



# Utah State University Extension Home and Community Programming 2023 Impacts

Programs Delivered by USU Extension County Faculty

## 2023 BEST OF STATE WINNERS



Community  
Education



Finance  
Education



Curriculum  
Development



Nutritional  
Health Education

## REMOTE ONLINE INITIATIVE (ROI) PROGRAM

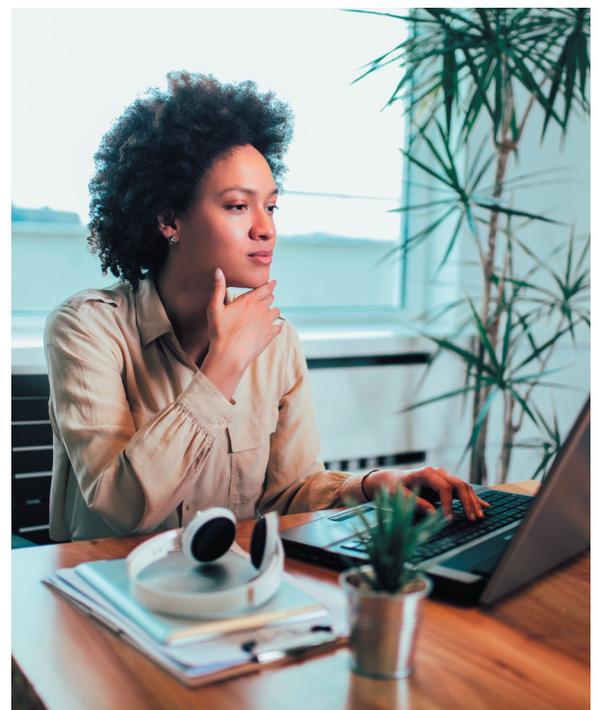


### Certified Remote Work Professional (CRWP) Course

With a cumulative total of 503 Utah job placements reported at the end of 2023, the course was near in meeting its lifetime goal. A new annual goal of 120 job placements is set for the end of 2024, which will result in a cumulative total of 623 Utah job placements over the life of the program.

### Total number of Utah graduates who found remote work since the program started in October 2018:

- A total of 465 remote jobs were created in 21 rural Utah counties, with a county impact of 25,968 jobs compared to urban Utah counties.
- Additionally, 38 remote jobs were created in urban counties, resulting in a total of 503 remote jobs for all Utah counties.
- Out of 596 rural Utah jobseekers actively looking for remote work, a total of 465 rural Utah participants found remote work; a 78% job placement rate.



## REMOTE ONLINE INITIATIVE (ROI) PROGRAM



### Economic Development Administration (EDA) CARES Act Grant

The ROI was awarded \$1.2 million in funding by the EDA in June 2020 to support educational remote work training for communities affected by COVID-19. As a three-year grant, it expanded part of the CRWL course towards aiding business leaders located in eight urban counties outside the CRWL purview. These eight urban counties are Davis, Morgan, Salt Lake, Summit, Tooele, Utah, Wasatch, and Weber. The requirements for this grant were met in 2022.

**The key performance indicator is:**

450 remote job positions created over the three-year duration of the grant, or 150 remote jobs per fiscal year.

*Across contacted companies within the EDA service region*

**~896**

new remote positions were created

**738**

new hybrid job positions were created.

## PHYSICAL AND MENTAL WELLNESS PROGRAMS



### Celebrating Women Conference

Half-day in-person event on annual basis to provide health, wellness and mental health education to women, the conference features workshops presented by professionals. Workshops include such topics as positive body image, self-care, using your voice, living life well-rounded, etc. It is also an opportunity to increase social connection, as that has been made a priority area for Davis County. Attendees also received a wellness workbook to continue their wellness self-improvement after the event. In between sessions, there were mini activities for attendees to do as an opportunity to further connect with other attendees that was met with positive feedback.

**56**

attendees

**After the conference:**



of participants were likely to practice mindfulness, self-care, positivity, connecting with others, and more.



of participants felt the event gave them an opportunity to connect with others.



of participants want to make positive changes to their life.



of respondents felt the conference gave them strategies to improve their life;



expect that what they have learned will benefit their well-being.



### Ag Wellness

From weather, to economy, to relationships and family life, the stress faced by agricultural producers on any given day is immense and unique. Our goal is to provide education, help, and resources for agricultural producers and their families so that stress can be managed.

Reached

**279**

people with mental wellness presentations at crop/onion schools.

Social media reach:

**15,334**

people.





## Wellness Walks

Walking was recognized by the Surgeon General of the United States of America as one of the single most important things we can do for our health. Research shows there are many physical and mental benefits related to walking, such as reduced high blood pressure, stronger musculoskeletal system, enhanced mood and mindfulness, decreased symptoms of stress, and can be a social activity which can increase joy or happiness (Columbine Health Systems Center for Healthy Aging, CSU). Having healthy connections reduces the risk of heart disease, depression, cognitive decline, and other health outcomes (CDC). In addition, being in green spaces is associated with being more physically active, better blood sugar control, improved mental well-being and lower levels of stress (Park RX Utah). This program is modeled after the evidence-based program Walk With a Doc. The purpose of these walks is to improve physical and emotional well-being, feel more connected to nature, feel more connected to others, and have a greater sense of gratitude and/or mindfulness.

*Davis wellness walks attendees saw improvement in the following areas:*

- physical well-being
- emotional well-being
- connection to nature
- sense of gratitude
- sense of mindfulness

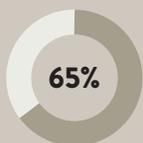
**126** participants



## USU Extension Marathon Kids: Statewide Virtual Program

Marathon Kids is a non-profit organization with the mission to encourage youth to move more throughout the day. Although the main audience of this program is youth, adults are encouraged to participate as well. Activities such as running, walking, and accumulative minutes of any type of heart pumping exercise count towards mileage which is tracked in a digital platform. Participants complete one marathon and then move to the next.

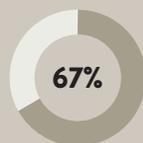
### Program participant results:



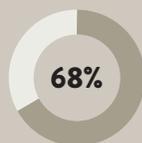
reported decreased stress



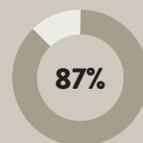
reported decreased anxiety



reported having more confidence



reported improved happiness



reported being more physically active

**170**

total participants signed up

**86**

actively tracked activity

**13,579**

miles completed (518 marathons)

# EMPOWERING FINANCIAL WELLNESS PROGRAM

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.



## Empowering Financial Wellness webinars and in-person classes

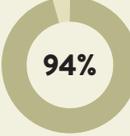
Between July 1, 2022 and June 30, 2023:

**204** weekly webinars FOR **8,387** people IN **27/29** Utah Counties

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Created the 2023 Finance Calendar with **1,801** downloads.

## Weekly Webinars on personal financial management Outcomes/Impacts:



94% of participants demonstrate improved understanding of financial wellness.



95% intend to make positive changes to their personal finance practices because of the webinars.



## Empowering Financial Wellness Workshops

When asked what behavior they would change as a result of attending select participants said:

*"Start estate planning! I don't even have a will at this point. This webinar provided enough info at the right level for me to feel empowered. I'm going to check out the estate planning toolkit. This was the perfect catalyst for me to move forward on my own estate planning and check in on close family members and my partner. Thank you so much!"*

*"Negotiate interest rates. put extra towards principal balance of my debts."*

*"I love the 'revolving savings' ! I will be creating a calendar like you showed to determine the savings needed. I need to set up direct deposit for this. It will keep me from overspending on these events!"*

*"I will spend more time with my budgeting planning since I have a deeper understanding of financial principles."*





## Financial Literacy Book Club

Facilitated and taught **1** financial management Book Club with **4** virtual meetings held in April 2023 to Extension faculty/staff.



77% of participants felt they had a better understanding of personal financial management as a result of the book club.



89% of participants felt they would make positive changes to their personal financial management strategies.

When asked what behavior they would change as a result of attending select participants said:

*"Encourage others to spend money, wisely. I think that was the best part of this book. It wasn't saying don't spend it was saying alter how you spend."*

*"I've been more intentional in my use of money. I've had great conversations with my spouse about money and happiness. I will use my money for experiences with my loved ones!"*

*"I will focus on the experience I will gain on the \$ spent."*

# 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.



## Common Sense Parenting Workshops

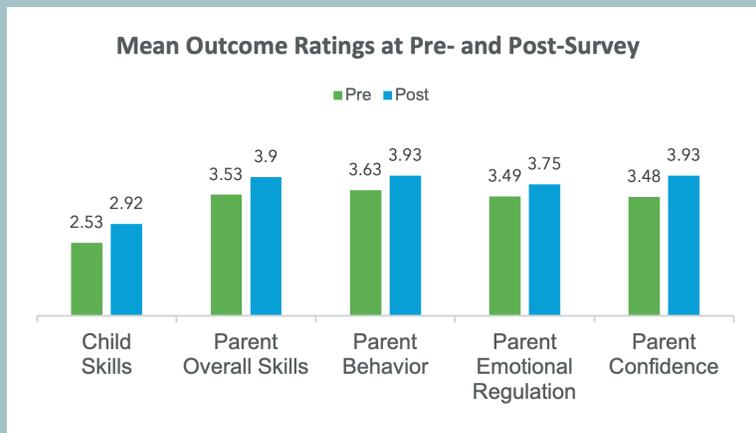
The Common Sense Parenting workshop series builds parenting skills and covers easy-to-learn techniques that address communication, discipline, decision making, relationships, self-control, and school success.

Reached <b>168</b> unique parents in Salt Lake County.	<b>9</b> cycles were taught in Spanish to <b>134</b> individuals.	<b>3</b> cycles were taught in English to <b>34</b> individuals.	<b>1,174</b> hours of educational content being taught.
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**6**  
sessions across all  
cycles, we have reached  
**587**  
parents and  
**258**  
youth with enrichment  
activities.

Parent participants were asked to complete an online pre-survey at the beginning of the first session and a post-survey at the end of the final session. When asked, "OVERALL, how useful was this workshop to you and your family?" All of the participants reported that the class was "very" or "extremely" useful.

The following section provides data related to items that map onto the specific parenting practices that the curriculum is designed to change.



## Healthy Relationships Utah Statewide Classes

**662** offerings  
FOR  
**6,246** people



## Divorce Education Online Course

completed by  
**18,662**  
people



## Stronger Marriage Connection Podcast

**47** episodes  
**68,827** downloads  
**13,546** YouTube  
podcast views



## Utah Marriage Commission

**20** webinars  
FOR  
**2,082** people



## 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

**1,665** classes FOR **8,793** people



### Create Better Health SNAP-Ed Adult Classes

**1,325** classes FOR **3,675** people



54% increased their vegetable intake.



44% stretched their food dollars to last the month.



50% exercised more often.

### Create Better Health provided:

**108**  
culturally adapted classes in Spanish

**87**  
classes serving primarily American Indian participants

**33**  
classes for refugees from multiple countries

### CBH Social Media

**1,211,283**

impressions & **9,662** likes across all social media channels

### Create Healthy Choices Program

Create Better Health SNAP-Ed worked with partners to change policies, systems, and environments to make healthy choices easier and more appealing reaching **115,570** people at **39** pantries, **10** schools, **4** stores, and **16** gardens.

### CBH Major Achievements

Recognized by a National 2nd Place NEAFCS Award for the Eat Fresh, Buy Local social marketing program and a 3rd Place NEAFCS Award for the Create Healthy Gardens program.

## NUTRITION EDUCATION PROGRAMS



### 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.

**11**  
virtual classes **FOR 306**  
people

**12**  
class series **IN 9**  
counties **FOR 133**  
people



## 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.



**6**

grants received totaling

**\$503,800**

Total community partners worked with:

**244**

partners collaborated on a variety of programs



### 2023 Rural Opioid & Stimulant Wellness Summit:

The 2023 Rural Opioid & Stimulant Wellness Summit brought an enlightened understanding of rural communities strengths in our connectedness and willingness to take on new challenges to form new pathways. Over the course of the pre-conference and two-day summit, participants heard from 31 speakers and engaged in 10 wellness activity presenters. Presentations included harm reduction concepts, stories of recovery, farm stress, stimulant use disorder, the opioid overdose crisis, an Acudetox demonstration, and a hands-on equine services demonstration. 200+ in-person attendees at USU Eastern in Price, UT!

**>180** wound care kits created during the service project .

#### Participant Responses:

*"The most important personal takeaway was a reinforced conviction that I want to work in this field. It is why I applied to graduate school. But I began questioning where I wanted to work while in school. I'll be graduating next May, and now feel sure that I want to work in harm reduction. Thank you."*

*"The information was diverse but on topic. Great topics and presenters. Lots of hard work paid off for a successful conference."*

*"There are many factors that contribute to the widespread problem of use disorder, and there are many steps we can take to help. We need to continue learning, working together toward solutions, and offering support to those who struggle."*



### Ride Utah!:

Ride Utah! Equine Extension Program provides mental health benefits through experiencing nature and interactions with horses across the state. Ride Utah! is a program where USU Extension takes participants, primarily military personnel, and their guest, on a 2-hour recreational trail ride, feed them an authentic western meal, and close with a voluntary group discussion about issues they are currently facing, moderated by a licensed professional.

**27**  
times held

**257**  
participants

The Salt Lake City VA and Utah National Guard partnered in several of the rides

## HEART INITIATIVE PROGRAMS



### A Light to Remember: International Overdose Awareness Day: August 31, 2023:

Ten Utah locations, from Logan to St. George, held live events sharing the message of hope, support, and healing. Through multiple community partnerships, there were thousands of people in attendance and lives impacted by the luminary remembrance celebrations for those lost to overdose. In addition, Naloxone trainings for temporary emergency overdose reversal was provided, resources were available, and communities came together for support.

**>1,600**  
people  
attended an in-  
person event.

**600+**  
individuals  
completed free  
naloxone training.

**418**  
free Narcan  
kits were given  
to community  
members.

**156**  
Remember At Home kits were  
delivered which allowed people  
to participate, even if they  
couldn't be at an in-person event.



### Be Epic, Escape the Vape:

2022-2023 marked the 3rd year of the Be Epic, Escape the Vape e-cigarette prevention program for youth in rural communities in Southeast Utah. Be Epic was designed to help reduce tobacco use and prevent vaping initiation among youth in rural Southeast Utah, specifically Carbon, Emery, and Grand counties, which have increased rates of youth e-cigarette use.

Parent education and teacher trainings were statistically significant pre-/post-intervention in most areas including:

- Knowledge
- Confidence,
- Perception

**9**  
teachers trained  
on vape prevention  
curriculum  
(CATCH).

**45**  
CATCH My  
Breath prevention  
posters provided  
to schools

**179,808**  
individuals  
reached through  
social media  
messaging.

**54**  
parents/  
guardians  
attended  
prevention  
education events.

**22**  
youth engaged in afterschool  
youth programming, focused  
on building resilience,  
confidence, and skills to  
decline tobacco products.

**51**  
parents/guardians and youth participated  
in Active Parenting of Teens, parent-child  
dyad workshop series, utilizing Families in  
Action curriculum, designed to strengthen  
relationships between parents and teens.

## 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 2023 virtual series

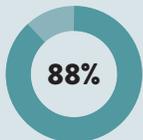
Participants who watched live:

Canning Basics:	Tomatoes & Salsa:	Fruit & Jam:	Freeze Drying:	Canning Meat:
<b>31</b>	<b>16</b>	<b>21</b>	<b>27</b>	<b>20</b>

Total live attendees: **115**

### Participant results:

Based on what was learned in the webinars,



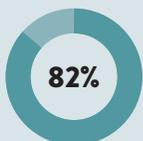
of participants plan to use the food preservation resources provided.



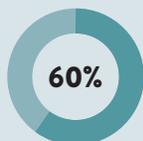
of participants plan to follow research-based directions provided by USU Extension and the USDA.



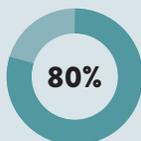
of participants plan to share what they learned with other people.



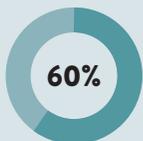
of participants plan to explore information on USU Extension's website.



of participants plan to check if the food preservation resources they have at home are up to date.



of participants plan to preserve food more often at home.



of participants plan to purchase additional and/or update equipment.



of participants plan to have their pressure canner dial gauge tested.



### 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.

#### Hosted in Davis County, multi-county effort

- 17 participants completed the entire series: all 17 passed the final exam with 70% or better.
- Demographics: 1 from Cache, 2 from Davis, 1 from Grand, 3 from SLCO, 2 from San Juan, 2 from Uintah, 1 from Wayne, 3 from Weber, 2 from out of state (Texas, Illinois)
- 11 attendees signed MOU to pilot a MFP volunteer program
- Follow up: All respondents have continued to use the information taught during the series and intend to continue using the information learned.

## 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/preparedness](http://extension.usu.edu/preparedness)

**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)

**Remote 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)

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**Extension**  
**UtahStateUniversity**



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