



## Utah State University Extension Home and Community Programming 2020 Impacts

Programs delivered by USU Extension County Faculty

### VIRTUAL PROGRAMMING

Utah State University Extension's home and community department programs continued on, despite the office closures and physical distancing requirements due to the COVID-19 pandemic. USU Extension county faculty continued working to bring to individuals, families and communities the education they needed during this stressful time, and offered many of our great programs virtually.



#### Types of virtual programs offered:

Nutrition • Food Preservation • Mental Health • Teen Leadership • Relationship Enhancement • Financial Management • Health and Wellness • Substance Use Prevention • Career and Workforce Development





## FARMERS FEEDING UTAH

Early in the pandemic, many farmers were faced with nowhere to send their commodities, while many Utah families were faced with economic hardship and loss of income. The need for food assistance in Utah increased by 300 percent in 2020.

As a solution, the Miracle of Agriculture Foundation's "Farmers Feeding Utah" campaign was created in partnership with USU Extension Hunger Solutions Institute and Create Better Health SNAP-Ed program, Utah Farm Bureau and others. The program was a miracle for farmers, whose products were purchased and processed with money that was donated to the program, and for families in need, who received the high quality, locally-grown food free of charge. The food giveaway events took place in the Navajo Nation, Northern Utah, West Salt Lake, Uinta Basin, Utah and Weber counties, Richfield, SL Schools, and St. George, with more events planned in 2021.



Over **\$1,000,000** worth of food donated



Over **1,108,028** lbs. of nutrient-dense food distributed



Over **21,331** Utah families served



**24+** local pantries assisted



**28** Utah farmers supported

## COVID MESSAGING GRANT

Working with community partners, state specialists, and Extension marketing, materials were designed and translated to Spanish and Navajo languages. Information was distributed through flyers, magnets, posters, radio ads, billboards, bus ads, social media, and website ads.

In order to reduce the spread of COVID-19 and mitigate the isolating effects physical distancing had on mental and emotional health, USU Extension impacted communities through unique educational and awareness campaigns.

Results of survey (n=333) showed seeing the messages more than once increased awareness and favorable attitudes toward COVID-19 guidelines and encouraged adoption of practices that improve mental and emotional health and reduce the risk of COVID-19.

**Don't let COVID give you a meltdown this holiday season. Ask for Help.**



STAY HAPPY STAY HEALTHY EXTENSION UtahStateUniversity.



Total estimated reach/  
impressions

**2,910,997**



# NUTRITION AND HEALTH

Empowering individuals to make healthier food choices, prepare quick and nutritious meals, and eat healthfully to prevent obesity and other diseases are the main focuses of Extension food and nutrition programming, including the Supplemental Nutrition Assistance Education (SNAP-Ed) and Expanded Food and Nutrition Education Program (EFNEP).



### Create Better Health SNAP-Ed Adult Classes

**604** in-person classes **AND** **133** virtual classes **TO** **3,538** people

*At least 6 months after participating in a Create Better Health series, adult participants reported they:*

 <p><b>60%</b></p>	<p>increased using MyPlate to make food choices</p>	 <p><b>47%</b></p>	<p>increased their vegetable intake</p>
 <p><b>63%</b></p>	<p>increased using the nutrition facts label to make food choices</p>	 <p><b>53%</b></p>	<p>increased their fruit intake</p>



### Create Better Health SNAP-Ed Youth Classes

**306** classes **TO** **8,309** youth






### EFNEP Classes

**7,372** virtual offerings **TO** **3,627** people



**87%** of Utah EFNEP adult participants improved their diet, including consuming additional fruits and vegetables

## TRY TEAM

Teens Reaching Youth is a successful peer education program that made adaptations to continue successful programming during COVID-19. Adaptations included: kit assembly and distribution, virtual classes, food prep demos (virtually), social media campaigns, and an online health challenge.



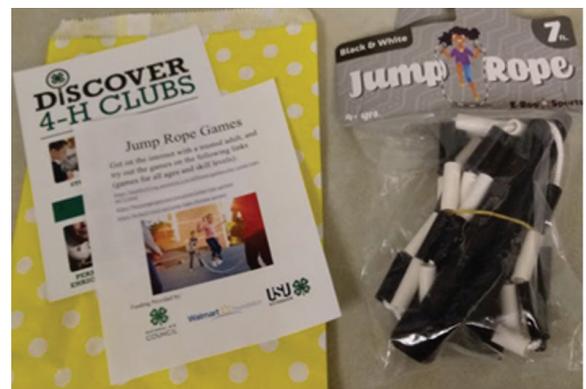
**Teen Teachers**  
**162**



**Youth participants**  
**3,334**



**58%** of counties participated



## RELATIONSHIP EDUCATION

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 workshops.



### Marriage Conferences

**2** in-person conferences (prior to COVID pandemic) **WITH 775** attendees

*"I appreciate that you held this conference online this year instead of just not having it. It came at a time when I am tired of staying home. It has given me motivation to get outside of my home and help myself by helping others." - Conference Participant*



### Women's Conferences

**1** in-person conference & **1** virtual conference **WITH 285** attendees

**Participant responses included:**

-  **91%** had an increased knowledge of overall health and wellness.
-  **96%** were likely to change because of the conference.





### Relationship Workshops

**295** workshops **TO 13,816** people



### Virtual date nights

**306**

### Quotes from participants

*"I realized I needed help, so I did something about it by becoming educated. I am so grateful that these courses were available to me at a time when I need them most."*

*"I've probably taken 150 classes here at the prison since I've been here. Your class was the best damn class out of all of them."*

*"The most important idea I gained here is where to set my boundaries."*

*"I feel like I'm going to start to value my worth more."*

### Types of workshops offered:

Smart Steps for Stepfamilies • Guiding Good Choices • Parenting the Love & Logic Way • Experiential Date Nights • Fatherhood Education for Community Fathers • Fatherhood Education for Incarcerated Men • Divorce Education • Relationship Education for Incarcerated Women • Dating Survival • How to Avoid Falling for a Jerk • Love and Logic



## HOME FOOD PRESERVATION & FOOD SAFETY

Increased attention to emergency preparedness in 2020 gave Extension the opportunity for experts to provide education and answer questions to help keep food safe.



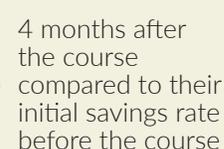
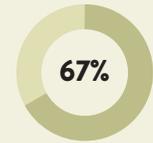
## FINANCIAL MANAGEMENT

Individual and home financial planning were in the top five programs of interest for both suburban and urban residents in a statewide 2019 needs assessment. Further, results from a September 2020 survey by the National Endowment for Financial Education showed 84% of Americans were stressed about finances because of the COVID-19 pandemic. As a result, more individuals were tapping into savings and investments, deferring bill and debt payments, and taking on more credit card debt.

USU Extension has been delivering financial education to Utahns for years, including online efforts prior to the pandemic. In 2020, Extension experts offered relevant, timely, personal finance education to reach urban, suburban, and rural Utah residents.



### Participant Results:



*Areas of improvement include debt-to-income ratio, capacity to handle financial shocks, personal control of financial health, and family financial stability.*

# FINANCIAL MANAGEMENT



**Utah Money Moms**  
**1ST PLACE**  
national award for social media education

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Followers

  
**1,003**

  
**970**

  
**304**

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**35,500**  
website hits

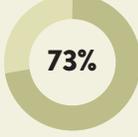
**Participant Results:**

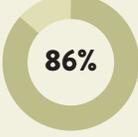
  
**86%**  
created a financial goal

  
**92%**  
saved money for emergencies, retirement, or college/technical education

  
**88%**  
paid down debt

  
**91%**  
improved money conversations with a spouse/partner

  
**73%**  
reviewed their credit report

  
**86%**  
indicated they were confident to continue these practices over the next year





**PowerPay.org Debt Elimination Calculator**

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**116,000**  
website visitors

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**55,000**  
explored resources

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**15,258**  
created accounts

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**11,992**  
debt elimination plans created

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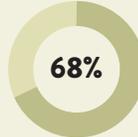
Following these plans would save these consumers a projected  
**\$5.4 MILLION**



**Homebuyer Online Course**

Available in English and Spanish

**869**  
participants enrolled in 2020

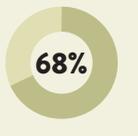
  
**68%**  
implemented financial skills as a result of taking the homebuyer online course

  
**27%**  
additional participants plan to implement financial skills

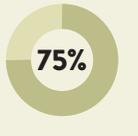
**Participant Quote:**

“We were terrified of buying a house, but taking the course and meeting with the financial counselor made us realize we were definitely ready. This made us feel confident about what we save and what we can safely spend. We feel like we bought a house with our future financial needs in mind and a solid savings plan in place.”

*Comfort with home buying process*

Before Course:	After Course:
 <b>35%</b>	 <b>68%</b>

*Knowledge of home buying process*

Before Course:	After Course:
 <b>45%</b>	 <b>75%</b>

*Implemented skills include:*

- Establish an emergency savings
- Use revolving savings strategy
- Save 1% of home's value per year for repairs
- Identify affordable mortgage payment
- Implement budgeting method
- Reduce expenses
- Reduced debt
- Review credit report
- Fix errors on credit report
- Shop for competitive interest rate
- Review loan estimate and closing disclosure



## HEALTH & WELLNESS PROMOTION/AWARENESS

The COVID-19 pandemic has profoundly affected mental health and substance use disorder. The 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. The HEART team created an online monthly video series known as the HEART Bunch, which discussed relevant topics and introduced suggestions and solutions.



### Prevention Education

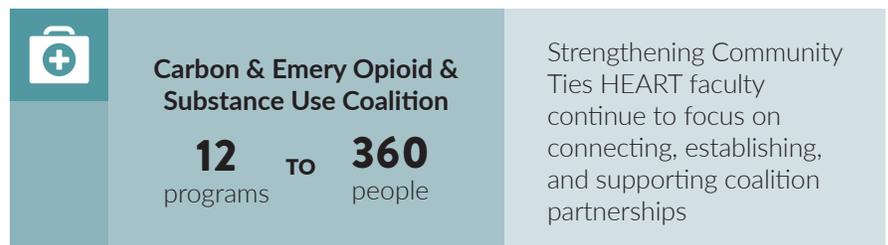
Americans often feel that the goal of pain management is 100% pain relief. This belief combined with prescribing practices may result in long-term use of opioids for pain management and may expose patients to increased health risks. Opioids may not be the best or most effective option for pain management for every person and health concern.



*I feel more confident talking to others about suicide or getting help for others.*  
- QPR participant

### Stigma Reduction

The goal of stigma reduction programs is for community members to gain knowledge and awareness about opioid use disorder and available local resources that will promote empathy to reduce the stigma associated with opioid use disorder and its treatment.



### Other Health and Wellness programs:

- Rural Mental Health • Leap With HOPE Suicide Prevention Festival • Wellbeing Assessments in Utah Communities • Well Connected Communities • Mental Health First Aid - Rural • Guiding Good Choices • Health and Wellness Facebook Lives • PROSPER In-School Program • Question, Persuade, Refer Suicide Prevention and Mental Health First Aid • Working Minds - Suicide Prevention in the Workplace • Virtual 5K • Pickleball • Women's Retreat • Unplugged Teen Leadership • MindMunch Nutrition Series • Community Health Challenge • Worksite Wellness • Master Health Volunteer Program • Nature and Mindfulness • Employee Enrichment series • Camp Thrive



## 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 a traditional or online course, blog, website, 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.

<p><b>LIVE WELL UTAH</b></p> <p>LiveWellUtah.org</p>	<p><b>CREATE BETTER HEALTH</b> SNAP-ED</p> <p>CreateBetterHealth.org</p>	<p><b>utah marriage matters</b></p> <p>UtahMarriageMatters.org</p>	<p><b>utah MONEY moms</b></p> <p>UtahMoneyMoms.com</p>
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**Emergency Preparedness:** [extension.usu.edu/emergencypreparedness](http://extension.usu.edu/emergencypreparedness)

**Financial Management:** [extension.usu.edu/finance](http://extension.usu.edu/finance)

**Food Preservation:** [extension.usu.edu/canning](http://extension.usu.edu/canning)

**Health and Wellness:** [extension.usu.edu/healthwellness](http://extension.usu.edu/healthwellness)

**Mental Health:** [extension.usu.edu/aware](http://extension.usu.edu/aware)

**Nutrition:** [extension.usu.edu/nutrition](http://extension.usu.edu/nutrition)

**Relationships:** [extension.usu.edu/relationships](http://extension.usu.edu/relationships)

**Rural Online Initiative:** [extension.usu.edu/remoteworkcertificate](http://extension.usu.edu/remoteworkcertificate)

**Sewing:** [extension.usu.edu/sewing](http://extension.usu.edu/sewing)

## LOCATIONS

**28** County Offices

View a list of all  
USU Extension locations at:  
[extension.usu.edu/locations](http://extension.usu.edu/locations)



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