

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

- In 2022, FCS professionals engaged with **113,393 participants** (68,474 adults and 45,919 youth) through educational programs.
- Financial impact of Ohio's adult FCS volunteer time contribution:* **1,918** adult volunteers donated **3,190** hours of service in 2022, with a value of \$31.80/hour (2022 data, from the Independent Sector) totaling **\$101,440** of donated time.

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.

ServSafe Level 2:

After taking ServSafe Level 2 training, 90% of participants (mostly managers of restaurants) reported being comfortable talking with coworkers about increasing the safety of food in their establishment, compared to just 55% before the class. *Ohio's 2022 Reach: 1,906 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. Six states are currently implementing and participating in a joint evaluation process. *Ohio's 2022 Reach: 2,272 individuals*



DINING WITH DIABETES

66%

Began fitting exercise into their daily routine



DINING WITH DIABETES

74%

Now prepare balanced meals based on the plate method



THE OHIO STATE UNIVERSITY
EXTENSION

fcs.osu.edu

FAMILY and CONSUMER SCIENCES

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COMMUNITY NUTRITION

Expanded Food and Nutrition Education Program (EFNEP) and SNAP-Ed

In 2022, community nutrition programs reached 250,000 adults, teens, and youth through SNAP-Ed and nearly 10,500 individuals through EFNEP. The *Celebrate Your Plate* social marketing campaign reached 706,000 Ohioans (and beyond),



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

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

2022 Reach: 874 participants both in person and online

SUCCESSFUL
CO-PARENTING
96%

Learned
new
information



SUCCESSFUL
CO-PARENTING
98%

Plan to use
the new
information



SUCCESSFUL
CO-PARENTING
94%

More
prepared to
co-parent

Mental Wellness

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



Reach: From November 2016 through December 2022 nearly **3,000 individuals** (n=2,964) have been trained by Ohio State Mental Health First Aid Instructors. In 2022, **541 professionals** were trained in Teen Mental Health First Aid and **823** were trained in Mental Health First Aid to assist adults.

HEALTHY FINANCES

Healthy finances professionals 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 (OHFA). Qualified buyers are required to complete free homebuyer education. Fourteen educators are HUD certified housing counselors.



In 2022, **267 homebuyers** 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 homebuyers in Ohio to purchase homes, with the average home's appraised value being \$175,000. The reimbursement for the counseling sessions amounted to \$20,267.

Real Money. Real World.

This program was developed and implemented jointly with **Ohio 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.

2022 Reach: Nearly **33,000** youth participants; **926** volunteers;
59% of youth better understood the costs to maintain a household.

REAL MONEY.
REAL WORLD.
68%

Now understand
deductions taken
from paycheck

