**K-State Research and Extension, Family and Consumer Sciences**

**A Sampling of Reach, Impacts and Success Stories by Grand Challenge Areas**

October 2013

***Health***

**Affordable Care Act**

* ***Goals:***
  + Prepare Extension faculty to be conversant about what ACA means for consumers in their communities
  + Prepare selected Extension faculty to participate in educating their communities
* ***Reach:***
  + Over 200 county faculty and other professional educated on ACA
  + Over 350 community members in 10 locations educated on ACA
    - Over 90% of participants have improved their knowledge about the ACA and its impact upon them
  + Hosted 3 eXtension national webinars, presented at two national conferences about Extension’s role in ACA education, co-written a national curriculum about ACA for farm families launched October 18th.

**Walk Kansas**

* ***Reach:***
  + In 2013… 15,709
  + Total in the 12 years of the program… 185,300
* ***Impact:***
  + 78% are more physically active as a result and 84% met national physical activity goals during the 8 week program
  + 58% were confident that they would continue this amount of activity during the next 6 months
  + 76% increased fruit and vegetable consumption during the 8 week program
  + 62% were confident they would continue this habit over the next 6 months
  + Other:
    - Increased energy.. 52%
    - Increased endurance.. 42%
    - Improved sleep.. 29%
    - Decreased weight.. 29%
    - Increased muscle strength..25%
    - Better able to manage stress.. 25%
    - Increased flexibility..24%
    - Lower blood pressure.. 11%
    - Lower blood cholesterol..6%
    - Better diabetes control.. 4%
* ***Success Stories:***
  + “I was so happy to see my blood pressure go down to a normal range. I ate more fruits and veggies, and lost 10 lbs. It wasn’t as hard as I thought it would be because I wanted to be a really good team contributor.”
  + “My husband and I worked out 6 days a week together the entire time and have continued to do so. We are both stronger and have increased endurance and strength. It has had a benefit on our health and our marriage!”

**Diabetes Education**

* ***Reach:***
  + 652 Kansas residents in 53 counties
* ***Impact:***
  + Participants significantly increased their intended use of nutrition information sources
  + Significantly increased their use of MyPlate guidelines and Nutrition Facts food labels
* ***Success Stories:***
  + “I found the information about diabetes self-care behaviors and how to reduce my risks for diabetic health complication to be most helpful. I plan to check my blood sugar more often.”
  + “I was surprised to learn what whole grains are, and found the information about portion control and the sodium content of foods helpful. The program added to my knowledge, helped me refocus, and motivated me to try harder to do better.”

**Stress Management**

* ***Reach:***
  + A stress management program was created by the Pottawatomie County Family and Consumer Sciences Agent to deliver to community groups.
* ***Success Stories:***
  + “It’s sometimes hard to think of stress as a choice, but this really drove home that it is a conscious choice and I can make a different choice.”
  + “I never realized how much stress affects our body, and the biological component to that. I found it interesting that a stressful reaction can lower my immune function for hours after the situation occurred.”

**Traumatic Brain Injury Education**

* ***Reach:***
  + More than 220 people participated in TBI Options: Promoting Knowledge
* ***Impact:***
  + 95% learned something new
  + 83% planned to take action in their own lives

***Health and Global Food Systems***

**EFNEP**

* ***Reach:***
  + 923 Kansas families with 1496 children
  + 4300 youth
* ***Impact:***
  + 91% showed improvement in one or more nutrition practices
  + 88% improved in one or more food budgeting techniques
  + 50% increased their physical activity
* ***Success Stories:***
  + “Since going to the EFNEP budget and nutrition classes I have started planning healthier meals and snacks for my family. Before, I pretty much fixed the same thing over and over. We never got near enough vegetables. Now I am using a lot of the recipes we were given in class and I also look through magazines for recipes that have different vegetables in them. Some of them have become my family’s favorites. We are eating more vegetables and less mac and chees every day—it is great.”
  + “Most of the families that participated in the Bi-lingual, Bi-cultural 4H Clubs in Garden City were graduates of the EFNEP program. This illustrates the importance of developing strong relationships with underserved families if we are to be able to involve them in Extension education, including 4H.”

**FNP**

* ***Reach:***
  + 43,070 youth and adults
  + In 75 counties
* ***Impact:***
  + 64% intended to us a spending plan more often when shopping for food
  + 45% intended to increase their physical activity
* ***Other community impact:***
  + FNP employed 50 Kansans and infused about $2 million into local economies across the state
* ***Success Stories:***
  + During a hand-on parent/child program, a single dad helped his daughter make a sample of Better Baking Mix. The dad said, “this is good…it will make life a little easier.”
  + The SNAP-Ed educator presented a program on "Preventing Portion Distortion" to the staff of a group home serving 8 developmentally disabled. The Educator likes to bring several pairs of food products for a label-reading activity when talking about portion sizes-- ie- large bakery muffins and mini muffins, large bagels and mini bagels, burrito-size tortillas and small tortillas, etc. As she was unpacking her food visuals, several of the staff made joking, sarcastic comments about the "tiny foods" she had brought. One even said, "if we have to eat those, we'll starve to death!" The educator presented on preventing portion distortion, the recommended portion sizes for a variety of foods, and the risks and growing incidence of obesity in America. Then she gave a pair of foods to groups of participants and asked each group to determine the serving size stated on the Nutrition Facts label, how many calories were in one serving and how many ounces each serving weighed.   
      
    The participants were surprised that the label of each food-- oversized or normal sized-- stated that a serving was "ONE tortilla or ONE muffin, etc" regardless of the size and weight of the food in the package. Through this activity, participants discovered how easily they could eat much more than they intended and discussed the size of meal and snack items they were preparing for the women in their care. One of the staff who had been the most critical of the "tiny foods" before became indignant that the oversized foods were being marketed as one serving, since she had now learned that they amounted to much more! As the staff meeting convened at the conclusion of the SNAP-Ed program, the educator overheard the supervisor say that they needed to make immediate changes to the "snack bins" that are set up daily for the residents. Instead of oversized high-calorie "treats," she requested that the staff provide healthy portions of foods from MyPlate for daily snack choices, and only offer the "treats" occasionally. This program provided a powerful opportunity for the participants to discover, discuss and learn from each other, and changes will be made as a result of that learning.

**Food Safety**

* ***Reach:***
  + Safe Food Preservation classes were held in 14 communities with over 200 people attending.
  + Home food preservation is gaining popularity as more people are planting gardens or sourcing locally grown foods.
* ***Impact:***
  + As a result, participants realized that some old methods are not considered safe and they learned the science and correct methods to preserve.
* ***Reach:***
  + ServSafe Food Service Manager and Food Handler classes were held across the state.
  + Over 700 people completed the starter course
  + Nearly 400 received Food Safety Certification
  + Participants will wash their hands, check food temperatures, use food thermometers, and be cautious of cross contamination more often.
* ***Success Story:***
  + A food service business owner contacted an Extension agent to provide food safety education to his employees after his business had been cited and closed. K-State Extension, by having ServSafe certified and registered instructors, was able to respond quickly and provide training for the employees and proctor the ServSafe Manager Certification. This resulted in the operation being able to re-open for business sooner and being able to handle food served to the public more safely.

***Community Vitality and Developing Tomorrow’s Leaders***

**Ethnic Diversity**

* ***Reach:***
  + A multi-lingual, in-depth community assessment study in Finney County uncovered the resilience factors and barriers to human thriving in this Minority-majority community.
    - It measured health, well-being and social connectedness in mainstream and ethnic populations
    - Data are being used to set priorities and programming goals to address the needs of the total population in Garden City and Finney County and can be used across the area for similar populations.
* ***Reach:***
  + Spanish-speaking women involved in learning about nutrition were also connected with other resources in their community.
* ***Impact:***
  + As a result they not only improved their nutrition and health, they increased their marketability for jobs, they increased their energy and self-confidence, improved their English speaking skills and several reported passing their test for the Kansas High School diploma.

**Family Relationships and Parenting**

* ***Reach:***
  + Parents’ University has been conducted in Crawford County for over 20 years. Each year 30 agencies, led in part by K-State Research and Extension Family and Consumer Sciences, work collaboratively to address pressing family and child issues. This program has reached over 3000 parents who consistently indicate they go home with more information and skills for making their families stronger.
  + Family relationship education conducted in the Frontier District with a variety of family service personnel and home visitors who work with Head Start limited resource parents helped them learn critical skills to teach others and to use themselves for creating stronger and healthier relationships in their lives.
  + Technology is being used in Atchison County to deliver parent education to support pre-literacy skill development of preschoolers. The Family and Consumer Sciences Extension Agent has worked with community partners to develop a program called “Text4Parents” in which enrolled parents receive weekly text messages which encourage basic developmental skills to help their children be ready for kindergarten. There are currently 25 parents enrolled and there are plans to measure the impact and potentially expand across the state.
  + The Family and Consumer Sciences Extension Agent in the Central Kansas District is involved with Salina’s “Circles Campaign” which engages many community persons throughout the area in tackling poverty and building a more prosperous community in which all families can live in an environment for building stronger families.
  + A Wyandotte County Family and Consumer Sciences Extension Agent works with 10 community coalitions that open doors for her to deliver basic living and relationship skills to persons living in low-income housing, inmates in a correctional facility, KS Department of Children and Families benefit recipients, the Salvation Army families, and participants with other agencies working with limited resource families. This important work is making a difference in the lives of families in Kansas communities.
  + Over 425 child care providers across the state of Kansas have been trained in evidence based content areas approved by the Kansas Department of Health and Environment focused on Physical Activity and Nutrition Education, Child Abuse and Neglect, and Social and Emotional Development of early learners. In total over 50 hours of professional development have been offered and collaborations with Kansas Early childhood partnerships continued to thrive, even in the ever-changing funding environment.
  + In FY13, FSHS Extension was awarded $123,225 from the Department of Defense and the federal AmeriCorps program for the Kansas OMK (Operation Military Kids) program which provides direct services to military youth and their families on and off installations. K-State Extension professionals support military-connected youth and family camps, community awareness and non-formal education to children impacted by parental deployments and prolonged absences.
    - A specific example is the families from Ft. Riley and surrounding communities who benefited from a weekend OMK family camp at Rock Springs 4-H Center. The camp, conducted by K-State Extension faculty and graduate students in Family Studies and Human Services, focused on strengthening communication, connection and resilience among the military service members, veterans and family members.
    - The Kansas OMK program is delivered through campus-based Extension professionals as well as Extension professionals from the Meadowlark Extension District, and 4-H programs serving Ft Riley, Ft. Leavenworth and McConnell Air Force Base. K-State Extension has led community-based services to military youth and families since 1995.

**Aging Conferences**

* ***Reach:***
  + Conferences, led by Extension Family and Consumer Sciences in two locations in Kansas promoted positive attitude about aging and educated older Kansans and those that work with them on issues related to physical, mental and financial health as we age.
  + In Northwest Kansas, “Full Circle and Aging Expo” has been conducted for several years and has thrived and progressed each year. This year they added a professionals’ track to address requests for continuing education for employees of long term care facilities and hospitals and others doing social work for the elderly.
* ***Success Stories:***
  + In a 5 month follow-up survey to the NW KS Expo, participants shared what they were doing differently as a result, including: “I am using the falling risk prevention strategies”, “I have established better communications within my facility about the patients”, “I have more patience and a renewal of giving more time to elderly patients”. One participant said she’s caring for her parents (here she teared up) and she learned so much about how to help them and gained a different perspective about their stage I life. She as very thankful for the education she received.
* ***Reach:*** 
  + In Southeast Kansas, “Aging with Attitude.. a Regional Expo” was held for the second time. The event included 13 educational sessions and twenty resource fair exhibits. About 120 older Kansans attended from all over the southeast and beyond.
* ***Impact:***
  + A four month follow-up telephone survey was conducted with 50% indicating they had implemented some positive changes in their life as a result of their attendance, 34% indicating they had shared information received with someone else, 23% stating they had increased their daily exercise because of sessions attended at the Expo, and a visit with one of the vendors at the Expo led to a part-time job for one participant.
* ***Success Story:***
  + One comment included “my wife and I have been doing more exercising together since the Expo. I have noticed my balance is better.”

**Financial Education**

* ***Reach:***
  + Senior Health Insurance Education for Kansans: K-State Research and Extension Family and Consumer Sciences delivers trustworthy, non-biased education to Kansas seniors to help them make good choices about Medicare Part D.
    - Sixteen agents helped 5,254 people
* ***Impact:***
  + 40% (1855) of them changed their plans based on what they learned
  + This resulted in $1.7 million saved
  + Money saved helped people reach their financial goals such as paying down debt, building an emergency fund or saving for a vacation.
* ***Reach:***
  + Throughout the year, agents conduct health insurance education one-on-one and in group settings for a variety of Medicare beneficiaries. They educate about the availability of the low income subsidy, the Medicare Savings Program and Medicaid. Beneficiaries become aware of other resources available in the community, opening the door to services such as the Supplemental Nutrition Program (SNAP), utility assistance, food pantry and food commodity programs.
* ***Reach:***
  + Volunteer Income Tax Assistance Program (VITA) and AARP Tax-Aide Sites

Target low and moderate income taxpayers of all ages. The people reached with this program had adjusted gross incomes ranging from about $10,000 to about $29,000.

* + Tax preparation gave the agents one-on-one opportunities to talk about financial management topics.
* ***Impact:***
  + The tax assistant programs, conducted by 7 agents for 2013, indicated they helped families and individuals complete 10,207 federal returns that resulted in over $11.7 million in federal tax refunds returned to Kansas communities.
  + The public value of this education stimulates the local economy, reduces the demand for public assistance, and helps stabilize the county tax base.
* ***Reach:***
  + A disaster preparation program, “Getting Financially Prepared: Take Steps Ahead of Disaster” was conducted with
    - Mothers of preschoolers or mother’s day out program participants
    - Head Start groups, public and private school parents’ groups
    - Family and Community Education (FCE) Units
    - Church groups
    - Senior citizen groups
    - Employer groups in the community
* ***Impact:***
  + The program helped people:
    - Increase knowledge of what a household inventor is, its value, and uses
    - Become familiar with resources for compiling and storing a household inventory
    - Learn the importance of having adequate insurance coverage
    - Understand the importance of creating a grab-and-go box in preparation for an emergency
    - Learn the importance of creating a system to document damage, recovery, and expense efforts following and disaster
  + Participants planned to:
    - Complete a household inventory
    - Review insurance coverage on their home and property and make needed adjustments
    - Develop a grab-and-go box that would include important paperwork that would be hard to replace if destroyed in a disaster
    - Talk to other family members about this topic
    - Create an emergency supply kit
    - Update paperwork
    - Create a farm inventory
    - Get renter’s insurance
    - Photocopy important documents, such as credit cards and driver’s licenses
* ***Success Stories:***
  + Participant comments included: “I am now motivated to schedule time to accomplish some financial disaster prevention tasks,” and “I understand the importance of creating a system to document damage and recover expenses and efforts.”

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