



Utah State University Extension

Home and Community Programming 2022 Impacts

Programs Delivered by USU Extension County Faculty

2022 BEST OF STATE WINNERS



Finance Education



Nutrition Education



Mental Health Education

REMOTE ONLINE INITIATIVE (ROI) PROGRAM



Certified Remote Work Leader (CRWL) Course

USU Extension's Remote Online Initiative program created the Certified Remote Work Leader (CRWL) course aimed at educating organizational leaders on best practices for implementing remote work environments and managing remote workers.

Of the 185 CRWL certificate holders:

18 companies created remote work environments.	⋮	60 businesses participated in the course, hiring a collective 2,496 remote hires.
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- **63%** indicated they were more likely to hire qualified residents from rural Utah.
- **79%** believed remote work was important to the future of talent acquisition.
- **96%** of participants felt that their value as a leader of remote employees improved after completing the course.

On average, participants felt they had better abilities to:

- Communicate organizational vision to their team.
- Develop a communication plan to digitize and build company culture.
- Assess existing communication practices.
- Identify areas of strength and opportunities for both self and team.
- Evaluate current conflict management strategies.
- Evaluate current change management processes.
- Create a workforce learning and development plan to deal with team deficiencies.

REMOTE ONLINE INITIATIVE (ROI) PROGRAM



Certified Remote Work Professional (CRWP) Course

USU Extension's Remote Online Initiative program created the Certified Remote Work Professional (CRWP) course to provide Utah's rural workforce with education and training for online opportunities in remote employment.

Of the 1,892 CRWP certificate holders (Oct 2018 - Oct 2022)

403 Utah certificate holders found remote work since completing the course

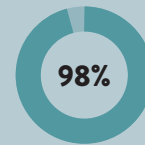
13 Skillshare and **97** Flexjobs "skill scholarships" were awarded to students who did not find remote work, but wanted to develop specialized remote work skills.

In the last CRWP's annual survey

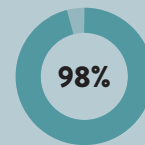
- **35%** of the sample found remote work.
- Total salaries for those who found remote work increased by **73%**.
- **69%** believed their median salaries would likely increase by **20%** over the next year.
- With remote work, commutes to a physical workplace decreased by **62%**.
- This resulted in **83%** total reduction in the number of miles driven across all participants who found remote work.
- The reduction in total miles driven equated to fuel savings of **\$81** per month for all participants who found remote work.
- The reduction in total number of miles driven was equivalent to a total reduction of **0.18** metric tons of carbon emissions.

On average, participants felt they had better abilities to:

- Balance their professional and personal lives.
- Manage their professional and personal productivity.
- Solve problems.
- Communicate digitally.
- Use online technology.
- Work as a team member.
- Manage their careers after completing the course.



of participants felt empowered to seek remote work after completing the course.



of participants felt their value as a remote worker improved after completing the course.



FINANCIAL MANAGEMENT PROGRAMS

The Empowering Financial Wellness program was created in 2020 to provide personal financial management education across Utah to support and empower individuals and families to achieve economic stability. Collaborating with several organizations while targeting low-income families and women, the team created a multi-faceted approach to develop innovative resources and teach in-person and webinar classes.



Addressing Needs of Inflation through the Empowering Financial Wellness program

The U.S. inflation rate peaked at 9.1% in June 2022, which was the fastest increase in 40 years. This means that U.S. families need about \$700 more per month to buy what they bought the year prior. In Utah, fueled by higher home prices, families need closer to \$1,000 per month to adjust for inflation.

Inflation.usu.edu website created to place pertinent, helpful resources all in one place.

7,339
page views
(June - Dec 2022)

Cutting
expenses
guidebook

Budgeting for emergencies
and budgeting to survive
inflation

6 media interviews
AND
53 radio segments

168 classes
FOR
6,218 people

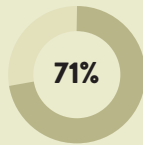
As a result of the program, class participants are:

Increasing savings • Improving their ability to handle unexpected expenses
Experiencing a general increase in financial well-being

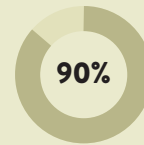
2 months post-class surveys indicated:



feel they can handle
major unexpected
expense.



reduced their
total debt.



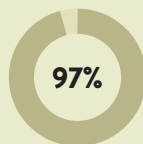
had an
emergency fund.



PowerPay: Helping Debtors Become Savers

PowerPay is a web-based calculator that provides personalized debt repayment plans and was created by USU Extension in 1993. For 30 years, PowerPay has been used and recommended by Extension professionals in multiple states, and also utilized by the military and large corporations such as Fannie Mae, America Saves, and Neighborworks Training Institute.

441,720
page views



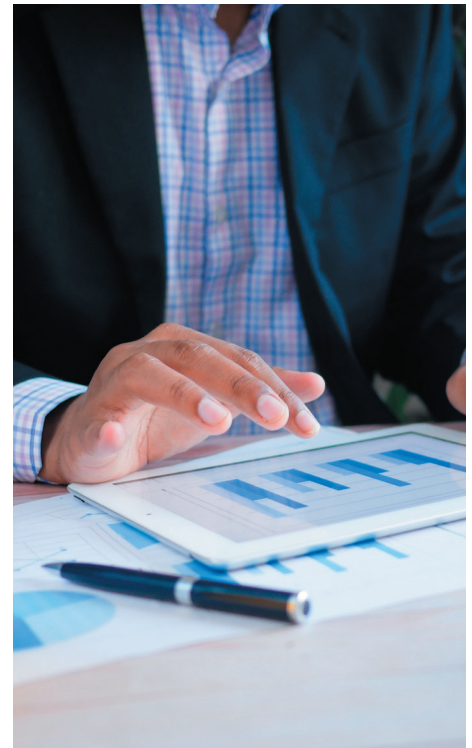
of surveyed users who
created a debt elimination
plan reduced their debt
by using PowerPay tools.

5,961
debt repayment
plans created

\$21,329
in debt paid
off.

\$3,512
in interest saved,
on average

125 users helped around **8,500** other people
use PowerPay to get out of debt.



NUTRITION EDUCATION PROGRAMS

Obesity, poor nutrition, and limited physical activity are significant health concerns. Poor health disproportionately affects minority and low-income populations. Utah's EFNEP program and SNAP-Ed program (Create Better Health) are two nutrition-focused statewide education programs offered through USU Extension. Utah's EFNEP program provides in-person classes, virtual classes, social media education, and videos covering topics such as food and nutrition basics, food purchasing, meal planning, food safety, and resource management.

EFNEP in Utah brings together federal, state, and local resources to target two primary audiences: Low-income families with young children and low-income youth. The program operates in all counties across Utah, with in-person lessons in Salt Lake, Davis, Weber, and Utah counties, and virtual lessons statewide.

Create Better Health works towards a similar goal of providing nutrition education to low-income individuals, especially those adults, families, and children who are eligible for SNAP benefits throughout every county in Utah. In addition to online nutrition education, Create Better Health provides multiple layers of comprehensive programming. This includes direct education throughout the community, indirect education, social marketing educational campaigns, and policy, systems, and environment work. PSE programming covers farmers market booths, school healthy lunchroom initiatives, food pantry programming, healthy check-out lane partnerships, and more.

Both EFNEP and Create Better Health are federally funded programs striving to support nutrition security and healthy behaviors at no cost to Utahns around the state.



Create Better Health SNAP-Ed Youth Classes

1,305 classes FOR **7,899** people



Create Better Health SNAP-Ed Adult Classes

800 classes FOR **2,373** people



56% of participants used the nutrition fact label more often



50% were more physically active



50% chose to eat whole foods from the food groups in MyPlate as food choices more often.

Create Better Health provided:

113
culturally adapted classes in Spanish

69
classes serving primarily American Indian participants

16
classes for Somali refugees in Somali

CBH Social Media

Reached
723,843
individuals through Instagram
521%
increase from 2021

Create Healthy Choices Program

- Across the 43 food pantries, a total of 142 changes were implemented to help pantry clients make healthier food choices, improving their diets and health.
- 39 new garden boxes installed to a total of 110 managed and supported by the Ute Tribe Painted Horse Diabetes Prevention Program.

CBH Major Achievements

- Utah's State Nutrition Action Coalition was codified by the Utah State Legislature as the Utah Food Security Council.
- Recognized by two National 1st Place NEAFCS Awards for the Create Better Health Online Course and Captain Create YouTube channel.

NUTRITION EDUCATION PROGRAMS



Expanded Food and Nutrition Education Program (EFNEP)

Obesity, poor nutrition, and limited physical activity are significant health concerns. Poor health disproportionately affects minority and low-income populations. EFNEP in Utah brings together federal, state, and local resources to target two primary audiences: Low-income families with young children and low-income youth. The program operates in all counties across Utah.

In 2022 EFNEP, Utah reached

499 adults
a series of
12
lessons and
2,314 youth
directly and
1,180
family members
indirectly.

Results of EFNEP youth participants from pre/post surveys:



Results of EFNEP adult participants from pre/post surveys and diet recall evaluations:



This participant is a pregnant young mother with five children. She runs an in-home daycare and cares for other children as well. Because she is so busy, she wasn't very careful with her grocery money and was spending more on food than she felt necessary. She enrolled in EFNEP to count the classes toward her daycare certification. She was also interested in learning more about feeding her family better for less.

At the end of her ten classes, this participant reported that she went from spending \$800 to \$650 a month on food. She did this as a result of reading grocery ads more, comparing prices and using food that she already had. She is still feeding her family healthy food while saving money.

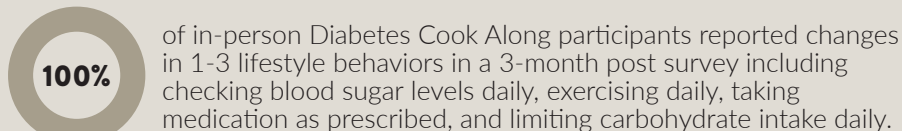
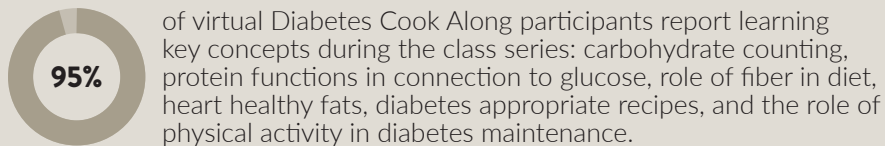


Diabetes Cook-Along Classes

This program teaches individuals with a diagnosis of diabetes, or prediabetes, basic diabetes principles and lifestyle skills to improve management of their diabetes symptoms. The classes were offered virtually and in-person throughout 2022. Each class focused on a dietary component that directly affects diabetes symptoms like carbohydrates, protein, the Diabetes Plate Method, body weight, fats, healthy snacks, fiber, and physical activity. Classes included a hands-on cooking component to empower individuals to make diabetes appropriate meals at home.

15 virtual classes **FOR** **447** people

5 class series **OF** **4** workshops each **FOR** **79** people



CANNING AND FOOD PRESERVATION PROGRAMS

Across the country, Extension offices provide education and research from the USDA on safe home food preservation practices to prevent food borne illness, such as botulism, in home-canned goods. In Utah, we provide services such as teaching classes and webinars, answering canning questions, testing pressure canner gauges, and providing scientifically tested recipes and procedures.



Preserve the Harvest courses

5 webinars including lessons and canning demonstrations

237
participants

1,468
video
downloads

22,527
website
views

Webinar participants increased knowledge and skills in 26 key food preservation safety and quality principles. On average, participants felt they had better abilities to:

- Prevent a lid seal failure
- Add acid to tomato products for safety
- Use a pressure canner properly to safely can low-acid foods
- Safely prepare meat and vegetables for dehydration
- Understand freeze-drying process

Participant results:

Based on what was learned in the webinars,



Master Food Preserver course

The master food preserver course was developed by Utah State University to provide expert level knowledge of research-based food preservation practices to Extension faculty and community members. These classes include hands-on learning practicing approved recipes and techniques for water bath canning, pressure canning, freezing, freeze drying, and dehydration.

One Master Food Preserver workshop was provided in 2022 with 22 individuals attending


- Master Food Preserver participants demonstrated knowledge gained in key concepts learned during the class including using approved recipes, removing air bubbles, cleaning jar rims, acid level of foods, how to use pressure canning, and more.
- 17 out of 18 participants completed all courses and achieved 80% or higher on the final exam for this course.



RELATIONSHIP EDUCATION PROGRAMS

There are many pressures facing families today, including divorce, single parenthood, financial pressures, blended families, remarriage, balancing work and family, and other family strains. Programs to strengthen family relationships are delivered through presentations, conferences, and webinars.

 **Marriage Conference**
1 conference **WITH 680** attendees
"[The Marriage Celebration] helped me to realize that my marriage is absolutely worth fighting for." - Conference participant

 **Healthy Relationships Utah Statewide Classes**
613 offerings **FOR 7,491** people


 **Utah Marriage Commission**
The Utah Marriage Commission is now part of Utah State University Extension and offers webinars and podcasts to help couples across Utah.
20 webinars **WITH 5,160** attendees



 **Divorce Education Online Course**
completed by **18,482** people

Types of classes offered:

Smart Steps for Stepfamilies • Home Run Parents
Inside Out Dad • Parenting the Love and Logic Way
Love Notes for Teens • Couple Links
Avoid Falling for a Jerk or Jerkette

 **Stronger Marriage Connection Podcast**
15 episodes **FOR 15,328** listeners



HEART INITIATIVE PROGRAMS

The Health Extension: Advocacy, Research, and Teaching (HEART) team continued their efforts to bring unique academic resources into communities, partnering locally and nationally to address the opioid crisis and other pressing public health issues.



13

grants received totaling

\$3,145,860

Total community partners worked with:

205

partners collaborated on a variety of programs



A Light to Remember: Overdose Awareness Day:

Four free community events in Utah counties across the state (Tooele, Salt Lake, Carbon and Emery, and Duchesne Counties) provided an opportunity to honor and show community support for hope, healing, and recovery. Through multiple community partnerships, there were hundreds of people in attendance and lives impacted by luminary remembrance celebrations for those lost to overdose. In addition, Naloxone trainings for temporary emergency overdose reversal occurred, resources were available, and communities came together for support.

242 people received naloxone training.

184 life-saving naloxone kits were distributed.

An opportunity to honor and show community support for hope, healing, and recovery, luminary remembrance celebrations were held for those lost to overdose. Naloxone trainings for temporary emergency overdose reversal occurred, resources were available, and communities came together for support.



Living Well Self-Management Programs:

The Stanford-based Living Well Self-Management Programs were developed to teach participants evidence-based strategies to help them manage their chronic conditions and chronic pain. Throughout the six-week series, participants learn and practice such strategies as problem solving, developing action plans, reframing and redirecting negative thinking, adjusting eating and activity habits, and communicating with their family and healthcare provider, among others.

2 programs reached **9** participants who completed at least **4** sessions in the series.

Participants who completed a post-program evaluation (n=5) reported:

Improved skills • Increased confidence in managing their condition • Improved outlook on life and engagement in activities of daily living.

This program is building capacity, as USU Extension faculty trained to facilitate these classes increased from one faculty in 2020 to six faculty in 2022. The majority are trained in multiple Living Well classes.

FIND USU EXTENSION ONLINE

As life becomes more complex, Utah State University Extension home and community programs expand to help individuals and families meet their diverse challenges. Whether delivered through traditional or online courses, blogs, websites, or social media, Utah residents can access the information they need on cultivating health and wellness, building strong relationships, preparing food, managing finances, caring for a home, dealing with an emergency, and more.

LIVE WELL UTAH



LiveWellUtah.org

CREATE BETTER HEALTH SNAP-ED

CreateBetterHealth.org

utah
MONEY
moms

UtahMoneyMoms.com

Emergency Preparedness: extension.usu.edu/preparedness

Financial Management: extension.usu.edu/finance

Food Preservation: extension.usu.edu/canning

Health and Wellness: extension.usu.edu/healthwellness

Mental Health: extension.usu.edu/aware

Nutrition: extension.usu.edu/nutrition

Relationships: extension.usu.edu/relationships

Remote Online Initiative: extension.usu.edu/remoteworkcertificate

Sewing: extension.usu.edu/sewing

Substance Use Prevention: extension.usu.edu/heart/

Utah Women & Leadership Project: uwlp.usu.edu

LOCATIONS



28 County Offices

View a list of all
USU Extension locations at
extension.usu.edu/locations



Extension
UtahStateUniversity



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