



# Improving Utah Families & Communities

## Family and Consumer Sciences Statewide Programming 2018 Impacts

Programs delivered by USU Extension County Faculty

As life becomes more complex, Utah State University Extension family and consumer sciences programs expand to help individuals and families meet their diverse challenges. Whether delivered through a traditional or online course, blog, website, or social media, Utah residents can access the information they need on health and wellness, building strong relationships, food preparation, finances, caring for a home, dealing with an emergency, and more.

**LIVE WELL UTAH**

LiveWellUtah.org

**utah marriage matters**

UtahMarriageMatters.org

*utah*  
**MONEY**  
*moms*

UtahMoneyMoms.com

**EAT WELL UTAH**

EatWellUtah.org

### COMMUNITY HEALTH AND WELLNESS

Because of the increasing challenges youth face, caring for those who have mental health concerns is at the forefront of Extension health and wellness programming. In addition are programs that educate individuals and communities about physical activity, mindfulness, and healthy habits.

**Youth Mental Health First Aid Trainings**

**22 TO 332**  
trainings people

**Health and Wellness Education**

**43 TO 1,793**  
classes participants

**Opioid addiction and reduction education**

**11 TO 800**  
times participants

### DISASTER PREPAREDNESS

Disasters continue to plague the world, including Utah. A conference and expo were created to help people prepare for these types of emergencies and become more motivated to prepare.

**Prepare Expo**

**35 FOR 71**  
presenters classes

**1,500** participants

**Emergency preparedness education classes**

**5 TO 75**  
classes people

*“Now I know how to prepare my kids for a disaster, and I’m going to put together a financial binder!”*

## IMPROVING CHILDREN'S LIVES AND PROTECTING FAMILIES

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 relations are delivered through presentations, conferences, and workshops. In addition, Extension provides education for child care facilities, parenting courses for families and incarcerated individuals, leadership teams within 4-H, and other programs that help build life skills in children.



 **Strong Parents, Stable Children**  
Provides an overview of the Five Protective Factors

**28** TO **613**  
trainings TO participants

 **Relationship Education**  
Date nights, How to Avoid falling for a Jerk (or Jerkette), parenting classes

**87** TO **1,697**  
classes TO people

 **Relationship Conferences**  
2 marriage conferences, 2 women's conferences

**4** TO **1,371**  
conferences TO people

**RESULTS:** On average, across all Five Protective Factors, participants reported a 43 percent increase in knowledge and understanding. At 2 months, with a survey of 200 former participants, 92 percent report having used the tools.

**RESULTS:** Average knowledge prior to programming was 3.04 (on a 5-point scale), indicating that most participants had below average to average knowledge; average knowledge after attending programming was 4.3, indicating that most participants had above average to excellent knowledge.

**RESULTS:** Average knowledge prior to attending marriage conferences was 3.3 (on a 5-point scale), indicating that most participants had below average to average knowledge. After attending, participants ranked their knowledge at 4.0, indicating significant knowledge gain in six key relationship strengths.


*“We were having a hard time identifying our problems and why they bothered us....this conference helped us improve within a few days.”*

## ADULT FOOD AND NUTRITION

Empowering individuals to make healthy food choices that prevent obesity and other diseases has been a focus in Extension. In addition is teaching them to prepare quick and nutritious meals to increase overall health.

 **Food Sense SNAP—Ed adult classes**

**2,280** TO **23,214**  
classes TO people

 **EFNEP adults**  
A series of

**12** TO **705**  
classes TO adults

 **Healthy in a Hurry classes**

**10** TO **337**  
classes TO people

*\*SNAP-Ed and EFNEP are grant-funded community nutrition education programs targeting limited income families and individuals.*

## FOOD SAFETY

Many people in Utah preserve food at home using family recipes not approved by the USDA. These are potentially unsafe and carry the risk of causing food-borne illnesses. USU Extension provides food preservation programs that educate on how to safely preserve food in the home.

 **Food Preservation Education**

**48** TO **1,146**  
classes TO participants

 **Online Food Preservation Education**

**5** TO **578**  
online presentations TO viewers