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.

STATEWIDE REACH

<table>
<thead>
<tr>
<th>2019 OHIO OUTCOMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults – (53,717)</td>
</tr>
<tr>
<td>Youth – (38,374)</td>
</tr>
<tr>
<td>Direct Contacts – (92,091)</td>
</tr>
</tbody>
</table>

HEALTHY PEOPLE
Family and Consumer Sciences Healthy People programming seeks to educate and engage Ohio’s individuals, families and communities on maintaining or improving physical health across the lifespan. The Healthy People programs address topics such as healthy eating and cooking, physical activity, sun safety, food preservation and food safety.

ServSafe Level 2
After taking ServSafe Level 2, 99% of participants (mostly managers of restaurants) reported being comfortable talking with coworkers about increasing the safety of food in their establishment, compared to just 56% before the class. 2019 Reach: 1,250 participants

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. Dining with Diabetes helps participants to build food skills through cooking while learning self-management strategies to better manage, prevent or delay complications surrounding diabetes. Seven states are currently implementing and participating in a joint evaluation process. Ohio’s 2019 Reach: 220 individuals

DINING WITH DIABETES
Began fitting exercise in their daily routine

DINING WITH DIABETES
Cooking more at home as a result of the program

The Ohio State University
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
HEALTHY RELATIONSHIPS
Healthy Relationships programming offers relationship programs with a primary focus on strengthening individuals and families so they may thrive throughout the lifespan. Extension Educators trained in family-life education are committed to helping people improve and nurture healthy relationships addressing topics such as aging, parenting, co-parenting, early childcare, and mental wellness.

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.
2019 Reach: 1289 participants

Mental Health First Aid
Mental Health First Aid is an international training program proven to be effective. Peer reviewed studies show that individuals trained in the program:
• Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions.
• Can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction.
• Increase their confidence in and likelihood to help an individual in distress.
• Show increased mental wellness themselves.
Reach: November 2016 through December 2019, an estimate of individuals trained by Ohio State Mental Health First Aid Instructors is over 1,400 individuals.

HEALTHY FINANCES
Healthy Finances programs are sensitive to the economic challenges families and their communities are facing. Healthy finances professional address these issues through topics that include personal and family finance, housing, and money management.

Homebuyer Education
A program provided through the Ohio Housing Finance Agency. Qualified buyers are required to complete free homebuyer education. OHFA's streamlined education program also allows you to complete a course offered by any U.S. Department of Housing and Urban Development (HUD)-approved counseling agency in Ohio. OHFA homebuyer education is not completed until after the homebuyer submits their loan application with their loan officer.
2019 Reach: 680 homebuyers were served by eight educators; the homebuyers bought homes of an average value of $133,850

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.
2019 Reach: 13,981 youth participants; 450 community partners participating; 54% indicated a positive change in value of a spending and savings plan.

REAL MONEY. REAL WORLD. 61% Importance of having a spending plan