



# Utah State University Extension Home and Community Programming 2021 Impacts

Programs Delivered by USU Extension County Faculty

## VIRTUAL PROGRAMMING

Realizing the benefits of virtual programming, USU Extension’s Home and Community Department has continued to offer virtual programming.



**5,827** virtual activities  
FOR  
**106,515** people



Collaborating with  
more than  
**777**  
partners statewide



**\$40,000,000**  
grant funds to provide programs  
to families and communities across  
Utah in 2021 and coming years



**2,827** in-person activities  
FOR  
**26,562** people

### Types of virtual programs offered:

Nutrition and Cooking • Food Preservation • Mental Health • Relationship Enhancement • Financial Management • Health and Wellness • Substance Use Prevention • Emergency Preparedness • Youth Programs • Career and Workforce Development • Sewing

## MENTAL HEALTH

USU Extension Home and Community Department faculty focused heavily this year on improving the mental health of Utahns throughout the state. With initiatives such as Rural Mental Health, Mental Health Awareness and Advocacy, and Mental Health First Aid for adults and youth, faculty are making an impact in their communities.



**38** offerings FOR **1,722** people

*“Thank you for talking about this difficult issue, we need to talk about this more. I am grateful people know where to get the help they need.”* – Class participant



# 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 delivered financial education to Utahns for years, including online efforts prior to the pandemic. In 2021, Extension experts offered relevant, timely, personal finance education to reach urban, suburban, and rural Utah residents.



**Social Media Outreach**

**239** activities **FOR** **50,213** people



**Youth Financial Management Classes**

**13** offerings **FOR** **48** youths




**PowerPay Money Master Online Course**

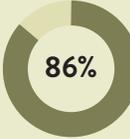
**190** participants enrolled in 2021

*"Since starting this course, I reviewed my credit report and found a line of credit I didn't know about. I have since gotten it taken care of, but I didn't even know it was there!" - Course participant*



**Personal Financial Management Webinars and Classes**

*Participant results:*



**86%** improved understanding of financial wellness.



**92%** intend to make positive changes to their personal finance practices.

**49** webinars and classes **FOR** **798** people




**Homebuyer Online Course**

Available in English and Spanish

**789** participants enrolled in 2021

*"Understanding the process of buying a home step-by-step has helped me visualize my own path and feel less anxious about embarking. I feel better prepared and more confident knowing all the different terms and pros/cons of the decisions to be made ahead." - Course participant*



**PowerPay.org Debt Elimination Calculator**

Creating a powerpay debt elimination plan demonstrates at least the consideration to acquire no new debt and to keep the total amount of money going towards debt elimination constant. In short, creating a PowerPay debt elimination plan is a change in both understanding and behavior on the part of the user.

**70,000**  
website visitors

**6,611**  
created accounts

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**2,830**  
debt elimination plans created

*"I used PowerPay to create an actionable plan that I will begin on March 1, 2021. I will be out of debt in 2 years (YAY!) if I follow that plan diligently. All credit cards will be paid off in 4 months. Car in 2 years. Other loan in 2 years... Thank you for the motivation and the tools!" - PowerPay user*

## RURAL ONLINE INITIATIVE (ROI) PROGRAM

Utah's economy experienced steady growth in recent years. However, this prosperity is not evenly distributed. In rural counties, the unemployment rate has been as high as 10%, and in most communities, the unemployment rate has been more than double the state unemployment average of 3%. Far commutes, access to job opportunities, and automation are employment challenges facing residents in rural Utah communities. Recent challenges such as COVID-19 also impacted employment opportunities in rural communities.

The Rural Online Initiative (ROI) program was a legislative response to increasing unemployment, intergenerational poverty, and net migration of younger populations to urban centers. Under the ROI program, USU Extension created the Master Remote Work Professional (MRWP) certificate course aimed at providing Utah's rural workforce with education and training for online opportunities in remote employment. The ROI program was also adaptive in accommodating the influx of students as remote work skills became a priority in response to COVID-19.

### 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.



### Participant results:



felt empowered to seek remote work after completing the course.



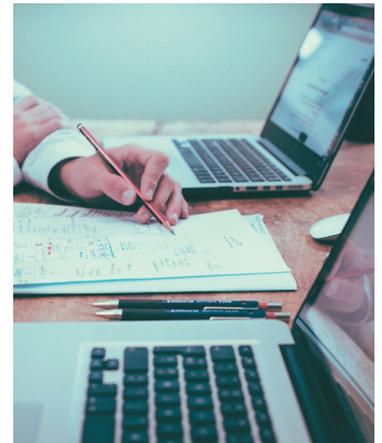
felt their value as a remote worker improved after completing the course.



intended to seek remote work after completing the course.



showed statistically significant increases in knowledge across all eight course modules.



### Results for graduates of the MRWP in the past year:

- Total salaries for those who found remote work increased by **70%**.
- **56%** of those who found remote work believed their median salaries would likely increase by **24%** over the next year.
- Commutes to a physical workplace decreased, reducing the miles driven per month by **55%** across all participants who found remote work.
- The reduced miles driven per month equates to fuel savings of **\$368 per month** for all participants who found remote work.
- The reduced miles driven per month equates to eliminating **0.83 metric tons** of carbon emissions per month.

## 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

**262** in-person classes **AND** **236** virtual classes **FOR** **1,047** people

*"I didn't realize how much my kids could do in the kitchen! Since attending family meals classes we cook together and because they have helped they always clean their plate." – Class participant*



### Create Better Health SNAP-Ed Youth Classes

**937** in-person classes **FOR** **4,981** youth **181** virtual classes **FOR** **8,309** youth



### EFNEP Classes (series of 11 classes)

**4,446** virtual offerings **FOR** **1,869** people

*"It is fun having my kids look at labels and picking out the word, "whole" when viewing foods from the grains group. We are all excited to eat healthier." – EFNEP participant*



### Cooking and Nutrition Classes

**76** classes **FOR** **7,192** people

*"I didn't even know where to start and you have given me some great information to make healthy meals when I am busy!" – Class participant*

*"The children love these classes, they are asking to cook more often because of what they are learning." – Class participant*



## NUTRITION AND HEALTH



### *Eat Fresh, Buy Local Social Marketing Campaign*

Working with multiple partners, Create Better Health (SNAP-Ed) was able to help improve access to healthy, local food while supporting local agriculture producers and businesses.

The campaign reached more than

**> 623,757**

individuals, resulting in

**>9,532,919**

impressions.



### **Double Up Food Bucks Incentive Program**

The Double Up Food Bucks incentive program at farmers markets helps markets accept SNAP.

The 2021 market season had a

**211 %**

increase in SNAP sales compared to the 2017 season.

*"I explained how [Double Up Food Bucks] worked and she was so excited. Since the market was closing, we hurried to get her tokens and she went off. I saw her as I was cleaning up, she was at a vendor, with an arm load of fresh veggies. We have had 95 new [SNAP customers] and \$5000.00 spent at the market with SNAP benefits. It's so wonderful to see!" – Create Better Health ambassador*



*Diabetes management requires day-to-day monitoring of nutrition and exercise. The diabetes management programs and support groups in Duchesne, Uintah, and Wasatch counties provide a local service to help participants become comfortable with the lifestyle changes needed to live with diabetes.*



### **Diabetes Education Classes**

**43** classes **FOR** **790** people

## HOME FOOD PRESERVATION AND FOOD SAFETY

Increased attention to emergency preparedness in 2021 gave Extension the opportunity for experts to provide education and answer questions to help keep food safe.



### Preserve the Harvest Virtual Workshops

**5** virtual webinars and canning demonstrations **FOR** **287** people

*Participant results:*

Participants gained understanding in 27 key safety and quality food preservation principles (e.g., where to obtain scientifically tested recipes, need to acidify tomatoes, test pressure canner gauges, etc.).

73%

73% were confident or very confident in key food preservation safety techniques.

87%

87% intended to use key safety behaviors as a result of attending the workshop.



### Basics of Home Food Preservation Education

**114** workshops **FOR** **605** people

**755** pressure canner gauges tested **1,746** canning calls

*“Thank you so much for the updated information. I had no idea I was following unsafe procedures by using my grandma’s instructions.” – Workshop participant*



## 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 Conference

**1** conference **WITH** **764** attendees

*“My husband and I were able to have a serious talk about a really big issue. It’s been night and day difference.” – Conference participant*



### Divorce Education Online Course

completed by **19,588** people



### Women’s Conference

**1** conference **WITH** **139** attendees





### Healthy Relationships Utah Statewide Classes

**390** offerings **FOR** **6,249** people



### Relationship Workshops

**39** workshops **FOR** **673** people

### 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



### Parenting Education

**45** offerings **FOR** **68** people

# HEALTH AND WELLNESS PROMOTION/AWARENESS

The COVID-19 pandemic continues to profoundly affect the health and wellness of Utah residents. Home and community faculty continue to offer many programs to improve the health and wellness of all ages throughout life. 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. 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 opioid use 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.



 **38** FOR **1,725**  
programs people

For more impact data for these programs, see:  
[extension.usu.edu/heart/impacts](https://extension.usu.edu/heart/impacts)

 **Physical Health and Wellness**

**311** FOR **4,024**  
programs people

 **Opioid and Substance Use Disorder Prevention**

**92** FOR **6,165**  
programs people



## 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.

 **Carbon & Emery Opioid & Substance Use Coalition**

**12** FOR **400**  
programs people

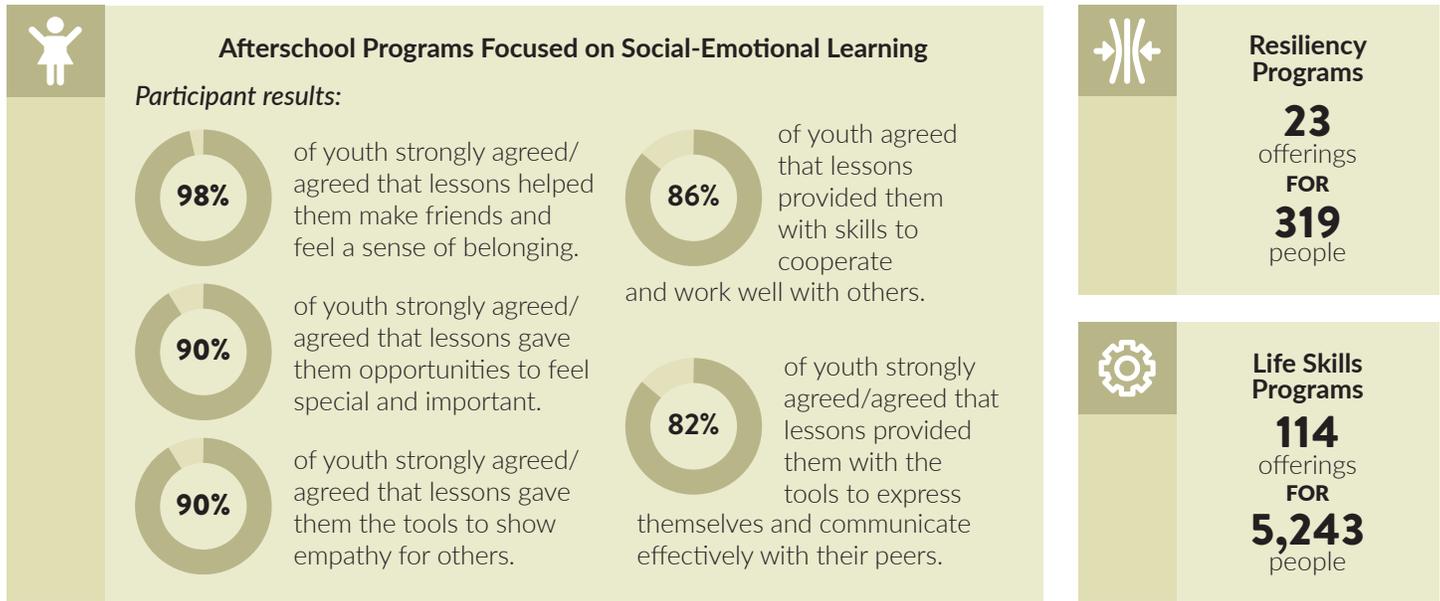
Strengthening Community Ties HEART faculty continue to focus on connecting, establishing, and supporting coalition partnerships.

### 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 Live • 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 • Community Gardens • Body Gratitude
- Wellness Workshops • Walks • Prevention Training • Well Connected Communities • Utah Wellbeing Project • Teamwork programming • Tai Chi • Pickleball • Mental Health • Opioid Education • Suicide Prevention

## YOUTH LIFE SKILLS AND RESILIENCY

Teaching youth life skills and how to be resilient will help give them the ability to recover from difficulties they may encounter. Programming focused on these skills helps Utah youth overcome and thrive.



## SEWING AND TEXTILES

Sewing and textile trainings have helped Utah residents connect. These trainings help educators and volunteers learn skills to lead 4-H groups, expand learning in family and consumer science classrooms, and learn the latest from industry and extension experts.



## AVAILABLE ON-DEMAND COURSES

([extensioncourses.usu.edu](http://extensioncourses.usu.edu) OR [usuextension.mykajabi.com/store](http://usuextension.mykajabi.com/store))

- Homebuyer Education (English & Spanish)
- Master Remote Work Professional Certificate
- Powerpay Money Master
- Master Remote Work Leader Certificate
- Electronic Programmable Pressure Cooking: The Basics
- Master Health Volunteer
- Create Better Health (SNAP-Ed)
- Peer Support Specialist Training
- Preserve the Harvest
- 4-H Remote Skills Camp for College and Career Readiness
- Marriage Conference
- Food Safety Manager Certification (English & Spanish)
- Home Canning 101

## 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](http://LiveWellUtah.org)

**CREATE BETTER HEALTH** SNAP-ED

[CreateBetterHealth.org](http://CreateBetterHealth.org)

*utah*  
**MONEY**  
*moms*

[UtahMoneyMoms.com](http://UtahMoneyMoms.com)

**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)

**Substance Use Prevention:** [extension.usu.edu/heart/](http://extension.usu.edu/heart/)

**Utah Women & Leadership Project:** [uwlp.usu.edu](http://uwlp.usu.edu)

## LOCATIONS



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



**Extension**  
**UtahStateUniversity**



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