents collaborated with the Department of Social Services, Department of Housing, community colleges, Volunteer Income Tax Assistance Sites, earned income tax sites, community organizations, correction facilities, as well as churches and businesses across the state.

Four thousand forty adults attended one of 537 sessions led by 15 Family and Consumer Sciences Agents in 2018. There was a dramatic increase in planned behavior based on surveys taken prior to the adult financial literacy programs and after them: A 690% increase in those planning on writing short term financial goals. A 707% increase in those planning on writing a spending and savings plan. A 725% increase in those planning on paying themselves first for savings. A 470% increase in those planning on having an emergency fund. A 499% increase in those planning on paying down debts. A 443% increase in those planning on reviewing their credit report annually.

**New or Unique Collaborations and/or Funding Sources:**

Partnership with a statewide association of black churches (Baptist General Convention of Virginia) for diabetes, obesity prevention and substance abuse prevention programming.

Partnership with state and local community services boards, Virginia Department of Agriculture & Consumer Sciences for substance abuse prevention programming funded by USDA NIFA (Rural Health and Safety Education).

Virginia Higher Education Opioid Consortium (VHEOC) developed after the Virginia Higher Education Conversation on Opioid Misuse and Addiction held on May 1, 2019. The May 1 event was coordinated and funded by Virginia Cooperative Extension. VHEOC is a consortium of five state universities (Virginia Tech, Virginia State University, George Mason University, University of Virginia, Old Dominion University) to provide technical assistance to local community services boards. Funding for this technical assistance is provided through a contract with the Virginia Department of Behavioral Health and Developmental Services.

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## SRPLN FCS State Report 2019

**Reporting Institution:** \_\_x\_\_1890

**Name of Institution:** The University of Arkansas at Pine Bluff

### **Budget Situation**

Salary increases were not distributed campus-wide.

### **Staffing Update (field and state office):**

New Staff Member: Extension Specialist II – Family Development

### **How Institution is Addressing the Situation:**

FCS program continues to operate with EFNEP and SNAP-Ed funding with the addition of the specialist mentioned above.

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

***The Expanded Food and Nutrition Education Program (EFNEP)*** delivered direct education in one county by two staff members. An additional staff member will be hired in September. EFNEP gave direct education to nearly 3,000 participants. Program Impacts:

- 83% of the participants made healthier food choices
- 81% of the participants planned meals ahead of time
- 56% of the participants showed improvement in food safety
- 56% of the participants became more physically active

EFNEP hosted a Youth Enrichment Summer Camp at the University of Arkansas at Pine Bluff. During the camp, kids developed healthy lifestyle choices and participated in hands-on cooking. Here's what the parents had to say:

- "I liked that the camp got my child out of his normal box and made him want to try new stuff."
- "My children loved the different things cooked each day."
- "The camp kept my child motivated and wanted to come back each day."
- "My son goes to a lot of camps that I pay for, this is the ONLY camp he didn't complain about going to or miss a day. He really liked it!!!"

***The Supplemental Nutrition Assistance Program Education (SNAP-Ed)*** delivered direct education to over 13,000 participants (adults and youth). UAPB SNAP offered direct education in four counties by four educators. Program Impacts:

- 99.1% ate more vegetables more often each day
- 99.1% ate more fruit more often each day.
- 98.3% are doing physical activity every day



### ***Family Life Parent Involvement***

The Family Life Specialist worked with the Dollarway Public Schools along with the Parenting Education Coordinator and provided resources to parents on the following subject areas:

- Paying for Education
- Obtaining Adequate Housing
- Using Your Talents Wisely
- How to choose the Right Health Insurance
- Budgeting & Credit Repair
- Coping Strategies for Anxiety & Stress

Southeast Arkansas Preparatory High School: The Family Life Specialist worked with the Principal and the Parenting Education Liaison and provided state-mandated training for Teachers on Parenting Engagement, which included monthly meetings with the Parents. Some subject matter taught during the meetings were:

- Building Partnerships/Networking
- Achievement Gap
- Family Communications
- Credit Repair
- Coping with Stress and Anxiety
- How to Read Assessment Scores

Caregiver's Guide Training: Family Life Specialist created a caregiver's guide that assisted caregiver's with taking care of themselves as they prepared for the transition of a loved one. The Specialist conducted three Caregiver training sessions with an average attendance of 17 who attended each session.

### **New or Unique Collaborations and/or Funding Sources:**

#### ***The Expanded Food and Nutrition Education Program (EFNEP)-Youth Camp***

The University of Arkansas at Pine Bluff Family and Consumer Sciences Expanded Food and Nutrition Education Program (EFNEP) collaborated with Parks and Recreation and hosted a fun-filled week-long camp that encouraged young people to eat healthier meals and snacks through hands-on cooking experiences. The camp focused on cooking skills, proper nutrition, food safety, and ways to be active. There were sixteen kids who attended the camp.

#### ***Family and Consumer Sciences Department (FCS)-Nutrition Advisory Council***

The Family and Consumer Sciences Department developed a Nutrition Advisory Council that had 12 to 15 members that met twice for the year. The council was joined by community members, partners, leaders, teachers, and parents from the Pine Bluff and surrounding areas. The council worked together to develop creative ideas and suggestions to deliver nutrition education programming to the individuals of Jefferson County.



### ***Family and Consumer Sciences Department (FCS)-Family Development***

The University of Arkansas at Pine Bluff Family and Consumer Sciences Family Life Specialist collaborated with the Dollarway Public School and Southeast Arkansas Preparatory High School in Jefferson County. The collaborative effort provided parenting resources, educational materials, and tools to the public and high school parents.

### ***Parenting Education Advisory Committee***

The Family Life Specialist established an Advisory Committee for Parenting Education that met four times during the year. The committee provided information and strategies to strengthen parents in the community. There was an average attendance of seven members for each meeting. The Advisory Committee had the following key community partners:

- Mayor's Office
- Sherriff's Office
- Dollarway Public School
- UAPB Early Head Start-Child Care Partnership
- Southeast Arkansas College

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## SRPLN FCS State Report 2019

Reporting Institution (check one):    ☒ 1862                      1890

Name of Institution: Texas A&M AgriLife Extension Service

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

#### Healthy Texas/Healthy South Texas

Healthy Texas combines the expertise of the Texas A&M University Health Science Center with Texas A&M AgriLife Extension Service's one-of-a-kind, statewide reach to promote preventive health at the most local level of the community, improving the well-being of Texans for generations to come. "Healthy South Texas," the pilot program of Healthy Texas, is a novel effort to reduce the highest impact diseases and their consequences, including diabetes, asthma and infectious disease, throughout a 27-county region in South Texas. This comprehensive, multi-disciplinary team engages families, enhances education, promotes behavior change, and improves quality of medical care and health outcomes. We engage people of all ages in programs and activities geared toward preventive health so they can stay healthy and live longer. As a result, we're helping to create a healthy, productive and vibrant community now and for generations to come. More than 1,266,000 contacts have been made since September 2015.

**Walk Across Texas:** Walk Across Texas! (WAT!) is an eight-week program to help people of all ages and abilities support one another to establish the habit of regular physical activity. Each team logs miles to virtually walk 832 miles across Texas. WAT! is recognized as a Best Practice Physical Activity Program by the Texas Department of State Health Services. In the last 8 years alone, over 300,000 adults and youth have participated in the program. Results from the most recent programmatic year include the following:

- 44,514 adults and youth participated in WAT!
- 4.2 million miles walked by participants
- 4.3 weekly mileage increase for adult participants who completed the 8-week program
- An estimated 2,242 adult participants could avoid or delay the onset of diabetes through continued physical activity
- When avoidance of lost wages is included, the potential lifetime economic benefit for adult participants exceeds \$196 million

A follow-up study was conducted with over 800 adults to evaluate the impact of the WAT! program with participants 3-9 months after program completion. Results from this study indicate that within one week of beginning the WAT! program, inactive participants (0-2 days per week of activity at baseline) were, on average, just shy of meeting recommended physical activity guidelines of 7,500 steps/day, and significantly increased their activity to surpass the guidelines during the 8-week program (22 miles; 6,936 steps/day at week 1 vs. 29 miles; 9,305 steps/day at week 8,  $p < .001$ ). While the mileage dropped at 3 – 9 months post program participation, inactive participants continued to engage in regular physical activity (23 miles; 7,444 steps/day).



These same results were found with self-reported days of 30-minutes of physical activity at a moderate intensity, of which the recommendation is at least 5 days per week. At baseline, 0% of inactive participants achieved this goal, while nearly half (47%) achieved it at week 8 of the program (1.20 days/week to 4.09 days/week,  $p < 0.001$ ). Despite a slight drop at the 3 – 9 follow-up, inactive participants were still 3 times more active than at baseline (3.26 days/week).

Results highlight that participants believed the WAT! program increased their physical activity (87.5%). A large majority of participants (79.9%) reported that they “increased” or “stayed the same” with their physical activity habits since the program ended, and they were motivated to continue that level of physical activity post-program (“much more”; “somewhat more”; “about the same” = 93.3%).

**Master Wellness Volunteers:** AgriLife Extension has numerous programs to help Texans learn and adopt behaviors that can positively impact their health and wellness. The challenge faced by county Extension agents is diffusing these programs among the audiences who are in need of such education. Master Wellness Volunteers help leverage the reach of health and nutrition programs. The volunteer opportunities are diverse: giving presentations for local community groups, assisting with healthy cooking demonstrations, distributing information at health fairs, working with schools and after-school programs, and data entry.

The program structure includes:

- Trainees receive 40 hours of education through a mix of in-person, online, and self-study materials. The major topics covered include health and behavior theory, reaching limited resource audiences, basic nutrition, food safety, and health.
- Trainees must pass a certification exam to ensure that they learned the primary concepts related to each training class.
- At the conclusion of the training, Master Wellness Volunteer “interns” return 40-hours of service, helping AgriLife Extension plan, implement, and evaluate health and nutrition programs.

In 2018, 204 volunteers in 36 counties actively participated in the *Master Wellness Volunteer Program*: logging more than 7,700 hours; teaching or assisting with more than 1,750 educational sessions; reaching more than 44,725 Texans.

To-date in 2019: 163 MWVs in 27 counties engaged in 1,132 events; reached 22,515 Texans; reported 4,507 hours of service. Additionally, we continue to refine our training to try to increase year-over-year new trainee and MWV retention. One of the most notable changes has been to move more of the training online to increase the consistency of the training experience and the flexibility of the trainees recruited. This change is yielding a larger percentage of trainees following through with Master Wellness Volunteer service 12-months post-training (28.7% in 2016, 38% in 2018).

### **Better Living for Texans, EFNEP, and Food Safety**

Better Living for Texans (BLT) is a \$7 million grant funded through Texas Health and Human Services Commission. This SNAP Ed nutrition education program targets youth and adults in



210 of the 254 counties in Texas. In 2018 over 773,600 educational contacts were made with 75,135 youth and adults graduating from a focused lesson series. Some of the program impacts demonstrated include:

**A Fresh Start to a Healthier You:** Four-part adult nutrition education program series focused on increasing fruit and vegetable intake, physical activity, food safety and food resource management practices. In an evaluation of 4,770 program participants, the percentage who reported eating fruit at least twice a day and vegetables three times a day rose 21% and 29% respectively.

**Growing and Nourishing Healthy Communities:** A community-based garden education curriculum was conducted in 21 counties and reported more than 10,300 pounds of produce harvested as well as an increase in availability and accessibility of produce in participants' homes.

**Eat Smart, Live Strong:** This series is targeted towards older adults with an emphasis on increasing vegetable and fruit intake and physical activity. A sample of 3,271 participants who completed pre and post surveys, the number of participants eating fruit two or more times a day rose by 26% while the number of those eating vegetables two or more times a day rose 25%.

**Expended Food and Nutrition Education Program (EFNEP):** EFNEP has been providing practical and relevant food and nutrition education programs to young women with children as well as low-income youth since 1969. In 2018, 11,773 adults and 83,507 youth participated in EFNEP. After completing the 6-session series, adult audiences reported an average monthly savings of \$42 on food expenses. Eight out of 10 adults increased physical activity behaviors, 51% increased vegetable intake, and 81% improved one or more food safety behaviors. Among youth participants, half improved their food safety behaviors, 42% became more physically active, and 81% improved their ability to choose healthy food.

**Food Safety/Food Protection Management Program:** The Centers for Disease Control estimate that each year, 1 in 6 individuals become sick, 128,000 are hospitalized, and 3,000 die from a foodborne illness. In addition to consumer-based food safety programs, AgriLife Extension offers food safety education to food service managers and front-line workers both in-person and online.

**Food Handler Program:** This 2-hour course designed for the front-line worker. The course teaches safe food handling practices from receiving to serving. In 2018 5,542 individuals completed the course online; an additional 5,645 workers were taught the program in-person by a trained Extension educator. Analysis of pre- and post- surveys show a significant increase in knowledge (75 pre vs. 85 post) as a result of the program.

### **AgriLife Extension Online Learning Management System**

Texas A&M AgriLife Extension, in partnership with Desire to Learn (D2L), launched a new online Learning Management System (LMS) in mid-June 2019. The agency currently hosts over 250 online courses focused on topics such as early childhood health, nutrition, and safety practices, adult health and nutrition, and military family support. New courses are being added



weekly. Since launching the new platform, 36,945 users have enrolled in more than 127,322 courses (85,177 online courses have been completed).

**New or Unique Collaborations and/or Funding Sources:**

In light of the increasing mental health issues impacting the lives of Texans and Texas A&M AgriLife Extension's commitment to addressing this public health concern, an Extension Mental Health and Wellness Initiative Team has been developed. Within this team, the goal is to identify needs and work to expand and strengthen Extension programs and resources in the field of mental health and wellness. To support this effort, investments are being made in program resources; partnerships with mental health agencies and the Texas A&M Health Sciences Center; support is being provided for graduate student work related to farm stress; and additional funds through grants are being sought. In 2018-2019, Texas A&M AgriLife Extension received approximately \$500,000 in funding from the Rebuild Texas Fund to train a statewide team of Texas A&M AgriLife Extension faculty on Mental Health First Aid (adult and youth versions). This team conducts training for school personnel and other community organizations and collaborates with local mental health providers in disaster affected regions of the state.

In addition to funding for Mental Health First Aid, Texas A&M AgriLife Extension recently received funding (~ \$648,000) from USDA-NIFA for two projects focused on addressing opioid use and misuse in rural Texas counties.

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# SRPLN FCS State Report 2019

**Reporting Institution:** \_\_\_1862 ✓1890 (check one)

**Name of Institution:** Southern University Agricultural Research and Extension Center

## **Budget Situation:**

Currently, our budget for this Fiscal year 2019-2020 remained the same. The expectations are that this Federal Fiscal Year 2019-2020 will be sustained and continue to operate 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 Agents/ Family and Consumer Sciences
- Parent Educators: Washington/St. Tammany Parishes

## **How Institution is Addressing the Situation:**

FCS programs continue to operate with limited human and financial resources. State and federal level contracts 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)**

### **FCS – Family and Human Development**

- **Parents Preparing for Success Program (PPSP)**

The Parents Preparing for Success Program (PPSP) continues to provide educational outreach to Louisiana families seeking social service benefits. The program is developed for Expected mothers and women with children under one. These 69 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. The program has also provides class sessions for parents in Head Start Programs around the state.

- **Personal Health History Workshop**

The Family and Human Development Department organized and developed Four Personal Health History Workshop at the Southern Agricultural Center. These workshops addressed risk factors and the effects of bone and joint disease, heart disease, diabetes as it relate to proper foot care, diabetic diet, and low impact exercises. Other topics included protecting from mosquitos, personal and home safety, harmful effects of tobacco, and gardening. More than 560 participants attended the workshop. These participants indicated that they learned more about the dietary guidelines, they perform the correct method of physical activity as identified by the exercise physiologist. Many noted they would use the information to improve their daily habits which can untimely decrease diabetes and other major medical issues that plague their families. The Personal Health History Workshop is beneficial and much needed

**Contact for Additional Information: Dr. Kasundra Cyrus/ [Kasundra\\_cyrus@suagcenter.com](mailto:Kasundra_cyrus@suagcenter.com)/  
Southern University Agricultural Land-Grant Campus, Baton Rouge, Louisiana**



## **SRPLN FCS State Report 2019**

in the community. A series of health workshops were to show participants how to create a personal health history journal for tracking health history of themselves and their family. This included illnesses, medications, treatments and any past medical procedures. Participants also learned the importance of a Power of Attorney and a Living Will.

- **Full Circle Program**

Over 1200 citizens of Louisiana participated with the full circle program. Workshop topics included; financial literacy, self-esteem, tips for caregivers, preparing for the workforce, strengthening families, balancing work and family, and anger management. Participants stated “workshops were beneficial and very informative.” Each participant in the financial literacy workshop developed a personal family budget plan. Many families noted that they had never seen a budget plan prior to the workshop.

### **FCS – Nutrition, Health and Wellness**

- SNAP-Ed programming continues to be very impactful. We launched a SNAP-Ed magazine (SNAPshots), billboards, a social media campaign, a website and interactive app.
- We have launched an Opioid educational program. Three brochures were created that focus on specific audiences (youth, adults and farmers) and lesson plans were also developed. The program has been launched in 14 parishes across the state.
- The SU Ag Center sponsored 14 Cooking Healthy Enjoyable Foods (C.H.E.F) Youth Cooking Camps with an average of 16 kids per camp. The camps teach food preparation, healthy eating according to MyPlate, food safety, physical activity and gardening.

### **Unique Collaborations:**

- 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.

Reporting Institution:

**Oklahoma Cooperative Extension Service**

**Family and Consumer Sciences**

SR-PLN Annual Report



## **SRPLN Family & Consumer Sciences Committee**

### **2018 State Report** (submitted for 2019 PLN Meeting)

Name of Institution (please indicate 1862 or 1890)

1862 --- Oklahoma State University; Oklahoma Cooperative Extension Service

Briefly describe your current budget situation

It seems that this coming year we may experience a small budget increase at the state level. However, given the ability of county budgets to meet the minimum contributions for staffing we are increasing the number of educators covering more than one county.

Briefly describe your staffing situation - field and state office

**Field/county level:** We have 52 FCS educators, and 25 vacancies.

The Community Nutrition Education Program (CNEP) incorporates EFNEP and SNAP-ED funding and has several Extension educators and staff: -- 47 Nutrition Education Assistants (NEA) positions, 7 Area Coordinators, 6 managerial staff at state office. A total of 60 positions.

**State:** We currently have 12 State Extension Specialists and 2 Assistant State Extension Specialists for a total of 14 state level specialists. In addition, we have 1 program coordinator, 1 FCS evaluator, and 2 FCS District Program Specialists.

How is your institution addressing the situation?

1. Vacancies are held open and hopefully we will be able to restructure our operations in a way that ensures our critical programming to take place. In the meantime, we are growing our budget through grants and contracts with partners.
2. Growing our master FCS volunteers. We have increased our number of Master FCS and Master Wellness Volunteers from 98 in 2017, to 142 in 2019.
3. Working on a new web integration project that will allow us to best use the web to serve our extension needs through various efficiencies.



List FCS program highlights of the current year (program, collaborators, and impacts)

## OKLAHOMA COOPERATIVE EXTENSION SERVICE Impacts Families, Youth, and Communities



### DID YOU KNOW

in 2018, our Family & Consumer Sciences Extension Educators reached **148,738** Oklahomans? Learn more at [fcs.okstate.edu](http://fcs.okstate.edu)

#### Improving Health

Oklahoma ranks 43<sup>rd</sup> in the nation for diabetes. Evaluation data from program participants shows that

**81%** have maintained or lost weight and **63%** are in better control of their blood glucose.

*"My husband reads labels and changes the lunch he takes to the oil rig sites. He never listened to me, but after hearing the importance of reading labels, what you eat, and when you eat, he practices what you taught."*

#### Promoting Financial Management



Oklahoma is 37<sup>th</sup> nationally in households without savings accounts and with sub-prime credit. Adult participants gained valuable life skills. Participant evaluation data shows

**94%** increase in intent to write down financial goals and pay bills on time.

*"I never had any instruction on credit, credit scores, or credit repair and I am very grateful for this information."*

#### Increasing Community Health & Wellness

Over 15% of Oklahoma's population is age 65+ and at greater risk of death from home injury. After the program,

**95%** of participants believe that practicing Tai Chi has improved their balance and **88%** are less afraid of falling.



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**85%** of participants said the program has helped them reduce their pain, stiffness, and fatigue.

*"An elderly participant, experiencing depression and declining health after several falls, received a doctor's recommendation to exercise. After completing the program, she continues to walk over a mile three times a week. Others have commented on her improved steadiness and stamina."*



**FAMILY & CONSUMER SCIENCES**  
Creating Healthy & Sustainable Families



## Promoting Food Safety, Nutrition, & Food Security

Oklahoma has the fourth highest food insecurity rate in the nation. Using available resources, participants learn basic food preparation to create nutritious meals. Evaluation data shows an

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Oklahoma ranks third nationally for number of divorces. Evaluation data shows

**77%** of participants became more likely to treat their child's other parent like a valued member of a team.

*"I learned how important it is to put our differences aside and co-parent together and how I can make that happen."*

Divorce increases the risk of negative outcomes in youth. Evaluation data shows

**79%** of participants became more likely to point out to their child positive aspects of their other parent.

*"I learned about the type of parent I should be and examples of what NOT to do, as well as different ways to discipline and how I can be consistent."*



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The most common household chemical exposures in children under six are cosmetics, personal care products, and analgesic drugs. Evaluation data shows that

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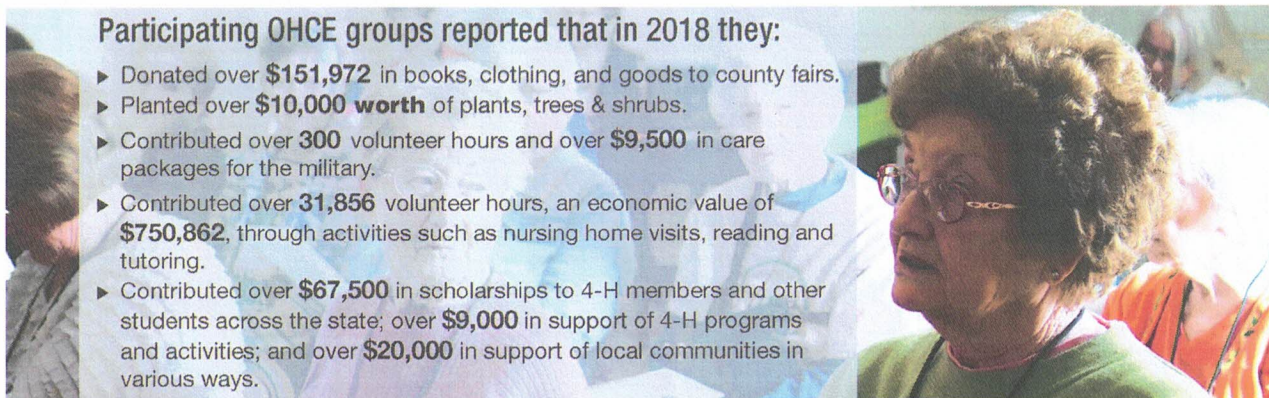
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### Participating OHCE groups reported that in 2018 they:

- ▶ Donated over **\$151,972** in books, clothing, and goods to county fairs.
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**FOR MORE INFORMATION ON IMPACTS, VISIT:**

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

Contact for additional information

Jorge H. Atilas, Ph.D., Associate Dean for Extension & Engagement  
College of Human Sciences | Oklahoma Cooperative Extension Service |  
Stillwater, OK 74078 [jorge.atilas@okstate.edu](mailto:jorge.atilas@okstate.edu) | 405-744-6280 | [www.fcs.okstate.edu](http://www.fcs.okstate.edu)

Report Submitted June 2019

Reporting Institution:

**Oklahoma Cooperative Extension Service**

**Family and Consumer Sciences**

SR-PLN Annual Report



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**FAMILY & CONSUMER SCIENCES**  
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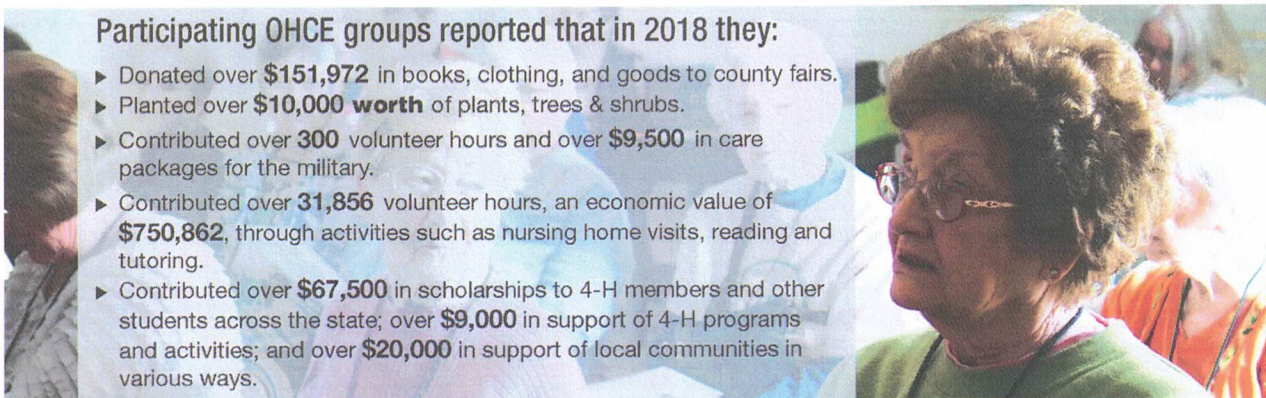
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Report Submitted June 2019

## SRPLN FCS State Report 2019

**Reporting Institution:** \_\_\_ 1862 \_\_X\_\_ 1890 (check one)

**Name of Institution: North Carolina A&T State University Cooperative Extension**

**Budget Situation: Stable.** Legislative support hopefully will aid in achieving the full state match.

**Staffing Update (field and state office):** Family Resource Management Associate hired to help lead the family economics program.

**How Institution is Addressing the Situation:** Our university leadership including Chancellor is working side by side with Extension to secure the full match.

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

Renewal as an implementing agency for our SNAP-ED program, called Try Healthy, totaling over a million dollars. Collaborators: NCDHHS

Speedway to Healthy has reach 26,475 youth and involved over 2,000 volunteers averaging about 6,000 kids a year. Collaborator: Blue Cross Blue Shield.

Try Healthy program served 13,000 adult and youth participants Collaborator: NCDHHS..

**New or Unique Collaborations and/or Funding Sources:** Like many public agencies in the state we are involved in meetings might allow us to be a part of a new pilot called the Healthy Opportunities Program which will test the impact of providing selected evidence-based interventions to Medicaid enrollees.

**Contact for Additional Information:** Dr. Claudette L. Smith, Associate Administrator,  
[clsmith@ncat.edu](mailto:clsmith@ncat.edu), 336-3334-7956



## SRPLN FCS State Report

Reporting Institution: \_\_X\_\_ 1862 \_\_\_\_ 1890 (check one)

**Name of Institution:**

Mississippi State University

**Budget Situation:**

Mississippi State University Extension received a 1.5 % increase from State Legislature. This funding provided a 1.5 % pool for funding for merit based salary increases. However additional was not available to replace needed vacant agents and faculty positions. We currently have 28 counties with one Extension, with 38 total agent positions vacant. **Staffing Update (field and state office):**  
No new hires.

**How Institution is Addressing the Situation:**

Field staff is providing programming in adjacent counties.

**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

**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.

Process of hiring Community Wellness Extension Agents

2- Regional Dietitians

**AIM for CHangE**

Advancing, Inspiring, Motivating for Community Health through Extension (AIM for CHangE) promotes improved access to healthier foods and addresses public transit and walkability to schools, worksites, parks and recreation centers through implementing master plans and land-use intervention. The Mississippi State University Extension Service, partnering with the Mississippi Public Health Institute and University of Mississippi Medical Center, received the \$5.5 million AIM for CHangE grant from the Centers for Disease Control and Prevention to help Mississippians battle obesity.

AIM for CHangE takes a comprehensive approach that also takes environmental and policy-level approaches, such as outdoor recreation, community walkability and educational programs, to



help communities address issues. University departments of agricultural economics, kinesiology, and landscape architecture, as well as the Extension Center for Government and Community Development, are participating in AIM for CHangE to support solutions that develop a healthier culture across Mississippi.

**Contact for Additional Information:**

**Paula I. Threadgill, Ph.D.**

**Associate Director**

**Extension Professor**

**MSU Extension Service**

**Box 9644**

**Mississippi State, MS 39762**

**662-325-3032**

**[paula.threadgill@msstate.edu](mailto:paula.threadgill@msstate.edu)**

## **SRPLN FCS State Report 2019**

**Reporting Institution:** \_\_\_\_1862 \_\_X\_\_1890 (check one)

**Name of Institution:** Langston University

**Budget Situation:** No Changes

**Staffing Update (field and state office):** New employees were hired for 4-H Youth Development, Agriculture, and Management.

**How Institution is Addressing the Situation:** Meeting with administrators, Writing grants

**Top 3 Program Highlights of Current Year: (program, collaborators, impacts)**  
Nutrition/ Health/Financial Planning. These programs have impacted Oklahoma families.

**New or Unique Collaborations and/or Funding Sources:** Collaborations with other organizations have been helpful. Funding is being consider at the State level.

**Contact for Additional Information:**

**Dorothy Wilson**  
Director and State Program Leader for 4-H YD/FCS/EFNEP  
School of Agriculture and Applied Sciences  
Langston University  
100 Success Avenue,  
Langston, OK 73050  
405.466.6110  
dwilson@langston.edu



## SRPLN FCS State Report 2019

**Reporting Institution:** \_\_\_\_1862 \_\_\_\_x\_1890 (check one)

**Name of Institution:** - Kentucky State University, Frankfort, KY

### **Budget Situation:**

Kentucky State University will receive 100% match for Extension and Research Funding

### **Staffing Update (field and state office):**

- Extension Field Staff (Agents): 4 FCS Agents
- State Faculty/ Staff (Housed in the School of Family and Consumer Sciences) which is in the College of Agriculture, Communities, and the Environment
  - FCS Professors: 2
  - Nutrition Professor: 1
  - Nutrition Extension Associates: 2
  - SNAP-ED Coordinator: 1
  - EFNEP Coordinator: 1
  - SNAP –Ed Program Assistants: 6
  - EFNEP Program Assistants: 3

### **How Institution is Addressing the Situation:**

Added 1 FCS Agent, and maintaining current staff.

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

### **SNAP-Ed Partnership with KSU Center for Sustainable Family Farming Boosts Program and Outreach**

#### **Major Program:** Accessing Nutritious Foods (general)

As our SNAP-Ed Program Assistants continue to build community relationships, it is clear that the work to be done in our service area is tremendous. One area of focus for our team is recovery centers. The opioid (and other substances) epidemic in Kentucky places our state in the top 3 states for illegal drug use in the United States according to a recent KET Documentary, Journey To Recovery.

We serve a residential center in Montgomery County and learned quickly that the center didn't have any real access to fresh fruits and vegetables. The center relies largely on the SNAP

benefits of those in treatment (that are eligible), donations, and low cost, shelf stable foods to feed its residents. After meeting with the center director, SNAP-Ed began to seek out funding to not only help with fresh produce, but to begin a garden project.

The SNAP-Ed Coordinator applied for a grant through the Kentucky State University Center for Sustainable Family Farming program to fund the startup of this project. The grant was approved and work began in late 2018. The grant provided for supplies such as fencing, tools, seeds, and plants. We were also able to purchase a small greenhouse, fruit trees, and grape vines in large part to the local Lowe's management team. Our SNAP-Ed program assistant was discussing the supplies and project with a manager there. When they became aware of our plan, they offered deep discounts on many of the items being purchased, giving additional buying opportunity with the funding available.

The garden project has had a phenomenal impact at the center. The director is thrilled with the overall plan of sustainability, skill building, nutrition education and budgeting tips. He shares often that the men love being able to use their hands and spend time "outside of their head". Most have never experienced the benefits of gardening and the pride of growing food from the seed up. It gives a real connection to their food system.

Our SNAP-Ed program assistant spends time with the residents inside conducting nutrition education, cooking demonstrations, and resource management. Cooking is also a skill that many of the residents never learned and really enjoy. They are responsible for their own meal preparation and have incorporated many of the recipes from our demonstrations into their menu rotation. She also dedicates time weekly to being in the garden. Hands on learning is especially important for most of our clients.

As the garden production flourishes, we continue with a canning/ food preservation class to emphasize food security, resource management, and continue skill building. The grant provided for canners and supplies to make this segment possible.

## **Stepping Out Of Their Comfort Zone; Encountering a Paradigm Shift**

**Major Program:** Empowering Community Leaders (general)

Stepping out of our comfort zone can be extremely difficult especially when discussing issues surrounding race, particularly slavery, diversity and inclusion. Tackling this subject as adults is overwhelming, so imagine how difficult it would be for immature minds. However, the staff and students at Kentucky State University/ Community Inspired Solutions U Connect staff did an outstanding job of creating a safe space where students and adults could speak freely and feel respected while learning about diversity and inclusion. Speakers were invited to the program to talk about diversity and inclusion through arts, crafts and presentations. Students also took educational field trips where they visited several historical sites and museums.



The students of the KSU/CIS U Connect program participated in several activities and tours that taught about diversity and inclusion. On November 17, 2018, participants visited the National Underground Railroad Freedom Museum and toured Northern Kentucky and Cincinnati Areas. Students also learned about Native Americans. Students were asked to research a Native American Tribe and present five details about the tribe to their group. Student engagement continued when students made Dream Catchers and learned about their meaning on Native American Day (Sept28).

Students also listened to a presentation entitled, "Take Back Cheapside," by Russell Allen. Mr. Allen was instrumental in spearheading the removal of confederate statues from the Historic Cheapside Auction Block, which is located in Downtown Lexington. Students learned the cultural significance of removing the civil war statues from downtown Lexington. Students wanted a way to capture their thoughts and document their experiences. As a result, volunteer Nancy Barnett taught them how to journal and award winning photographer Patrick Mitchell taught them to capture their experiences through photography. Hence the CIS Photography club sponsored by Kentucky State University was started. Students met each Thursday and Saturday for 6 weeks to learn the basics of using a Canon DSLR Camera. Students learned about lighting, composites and ventured out into the community to practice their skills.

Students participated in activities specifically geared towards providing an introduction into a variety of cultures. One such culture is the Gullah Geechee Community in St. Helene, South Carolina. In April 2019, approximate 25 students (5 Males and 20 Females) (1 Hispanic, 1 Other and 13 Blacks) and 8 adult mentors (1 Hispanic, 1 Other-Turkish, 7 Black Females and 1 Black Male) attended a cultural awareness tour to Charleston, South Carolina. Students put their newly learned photography skills into action by capturing photos during their trip to South Carolina. While there students visited, the Penn Center, which is currently an African American Cultural and Educational Center.

The partnership between Kentucky State University and Community Inspired Solutions has yielded many rewards. Students were introduced into a variety of subjects that helped to teach new skills and expand their mindset by becoming culturally aware. Students indicated that, "I like being in the program because: It gives me fun, educational activities and an opportunity to make likeminded friends. "I've learned to be respectful, nobility, courage, being a positive role model for younger kids, leadership skills all based on the 12 virtues." Another student reported that, "I will be respectful at all times, maintain good grades, and be a positive role model because of what I learned at CIS."

Kentucky State University Area Agent III, Carla Jordan developed and disbursed a post survey upon return for the parents and participants of the KSU CIS U Connect Program. Most agreed

that this was an experience of a lifetime, as many participants had never travelled outside of Kentucky. Most participants also agreed that they “learned a lot” and “have gained a new appreciation for culture and history as a result of this trip”. She will also “study more about slavery” and “will be more sensitive to her sisters.” Other students were fascinated by the Gullah Culture itself. So much so, that they immediately began learning the language by located an online Gullah Dictionary. This student, Jaiden has “began incorporating the language in his vocabulary.” The trip to South Carolina was a success and has created impact that will last many years to come as one student reports that, she “learned a lot on the trip”, particularly that she “would stop being scared of who she is” and “would not take my African heritage for granted.” The student reports that previously she was ashamed because she thought others would make fun of her and her family, as they are first generation Africans. While that student learned to love herself another student indicated that he learned, “not to hate other heritages.” All of which creates significant positive impact in creating a diverse world where love thrives.

## **Closing in On Retirement: Securing Financial Stability**

### **Major Program: Securing Financial Stability (general)**

The number one financial worry for Americans, according to a [recent Gallup poll](#), is having enough money for retirement. Half of U.S. households with someone age 55 or over have no retirement savings at all according to the Government Accountability Office. Kenton County, Kentucky has a population of 165,399 with 14% of the population over 65 according to the US Census. As the average life expectancy continues to increase and future income from Social Security stagnates or even decreases, saving adequately for later-in-life expenses will be more important than ever. Each year the Employee Benefit Research Institute documents how poorly Americans are prepared for retirement. In 2018, the Retirement Confidence Survey (RCS) found only a third of retirees very confident in their ability to live comfortably throughout retirement (32 percent). (ebri.org) One of the causes is access to retirement plans; The Peter G. Foundation found that 16% of employees have access but don't contribute (employer offers but isn't cost effective) 34% don't have access (employer doesn't offer retirement) and 50% have access and contribute (employer offers and it is cost effective)

To address this challenge in educating residents to secure their financial stability, Kentucky State University Family and Consumer Sciences Agent partnered with Kenton County Family and Consumer Sciences Agents, Boone County Family and Consumer Sciences Agent and Financial Professionals in a program “Closing in on Retirement”. 40 participants from Kenton and Boone County participated in a 5 hour one- day program. Session topics included Scams, Insurance, Medicare, and Investments.

A written evaluation after the “Closing in on Retirement” program yielded the following results: 59 % would consult with a financial advisor, 76 % would talk to an insurance agent to review



coverage, 62 % would talk to a professional about Medicare, 65 % would develop a post-retirement budget, and 79% would review their investments. Verbal feedback stated “this information was very important for seniors and worth their time to attend”. Financial management classes for retirees help individuals secure and manage their financial risks.

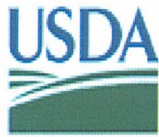
## **Summary of the CYFAR U Connect Program at Kentucky State University**

Kentucky State University in collaboration with the University of Minnesota and Tennessee State University participated in the last year of a 5 year grant to operate a CYFAR (Children, Youth, and Families, at Risk) U Connect After School Program at 2 sites. The sites were (1) The Promising Youth Center for Excellence (PYCE) on the campus of Kentucky State University in Frankfort, KY and (2) Community Inspired Solutions (CIS) in Lexington, KY. This multi-state project has addressed educational disparities for children and youth at risk focusing on middle school age children. Supported by USDA-NIFA, the Check and Connect framework developed at the University of Minnesota is an evidence-based intervention that insures that disengaged young people have the resources, skills, educational, familial, and community support needed to be academically engaged and successful. Youth on a consistent, weekly basis have been enrolled in a program that exposed them to small group mentoring; afterschool educational monitoring and creative activities; and engagement of parents, siblings, and community. It has been managed through the leadership of a professor, extension staff in Family and Consumer Sciences, and other assistants and volunteers.

Summary evaluations from the University of Minnesota of both sites indicated the following:

1. **Development of positive behaviors, skills, and attitudes.** U Connect helped people become better peers, students, and decision makers
2. **Future educational aspirations and personal values.** Most youth planned to continue their education following high school, felt that education was important for their goals, and felt hopeful about their future.
3. **Self-efficacy around healthy eating.** Program participants at the Promising Youth Center in Frankfort, KY reported an increase in one healthy eating behavior; most youth thought that it would not be hard to eat fruit for an after-school snack. At the CIS site in Lexington, KY, for many program participants it was still challenging to choose healthy food and drink options at the end of the school year. However, program participants reported an increase in one healthy eating behavior.
4. **Family involvement and connection to school.** The majority of youth reported high levels of family support for learning, both when they were doing well and when they faced challenges.
5. **Program fidelity.** PYCE and CIS mentors built supportive relationships with youth and their families/ guardians, providing appropriate interventions and consistently documenting young people’s academic, behavioral, cognitive, and affective, school engagement throughout the academic year.

Youth involved in both sites were exposed to a variety of very creative activities, tours, trips, and experiences that kept them engaged in the program. Evaluation results suggest that young people in the U Connect program have developed new skills, knowledge, and confidence to achieve academic success with support from their families and mentors.



United States Department of Agriculture  
National Institute of Food and Agriculture

**New or Unique Collaborations and/or Funding Sources:**

Final year of funding from the CYFAR Check and Connect Program for 2 sites. The CYFAR project is a collaborative multi-state effort between the University of Minnesota, Kentucky State University and Tennessee State University. It was grant supported by USDA-NIFA.

The program has ended, and reports have been submitted.

**Contact for Additional Information:**

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## **SRPLN FCS State Report 2019**

**Reporting Institution:**   X   1862        1890 (check one)

**Name of Institution:** University of Kentucky

**Budget Situation:** Stable

**Staffing Update (field and state office):** We have been fortunate to add several new faces to our state staff. In January we added Extension Specialist for Substance Use Prevention and Recovery, this position is among the first within LGUs. Additionally, we have added several MS Extension Associate positions to support a variety of grant funded projects including health, nutrition, physical activity, and family resource management. We are also pleased to welcome back as a state level position an Extension position in Clothing, Textiles, and Household Equipment. We have been fortunate to hire several field staff positions over the last year. Kentucky continues to have a FCS presence in all 120 counties, with approximately 105 positions currently filled. Additionally, we continue to maintain approximately 100 Nutrition Program Assistants as the county level.

**How Institution is Addressing the Situation:**

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

### **FitBlue KY**

The University of Kentucky College of Agriculture, Food and Environment Family and Consumer Sciences Extension recently launched a mobile fitness app to help Kentuckians improve their health. FitBlue, takes a holistic approach to health. The app has a fitness tracker, nutrition tracker and unique features that include a farmers market locator, food bank locator and workout plans and videos for all ability levels. Users will also have the opportunity to enter physical activity challenges with others and can opt to receive push notifications for Plate It Up! Kentucky Proud recipes and other educational materials developed by UK specialists. The FitBlue app launched in March 2019. To date, the app has been downloaded more than 1,500 times. Additionally, 15 county level walking challenges have been hosted.

### **The Talking FACS Podcast: An Innovative Program Delivery Approach**

For the past several years, Family and Consumer Sciences Extension has sought innovative ways to retain our established audiences with timely and relevant information while reaching new and unique audiences at the same time. The Talking FACS (Family And Consumer Sciences) podcast has accomplished both these goals. Fifty-two regular episodes were produced and broadcast July 2018 through June 2019, along with eight special edition episodes, for a total release of 60 shows. Show topics address family and consumer sciences issues related to family, food, finances, and fitness. The show is

broadcast from our host site on Podbean to all the major podcast providers, including Apple Podcasts, Google Podcast, Spotify and SoundCloud.

During FY2019 The Talking FACS podcast was accessed nearly 153,000 times. Listeners have the opportunity to download a particular episode or subscribe to the show. Once listeners subscribe, they receive each episode upon release directly on their personal device. With more than 6,000 regular subscribers, the downloads continue to increase with the release of each new episode.

Extension agents have access to the entire library of episodes and can publish a particular episode on their social media channels at any time. This gives them the freedom to share an episode in advance of a related program to generate interest or to encourage further study after a program has been presented.

### **New or Unique Collaborations and/or Funding Sources: Contact for Additional Information:**

#### **Substance Use Prevention and Recovery**

The opioid epidemic scouring the United States is a public health crisis. This crisis has hit Kentucky especially hard, particularly in Appalachian counties. While this epidemic is especially hard for individuals suffering from this disease as well as their families, local communities are also suffering. The opioid epidemic is a significant quality of life issue.

FCS Extension has partnered with CEDIK (Community and Economic Development Initiative of Kentucky) has partnered to develop a program to work toward a more employable workforce, a stronger rural economy, and an improved quality of life for all residents. UK Extension has secured a Rural Community Development Initiative grant that spans a two-year period to address this critical need. The comprehensive goal is to create stronger communities by addressing the behavioral health and substance use disorders in four rural Kentucky communities. The long-term goal is to develop and implement an effective educational intervention that will improve the financial efficacy of individuals in substance use disorder recovery, especially those individuals in early recovery. The short-term goal is to build the capacity of drug rehabilitation facilities and other partners in low-income communities to provide financial education and soft-skills training to patients.

Work has initially begun on this educational project. Extension staff has conducted a needs-based assessment of two current rehabilitation programs and compiled the results into a list of topics for the core curriculum to cover. Work has begun on drafting a new multi-session financial education and soft skills curriculum for individuals in recovery. Eventually this curriculum will be piloted in train-the-trainer workshops with individuals working at treatment facilities. Through this initiative, FCS Extension staff is working toward improving the efficacy of substance use recovery programs and improving the financial education of participants.



## **CDC High Obesity Project**

During the first year of the CDC High Obesity Program grant, extensive exploration and planning has taken place in Martin County. Currently, the adult obesity rate of Martin County is 40.2%, which is greater than state and national averages respectively. Further, this rural county experiences chronic economic disparity and depreciating environmental resources. In particular, the poor water quality drastically impacts the county, as many residents are left without an accessible and clean water source for usage or consumption. Therefore, a community-focused PSE approach has been enacted in order to address some of the public health and environmental structures local citizens experience.

While working closely with several coalition community members, such as the local extension office, school district foodservice director, grocery store owners, department of transportation and local health agency, long term planning has begun to take shape to improve and expand the local food system and connectivity of the county. By addressing these components, we hope to mitigate some of the barriers the community faces that hinder making healthy lifestyle choices. Our goal is to create a more conducive environment to positively increase the number of healthy food choices made and the amount of physical activity engaged in by the community. Implementing infrastructural and behavioral programs and policies can have lasting impacts and improvement on the overall public health of the 11,452 county residents.

Several forms of outreach and promotion have been outlined that utilize existing resources and programs in the county, as well as development and planned implementation of new programs, all supporting positive food and physical activity choices. A Farmer's Market Coalition program, known as POP Club (Power of Produce Club), is a kid-focused initiative that has been planned and will be executed throughout July and August at the Martin County Farmer's Markets. Further, given the strong presence of faith-based organizations, an existing health-centered program known as Faithful Families has been implemented in two local churches. This program takes church members through an eight-week health and nutrition education program that supports fruit and vegetable intake and increasing physical activity among families by intertwining faith principles. Although conclusion of these programs has not occurred, we are optimistic of the impact they will have on participants.

A number of planned structural and collaborative partnerships are currently underway for the coming years in Martin County. This grant and the involved investigators and members are working to solve the various health-related disparities the community faces by marrying existing resources, while actively introducing new and effective programs that improve the local food system, accessibility and overall connectivity.

The Centers for Disease Control and Prevention (CDC) selected the University of Kentucky (UK) as one of 15 land grant universities funded to collaborate with the Cooperative Extension Service (CES) to increase access to healthier foods and safe and accessible places for physical activity. The funding is part of a High Obesity Program (HOP) cooperative agreement which will run through 2023.

## **Cook Wild Kentucky**

17% or approximately 743,310 of Kentuckians are food insecure. This means, approximately 1 in 6 Kentuckians are food insecure. According to the United States Department of Agriculture, food insecurity is a state in which “consistent access to adequate food is limited by a lack of money and other resources at times during the year.” A nonprofit organization, Hunters for the Hungry, addresses this by donating venison to Kentucky food banks. Feeding Kentucky, formerly Kentucky Association of Food Banks, identified that food pantry participants were intimidated when they received venison, because they did not know how to properly prepare the meat. The University of Kentucky Cooperative Extension Service’s Nutrition Education Program was able to meet this need. In order to address this, the Nutrition Education Program spearheaded the creation of a program called Cook Wild Kentucky. 16 recipe cards, which included 6 different types of wild game: 6 venison, 3 rabbit, 3 fish, 2 frog leg, 1 duck and 1 dove, were created. These recipes were taste tested and analyzed for nutritional content. Ease of preparation was also emphasized when creating these recipes. The Nutrition Education Program has partnered with Kentucky Fish and Wildlife for this program. Through this partnership, what started out as wild game recipe cards, has turned into statewide trainings and talk of future wild game food safety publications. Cooperative Extension Service Agents from all program areas, throughout the state, have shown excitement to receive the recipe cards and plan to utilize them for programming during the 2019 hunting season. Recipe cards are currently undergoing layout and design and will be printed and shipped to counties in the coming weeks. Two statewide agent trainings are scheduled for January and February of 2020. The Nutrition Education program will hold a second round of recipe taste tests July 2019 in order to expand the recipes from 16 to 26 and included an additional 4 wild game animals: turkey, turtle, elk and squirrel.



## SRPLN FCS State Report 2019

Reporting Institution: ☒ 1862 ☐ 1890 (check one)

Name of Institution: LSU AgCenter

**Budget Situation:** State budget remains complex as well as fluid because it depends on revenue and expenditures. Legislators used part of the revenue generated as the results of a sales tax extension. This action provided funding across state agencies, full funding for TOPS Scholarships, some funds for early children education, and teacher pay raise as well as a boost in funds for higher education and Department of Corrections.

**Staffing Update (field and state office):** AgCenter Extension FCS strategically focus on Nutrition, Health and Wellness for all programs. Both EFNEP and SNAP-Ed programs have advertised and hired field staff that resigned or retired. SNAP-Ed is hiring a FT Evaluation Coordinator to develop a more comprehensive evaluation strategy that includes evaluation of PSEs. The CDC High Obesity Program (HOP) has allowed the hiring of 7 new faculty, including two regional food systems coordinators. Currently we have three interim FCS Regional Coordinator.

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

**Flavors of Health--** is an emerging nutrition and health program of the LSU AgCenter. It has a community focus through which it provides classes and workshops on a variety of topics that empower individuals and families to make healthy food and fitness choices, to live their most healthful lives. Topics include cooking skills, grocery shopping strategies, small changes, goal setting, healthy habit development, exercise/PA, weight management and diet-disease issues. The program merges Louisiana's unique food traditions with some of the evolving nutrition and health challenges that face our communities. A new Small Changes/Healthy Habits curriculum designed to help participants choose, make and maintain healthy eating and PA changes that are right for them, has just been developed and will be piloted in the fall of 2019.

**LSU AgCenter Healthy Communities Initiative** --to address the National Framework for Health and Wellness and the requirement of policy, systems and environmental change strategies for federally funded programs, the LSU AgCenter started a Healthy Communities (HC) Initiative. The HC initiative is a community participatory approach to address the nutrition and PA systems and environments using community coalitions and partnerships, direct education and policy, systems and environmental (PSEs) change strategies. Target strategies address nutrition and PA issues that are relevant and unique to each community. Strategies are identified via community forms, asset mapping and community coalitions. Both SNAP-Ed and EFNEP support the HC Initiative.

**EFNEP--** LSU AgCenter EFNEP has 18 paraprofessionals and 11 professionals that serves 12 parishes throughout the State of Louisiana. During FY18, 1,629 adults and over 10,600 youth were enrolled in the LSU AgCenter EFNEP. Data input for FY19 is not complete, therefore accurate, current enrollment is not available.

To increase the efficiency of the program, through attrition, the program is moving to service urban areas. By doing this, there are increased opportunities to sustain EFNEP by providing access to diverse organizations and agencies that service EFNEP eligible audiences. Engaging in PSE change work through direct education is also an effort of the program. Incorporation of the Faithful Families program is one method for LSU AgCenter's EFNEP to address PSE approaches within programmatic efforts.

Implementation of this program as a catalyst to create a healthier community through faith-based groups has shown to be a phenomenal impetus for change. In addition to the Faithful Families program, in FY20, several options of PSE approaches will be provided to parish EFNEP personnel to select and create PSE initiatives.

**SNAP-Ed**—In FY18, 21,821 adults and youth were reached through direct education (unduplicated). Evaluation indicated a statistically significant increase in adults' fruit consumption and youths' attitude toward PA. Participants' perception of time engaged in sedentary activities each day was also evaluated. Analysis showed that, at pretest, adults spent about 30 minutes a day performing sedentary activities, while youth spent one hour a day doing these activities. The vegetable that children made the most change in liking, willingness to try again in the future, and willingness to ask family member to buy for them was spinach. The changes were highly significant. Children also had a significant change in their perception of liking broccoli, peppers and tomatoes.

Additionally, the HC Initiative was implemented and thirteen parishes are involved in HC work. In the spring and summer of 2018, a baseline assessment of coalition members' perceptions of their work on the coalition was measured. This assessment was conducted at the conclusion of their first year working with the community coalition. Results indicate that members believe that the planning carried out by their groups has led to better targeting of services and programs. Members also expressed a sense of group cohesion, which is an important element of group success. When people feel connected to a group, they are better able to discuss issues and achieve consensus about decisions. FY19 results are currently being analyzed.

The HC community coalition groups and partnerships to make PSE changes will continue to be strategic in this FY20 SNAP-Ed plan. We plan to strengthen existing partnerships with community groups, increase participation in community coalitions, and continue moving forward with coalition plans to implement PSE changes. Changes vary from community to community but may include changes to food policies at schools and churches, building walking paths, joint-use agreements for existing parks and greenspaces, or adding stencils to school and park pavement to promote PA. In addition to these HC ongoing efforts, we plan to pilot two new PSE interventions which may be appropriate for the rural environment in which SNAP-Ed operates—Faithful Families, Smarter Lunchrooms and Stock Healthy, Shop Healthy.

**New or Unique Collaborations and/or Funding Sources:** The LSU AgCenter received the CDC High Obesity Program (HOP) funding in 2018. The 5- year program, called *Healthy Access, Behaviors and Communities II (Healthy ABCs)*, will build upon previous work from our *Healthy ABC's* CDC HOP and continue to utilize and leverage local CES to expand implementation of evidence-based strategies that increase access to healthier foods and safe and accessible places for PA leading to a reduction in the obesity burden in rural parishes with high rates of obesity and poverty. Strategies and activities within this project will continue to utilize a community-participatory approach that will address the individual, interpersonal, organizational, community and policy sectors of influence within the Socio-Ecological Model framework. Currently all faculty have been hired and assessments are ongoing.

**Contact for Additional Information:** Denise Holston, PhD, LDN, RDN.



## SRPLN FCS State Report 2019

**Reporting Institution:** ☒ 1862 ☐ 1890 (check one)

**Name of Institution:** Clemson University

**Budget Situation:** No significant change

**Staffing Update (field and state office):**

***Food Systems and Safety Team (FSS):*** The Food Systems and Safety team currently has 3.5 Extension agents, 4 Extension associates, 4 faculty specialists and 1 administrative assistant. One agent has a statewide role, while the remaining agents are county-level agents. Each agent covers a minimum of 3 counties. The team received funding for 2 more agents for the new fiscal year.

***Rural Health and Nutrition Team (RHN):*** The Rural Health and Nutrition team currently has 20 Extension agents, 3 Extension associates, and 1 administrative assistant. Additionally, RHN team has 13 nutrition educators for the delivery of EFNEP (36 staff members total). Eleven of the 20 Extension agents are externally funded through grant support. The team is exploring long-term funding sources.

**How Institution is Addressing the Situation:**

***Food Systems and Safety Team:*** The FSS team agents are covering as much of the state as possible beyond their assigned counties to fill in gaps where there are no FSS agents. We will continue to ask legislators each year to fund more FSS agents to fill gaps.

***Rural Health and Nutrition Team:*** The RHN team is rigorously evaluating health and nutrition programs so that these findings can be presented to state and other stakeholders for resource allocation. We are trying to fund 0.5 faculty specialist for health programming.

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

***Food Systems and Safety Team:***

**ServSafe:** In South Carolina there are more than 19,000 retail food establishments permitted by the SC Department of Health and Environmental Control (SC DHEC). Clemson Extension Food Systems and Safety agents provide the ServSafe® Manager certification course and exam throughout the state of South Carolina on a monthly basis to ensure that retail food establishments meet the SC DHEC requirements of having a certified food protection manager on staff, and to help reduce the number of foodborne illness outbreaks in the state. Last year 33 classes were held with a total of 240 registered participants and 82% of the participants passed the certification exam. Over 170 South Carolina retail food establishments were represented and it was estimated that these establishments serve roughly 2,960 patrons daily. The National Restaurant Association estimates that a foodborne illness outbreak costs an establishment approximately \$75,000. The economic impact of the trainings held by Clemson Extension agents could be estimated at \$12,750,000 by preventing foodborne illness outbreaks at these establishments.

**FSMA – Preventive Control for Human and Animal Food Courses:** An important Food Safety Modernization Act (FSMA) requirement is for every qualified human and animal food processing facility

to have a trained “Preventive Controls Qualified Individual”, who has completed a FDA recognized curriculum course such as the one developed by the Food Safety Preventive Controls Alliance (FSPCA), that is recognized by the FDA. The Food Systems and Safety team has two team members whom are lead instructors for both the Preventive Controls for Human Food and Preventive Controls for Animal Food courses. These two lead instructors in addition to other members of the FSS team provide both trainings on a regular basis to ensure the opportunity for human and animal feed manufacturers to meet the requirement of having a PCQI, and learn the steps to developing a food safety plan. In the past year, two Preventive Control for Human Food courses were held and 52 participants received the PCQI certification. The participants in these classes represented 46 individual human food related facilities. Three Preventive Control for Animal Feed courses were held with 31 participants receiving certification and representing 26 individual animal feed related firms.

***Rural Health and Nutrition Team:*** The RHN team is collaborating with many partners including local and regional health systems to deliver community programming in diabetes prevention, diabetes self-management, hypertension self-management, breastfeeding initiatives, and school wellness programs including EFNEP. Two unique programs to highlight include:

South Carolina Mother’s Milk Bank (SCMMB) initiative. SCMMB is a resource for infants in the NICU who are preterm and/or at risk for necrotizing colitis (condition that can be fatal for infants). These infants are prescribed human donor milk which is collected from women who have been screened and deemed appropriate as donors and pasteurized at the Medical University of South Carolina. Extension agents are partnered with this program and do several things: 1) establish milk depots in county Extension offices for local donors, 2) promote breastfeeding to pregnant women, 3) provide lactation support (they are certified lactation consultants) by setting up Baby Cafés which are meeting sites for breastfeeding women to come for education, support, and comradery. Baby Café then becomes a connection point for recruiting potential breastmilk donors for the SCMMB. This program has been implemented in 3 counties where breastfeeding rates are extremely low. Agent work with OB/GYN offices and hospital partners for referrals to the Baby Café. The most recent recruiting opportunity resulted in 30+ pregnant women who attended an information session with a support person for a 64-person attendance rate. We are having success with setting up the pipeline and expect to see results of increased breastfeeding rates and donations to SCMM in the 2019-2020 year.

The Health Extension for Diabetes program is being implemented as a pilot project in 1 county in SC. In the last 18 months, we have had 165 participants graduate from the program. The program is a partnership between the PRISMA health system and Extension. It is an 8-session program that was designed around the 7 core standards of self-care for persons with Diabetes. The program is extremely successful and has a 96% graduation rate and is demonstrating improvements in diabetes self-care knowledge, behavior, and confidence. The American Diabetes Association has asked the CU Extension team to submit an application (through invitation only) for ADA endorsement of the community diabetes self-management education/support program because it is/will be a unique evidence-based program. ADA will encourage other community leaders to use this program as a preferred diabetes self-management program.

#### **New or Unique Collaborations and/or Funding Sources:**

***Food Systems and Safety Team:*** The Food2Market program (food entrepreneur assistance program) collaborates closely with the SC Department of Agriculture (SCDA), SC DHEC and SC Meat and Poultry Inspection Department to provide regulatory information and guidance to food producers within the state. SCDA collaborates with the team and provides funding for FSMA Produce Safety Rule grower trainings.



***Rural Health and Nutrition Team:*** Last year we received a \$4.3M HOP grant from CDC and have initiated that project with 5 new Extension agents and a program director. We also received a Duke Endowment grant to fund an Extension agent to deliver Health Coaches for Hypertension EBP in partnership with PRISMA health system. Finally, health Extension initiatives were chosen for University federal priorities this year which is allowing us to work with a grant consulting group to identify appropriate funding sources for sustainability.

**Contact for Additional Information:**

***Food Systems and Safety:*** Kimberly Baker, PhD, RD, LD; [kabaker@clermson.edu](mailto:kabaker@clermson.edu); 864-646-2139.

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## SRPLN FCS State Report 2019

Reporting Institution:   X  1862       1890 (check one)

Name of Institution: University of Arkansas

Budget Situation: Stable

Staffing Update (field and state office): Stable

How Institution is Addressing the Situation: Hiring replacement positions as quickly as possible.

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

***Marriage, Parenting, and Family Life*** team, led by Dr. Brittney Schrick have launched a program to help farmers, ranchers, and other Agriculture workers use positive coping strategies with the goals of reducing suicide risk and improving mental health awareness. The one-hour program is available through county Extension offices statewide and presented by the FCS agents. Additionally, 52 county agents and state personnel were trained in Mental Health First Aid in three regional training opportunities this summer. This 8-hour training equipped participants to respond to someone who is experiencing mental health crisis. Participants are certified "Mental health first-aiders" for two years. The plan is to reach more agents with the training in the fall.

The Arkansas Delta Region Obesity Prevention (ArDROP) program is completing year one of a five year CDC grant cycle within the High Obesity Project. ***The health team***, led by Dr. Laura Balis, is partnering with five counties (Chicot, Lee, Mississippi Phillips, St. Francis) to improve health outcomes by guiding the community in implementing and sustaining policy, systems, and environmental changes geared toward healthy lifestyle strategies. Additionally the team received additional funding to work with local farmers in selected counties to assist in Farm to School markets.

Year two for the Evidence-based Complementary and Alternative Interventions to Prevent Opioid Abuse and Misuse in Rural Arkansas program, coordinated by the ***health team***, reflected a total of 59 participants in the Chronic Pain Self-Management program (CPSMP). Ten classes were conducted in fifteen counties by 25 trained educators and volunteers. Six agents and one volunteer were trained in the Move with Ease exercise component of the program. Six additional months of data will be collected with the grant ending February 28, 2020. Preliminary results reflect positive movement in the stages of change by participants.



The Arkansas Cooperative Extension Diabetes Prevention Program received preliminary CDC recognition, entitling the program to apply for Medicare Supplier status and future reimbursement opportunities. Two cohort groups have completed the year long program with a third cohort on-going. To date, participants have met indicators of attendance and documented physical activity minutes of 150 or more per week. Dr. Debie Head leads this effort as a Certified Master Trainer and will be scheduling lifestyle coach trainings for Arkansas FCS Agents and community partners across the state in an effort to provide accessibility to diabetes prevention classes state-wide.

**New or Unique Collaborations and/or Funding Sources:**

**Contact for Additional Information:**

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