

# FAMILY AND CONSUMER SCIENCES

## VISION

**Ohioans have the information, tools, and resources to actively engage in creating conditions in which they thrive as individuals, families, and communities.**

## MISSION

**We facilitate opportunities for people to explore how science based knowledge can improve physical, social, and financial health.**

## Community Nutrition

*Expanded Food and Nutrition Education Program (EFNEP) and SNAP-Ed*  
 In 2021 Community Nutrition programs reached **23,788** youth and **2441** adults through mainly online education programs.  
 The Celebrate Your Plate Social Marketing Campaign increased impressions and reach by **1,309%** and **21%**, respectively



## HEALTHY PEOPLE

Healthy People programs seek to educate Ohio's community members on living physically healthy lives. Our Healthy People programs range from lessons on healthy eating and cooking to physical activity to skin safety to food preservation and food safety.

### 2021 Webinars:

Healthy people team members offered 28 total webinars. Of the evaluations we received (n=294), **89%** of respondents learned new information and **87%** indicated they were planning to use the information presented.

### 2021 Food Preservation Social Media:

Save it Saturday Campaign resulted in a reach of **16,981**.



## Dining with Diabetes

Focused on disease management and prevention, Dining with Diabetes covers topics such as healthy eating, being active, monitoring, taking medications and reducing risks. Classes include research-based education, cooking demonstrations and healthy recipe tasting. Five states are currently implementing and participating in a joint evaluation process. Ohio's 2021 Reach: **483 individuals**



NATIONAL EXTENSION WORKING GROUP



**DINING  
WITH  
DIABETES**  
**68%**

Began fitting exercise in their daily routine



**DINING WITH  
DIABETES**  
**92%**

Eating smaller portions



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

**fcs.osu.edu**

FAMILY AND CONSUMER SCIENCES

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## HEALTHY RELATIONSHIPS

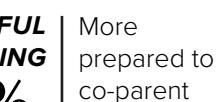
Healthy Relationships programming offers programs with a focus on strengthening individuals and families so they may thrive throughout the lifespan.



### Successful Co-Parenting

OSUE Signature program, a two to three-hour class designed to equip parents with the knowledge, skills, tools, awareness and strategies to help their children adjust to divorce now and in the future.

2021 Reach: **623 participants both in person and online**



### Mental Wellness

Mental Health First Aid ( Youth and Adult) is an international training program proven to be effective

Reach: November 2016 through December 2021 an estimate of individuals trained by Ohio State Mental Health First Aid Instructors is over **1,600**

**individuals.** 15 Extension professionals were trained in Teen Mental Health First Aid in 2021

## HEALTHY FINANCES

Healthy finances professional address these issues through topics that include personal and family finance, housing, and money management.



### Home-buyer Education

A program provided through the Ohio Housing Finance Agency. Qualified buyers are required to complete free home-buyer education. Fourteen educators are HUD certified housing counselors.

In 2021, **497** home-buyers were served across Ohio through the OHFA phone-based financial education sessions. The financial education sessions are a requirement for home purchase, the completion of the financial education sessions allowed low-to-moderate income home-buyers in Ohio to purchase homes, with the average home's appraised value being **\$161,416**. The reimbursement for the counseling sessions amounted to **\$37,725**.

### Real Money. Real World.

OSUE Signature Program. Developed and implemented jointly with **4-H**. RMRW is a financial literacy program ideally suited for youth ages 13-16. Four classroom lessons are provided followed by a real-life spending simulation where students use their new knowledge. "Learning by doing" is followed by a session during which students connect what they learned to real-life situations.

Updated program was adopted by 70 counties and delivery is both in person and online.

