



Healthy Living

- 1) EFNEP
- 2) SNAP-ED
- 3) Brown Bag Parenting
- 4) Diabetes Health Education
- 5) Community Health Programs

Family Consumer Sciences

FCS 2024 IMPACTS

IMPROVING NUTRITION AND HEALTH THROUGH EDUCATION



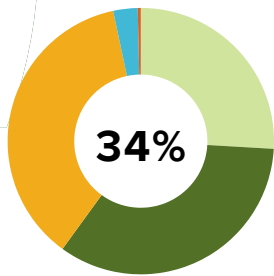
DSU
Cooperative Extension
FAMILY & CONSUMER SCIENCES

Family Consumer Science Overview >>>>>

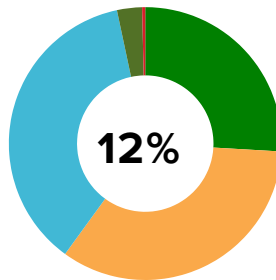
FCS focuses on **health and nutrition education** improving the well-being of individuals, families, and communities. It is taught in elementary, middle, and high schools, religious organizations, community centers, health organizations, wellness centers, and online platforms. It covers a wide range of topics, including:

- **Nutrition and Wellness** – Healthy eating, meal planning, food safety, food security, preventative nutrition, healthy lifestyle through proper nutrition, physical activity, and overall well-being.
- **Health Education** – Chronic disease management (diabetes, hypertension, cardiovascular disease, and obesity); mental health well-being, vaccination, and general health promotion.
- **Child Development and Parenting** – Understanding child growth and effective parenting strategies.
- **Personal Finance** – Budgeting, saving, credit management, and managing money wisely.

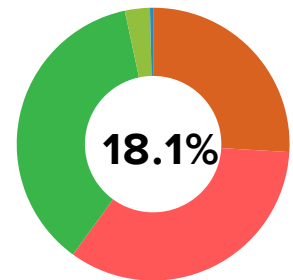
CHALLENGES



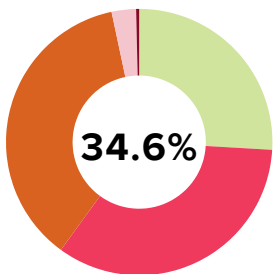
of Delawareans are **obese**



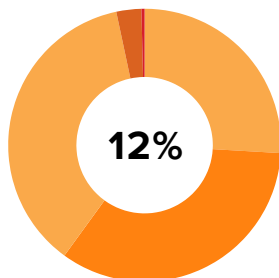
of Delawareans are **food insecure** and living in **poverty**



of Delawareans are in **one-parent household**



of Delawareans are **hypertensive**



of Delawareans are **diabetic**

Physical Activity	● In 2017, Delaware's children had a physical activity rate of 43.5% , which was below the national benchmark of 46.5% .
Fruits & Vegetable Consumption	● Only 29.99% of Delawareans consume two or more servings of vegetables per day, which is lower than the national average of 31.68% . Additionally, only 48.23% of adults consume at least one serving of whole fruit per day.
Community Partners	● There are 28 different community partners for adult programming, including community centers, faith-based organizations, social service centers, healthcare centers, shelters, adult education centers, state service sites, and housing facilities. Youth programs are conducted in schools, Boys and Girls Clubs, out-of-school programs, summer feeding sites, organized youth groups, churches, and summer cooking camps.
Target Audience	● Interventions focused on low income families, adults with chronic diseases, parents, families, and youth in low-income households. Low-income families are defined as those with an income below 150% of the U.S. poverty level.

EFNEP

EXPANDING OUR REACH >>>>>

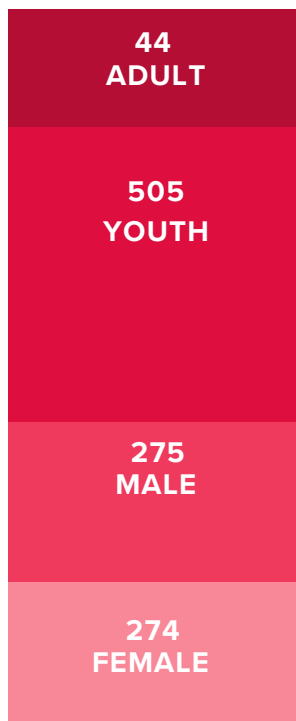


TOTAL REACH:

549

PROGRAMS:

31



"The **Expanded Food and Nutrition Education Program (EFNEP)**, funded by the USDA National Institute of Food and Agriculture (NIFA), provides nutrition education to improve the health and reduce the nutrition insecurity of low-income families and youth."

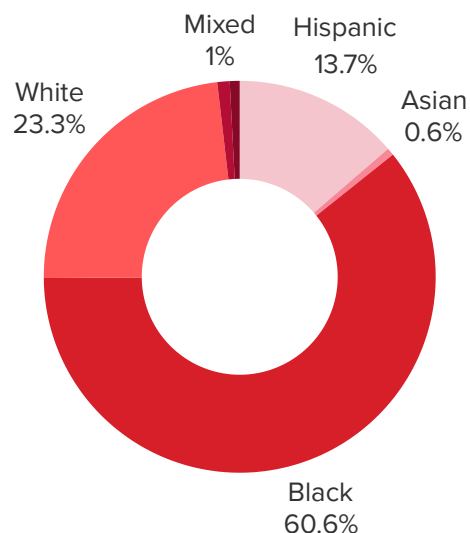
SESSIONS:

174

This year, we successfully reached 505 youth, with a slight improvement in our adult participation, reaching 44 adults. Most of the youth participants were in the 5th grade, with the majority being male (51%) and female participants accounting for 49%. We increased the number of community partners by 30%, including a significant rise in youth community partners. While we have seen only a small increase in adult participants, we successfully reconnected with several adult partners with whom we had previously lost contact. Despite ongoing challenges in recruiting adult partners, we remain hopeful and persistent in our efforts.

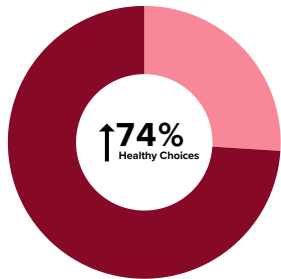
REACHING DIVERSE POPULATIONS

The majority of **EFNEP** participants are from historically underserved populations. The greatest majority are currently the African American population.

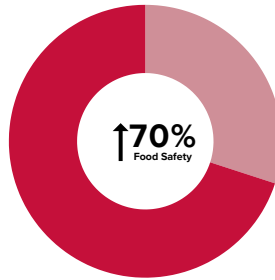


DEMONSTRATING RESULTS

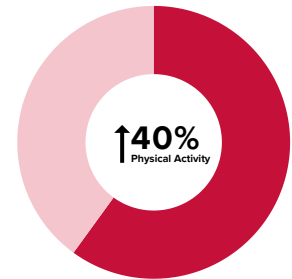
YOUTH



74% increased knowledge or ability to choose healthy foods **overall**



70% improved food safety and preparation knowledge or practices **overall**

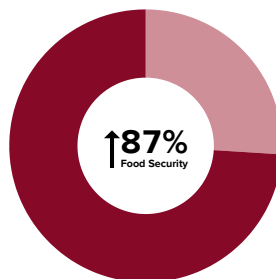


40% improved physical activity knowledge or practices **overall**

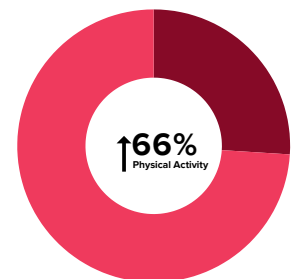
ADULT



78% improved diet quality practices in **3+** areas



87% improved food resource management practices in **3+** areas



66% improved physical activity practices in **2+** areas

SUMMARY

Delaware State University Cooperative Extension's EFNEP provides free, interactive food and nutrition education to income-eligible parents, caregivers, young adults, teens, and children through a 6- to 8-week curriculum. EFNEP is a free program designed to support participants' efforts toward self-sufficiency, nutritional health, and overall well-being. Adults gain knowledge in **healthy eating, food budgeting and meal planning, tasty recipes, food safety practices, and tips for a healthy lifestyle**. Youth are empowered to make healthy food choices, practice food safety, and stay active. This year, EFNEP played a major role in promoting healthy habits and helping to modify behaviors among both youth and adult participants.

SNAP-ED

EXPANDING OUR REACH >>>>>

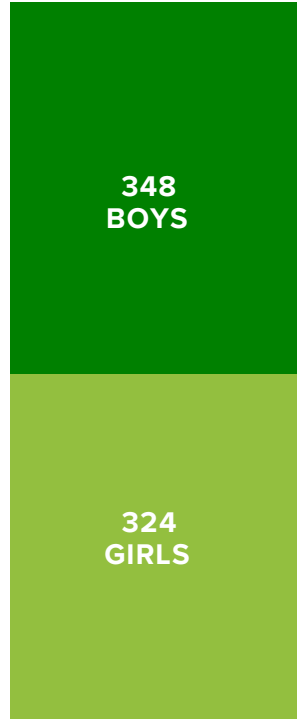


TOTAL REACH:

672

PROGRAMS:

32



"The **Supplemental Nutrition Assistance Program – Education (SNAP-Ed)** program is funded by the USDA Food and Nutrition Service (FNS) and supports free, evidence-based nutrition education and obesity prevention interventions to help individuals lead healthy, active lives."

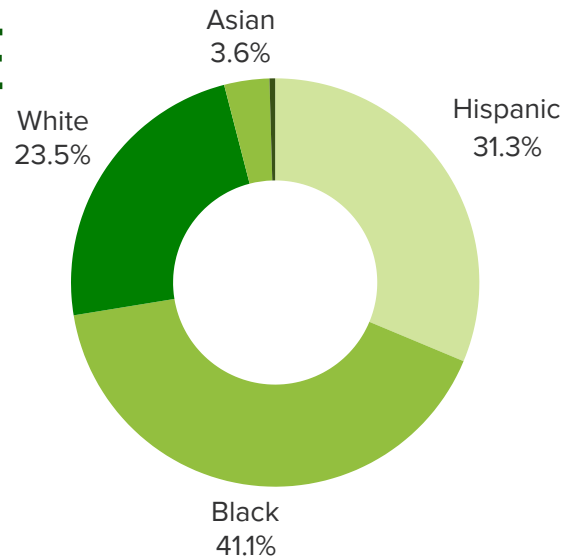
SESSIONS:

176

DSU SNAP-ED successfully reached 672 youths through the implementation of 32 programs over 176 sessions within 9 schools and afterschool programs. The gender demographic breakdown included 52% males and 48% females. As we increase our personnel and partnerships, we expect to see an upward trend of substantial progress moving forward.

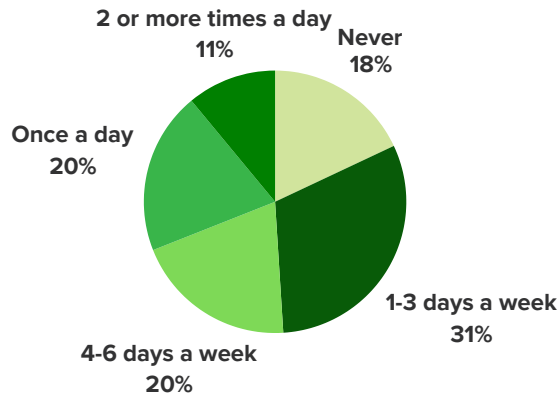
REACHING DIVERSE POPULATIONS

SNAP-ED serves a wide range of students across all racial backgrounds and ethnicities. There is room for growth in serving Asian and American Indian populations.



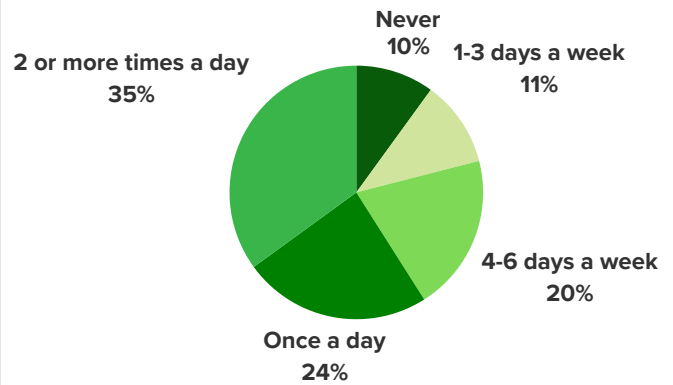
DEMONSTRATING RESULTS

How often youth plan to drink sugary drinks



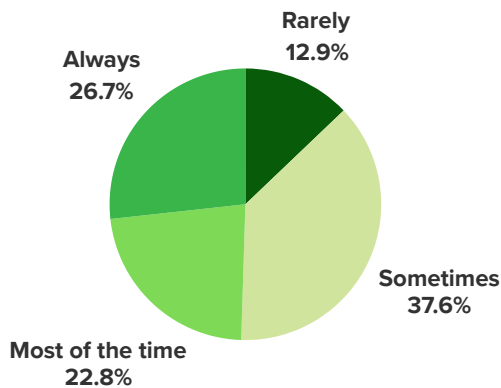
18 % of youths now plans to never drink sugary drinks.

How often youth plan to eat fruits and vegetables



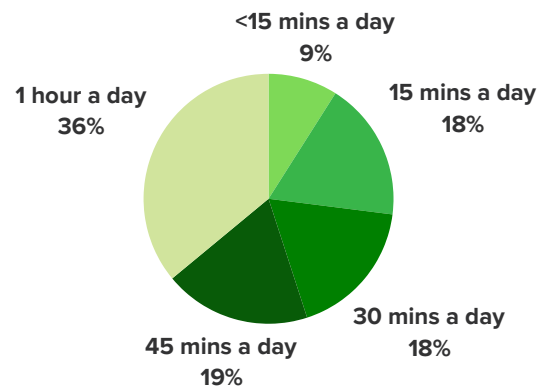
35% of youths now plans to eat Fruits and Vegetables 2 or more times per day.

How often youth plan to read food labels



26.7 % of youths now plans to always read food labels.

How often youth plan to be physically active



36% of youths now plans to exercise at least 1 hour per day.

*These responses were recorded from youth participants from evaluations taken after the SNAP-ED nutrition series.

SUMMARY

SNAP-Ed is a free nutrition education program designed to reduce hunger, prevent obesity, and promote healthy eating habits among SNAP-eligible individuals. The program helps participants develop healthier eating habits, engage in physical activity, and improve overall well-being.

This year, DSU Cooperative Extension's SNAP-Ed focused on 3rd-5th grade students in schools with a high percentage of free or reduced lunch recipients. Using the CHFFF (Choose Health: Food, Fun, and Fitness) curriculum, **educators taught lessons on rethinking your drink, healthy eating, MyPlate, reading food labels, and physical activity through six interactive sessions.** Youth participation was strong, with many students planning to apply what they learned to their daily lives.

BROWN BAG PARENTING

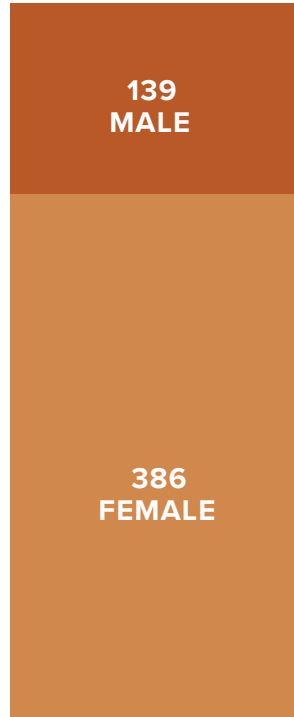
EXPANDING OUR REACH >>>>>>



TOTAL REACH:

1,300+

including children are impacted by Brown Bag Program.



Brown Bag Parenting Program is approved by the State of Delaware Division of Health and Human Services for TANF clients as a parenting education course for parents, guardians, and caregivers of children under the age of 18. The course covers core, effective parenting skills to nurture children of all ages.

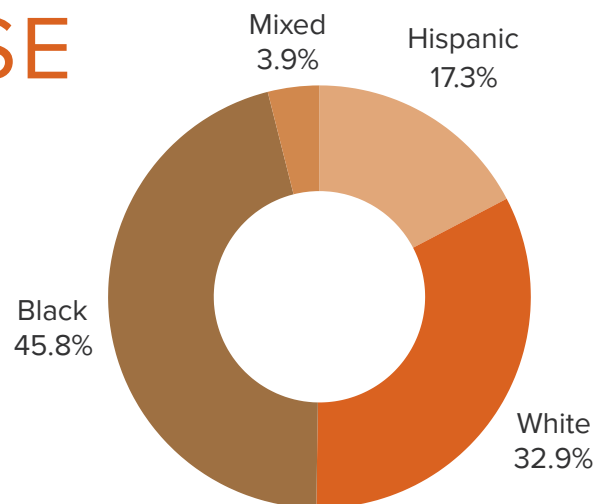
TOTAL HOUSEHOLDS:

525

This year, we successfully reached 525 households, seeing one of the highest participation rates post-COVID, with significant involvement from grandparents who found themselves as primary caregivers. This surge in participation highlights the program’s relevance and the acute need for support among families and caregivers. Grandparents, in particular, were helped by the program’s focus on bridging generational gaps in parenting techniques, which enabled them to adopt modern, effective methods. Feedback from participants continues to be positive.

REACHING DIVERSE POPULATIONS

The majority of **Brown Bag Parenting** households are from a mixed demographic of both African American and White American households. There is increasing growth among Hispanic household populations.



DEMONSTRATING RESULTS

BENEFITS

Brown Bag Parenting Households:



525

- Completed 8 parenting skills modules
- Learned strategies to balance household needs
- Retained TANF benefits
- Increase Food Security
- Improve parenting skills
- Stronger relationships with their children

106 Brown Bag families stated the lessons were useful and relevant.

93 Brown Bag families ranked **Family Relations** as the most helpful subject in the lessons.

85 Brown Bag families ranked **Nutrition** as next helpful.

73 Brown Bag families stated the lessons met their family's needs.



SUMMARY

Families in Delaware, particularly grandparents raising young children, have faced significant challenges due to personal trauma, financial strain, and aging, especially during the recovery from the COVID-19 pandemic. **The Brown Bag Parenting Program (BBP) was created to support these families by providing parenting skills, improving communication, and promoting healthier lifestyles.** This year, BBP supported families through workshops and resources focused on effective communication, delegation of responsibilities, and nutrition management. Using eight engaging modules, the program helped parents create supportive home environments and adopt a holistic "whole child" approach. Participating parents increased confidence and stronger family connections after completing the program. The program will be transitioning to a virtual platform, to better suit communities' needs.

COMMUNITY HEALTH

EXPANDING OUR REACH >>>>>>

DIABETES EDUCATION

The **Diabetes Self-Management Program** exists to empower individuals to effectively manage diabetes.



- 60% of participants improved blood glucose control.
- 80% of participants gained skills for healthier diets practices.
- 55% of participants gained skills for effective self-management.
- 70% of participants used of diabetes education resources.
- 100% of participants accessed reliable diabetes education.

NUTRITION CLUB

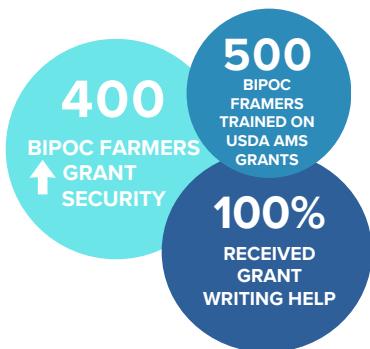
Community Nutrition Club improves Delawareans' health and well-being by delivering evidence-based health and nutrition information via workshops, social marketing, email and text. Our Community Nutrition Club provides:

- Access to evidence-based health and nutrition information.
- Resources on diabetes, chronic diseases, weight loss, hypertension, and more.
- Peer-to-peer and community support.
- Newly developed informational handouts (20 new publications developed in the last year)



FARMER'S EDUCATION

The ***BIPOC Farmer's Education Program** is a project geared towards assisting underserved and minority farmers to access grant funding and farming support .



- 25 grant writing workshops completed
- 500+ participants learned to identify funding and craft proposals.
- 400+ Increased confidence in securing grants
- Stronger collaboration between farmers, organizations, and grant agencies boosting rural development.
- New Grant writing resources developed
- New Farmers Database with over **1500 BIPOC farmers** *This is a project funded by USDA AMS

VACCINATION PROGRAM

The **Vaccination Program** educates the public on vaccine importance, addresses hesitancy, and debunks myths.

- Partnership with health departments, schools, businesses, and organizations.
- Distribute multilingual flyers, posters, and pamphlets.
- Created 25 new vaccination education resources.
- Collaborate with community leaders and institutions to build trust.
- 20% increase in vaccination uptake.



*This is a project funded by USDA and CDC through the Extension Foundation

DEMONSTRATING RESULTS

DIABETES EDUCATION

167

Participants

reached with

15

Diabetes Education Classes

NUTRITION CLUB

Over

450

Participants

reached with information on

Healthy Habits

For Health Management

FARMER'S EDUCATION

1,500

BIPOC Farmers Reached Across

40

US States and Territories

VACCINATION PROGRAM

4,880

People Reached With

40+

Events



IMPACT STATEMENTS



The children expressed how much they enjoyed the recipes. Some comments were: "I didn't think I would like the smoothie with the spinach, carrots, and beets, but you can't even taste it. It's so good." Another participant stated: "I went home and threw out all of the sodas in my house (after discussing it with my mom). Now, we'll drink more water and healthier drinks instead of soda!"

Carolyn Grier (EFNEP Educator)

The "Rethink Your Drink" lesson taught students to classify drinks into "Go," "Slow," and "Stop" categories based on nutritional value and consumption frequency, while highlighting the negative impacts of excessive sugar, such as weight gain and tooth decay. The following week, the lesson began with a review, showcasing how students were applying their new knowledge. One student proudly shared her experience of making Kool-Aid with only one cup of sugar instead of the usual two, noting that it still tasted delicious. This not only demonstrated her understanding of lower-sugar alternatives but also encouraged her classmates to experiment with their own drink recipes.

Talaysha Lingham (SNAP-ED Educator)

One grandmother shared that BBP strategies resulted in her stopping the cycle of yelling by effectively communicating tasks to her grandchildren. This helps the emotional well-being of the the child (who may already be experiencing trauma) and minimizes the frustration of the grandparent. The grandparent reported that the grandchild was more responsive and involved in daily chores.

Quadia Ameen (Brown Bag Educator)

"Participating in the diabetes education program has been life-changing. I've learned how to manage my diet, monitor my blood sugar, and make healthier lifestyle choices. This program has not only helped me gain control over my diabetes, but it has also given me the tools and confidence to live a healthier, more active life. I now feel empowered to make informed decisions about my health and share this knowledge with my family." - Program Participant

Dr. Verona Mulgrave (Diabetes Educator)

"I didn't know much about vaccines until recently. I always thought they were just for kids, but now I understand how important they are for everyone's health, no matter your age. Learning more about how vaccines protect not only myself but also my family and community has made me realize just how crucial they are."

Denise Pinkett-Wynn (Community Health Nutrition Educator)

UPCOMING PROGRAMS



CHRONIC DISEASE MANAGEMENT

The **Chronic Disease Management Program** aims to improve the quality of life for individuals with long-term health conditions like diabetes, hypertension, heart disease, and obesity. It provides comprehensive support, education, and resources to help manage symptoms, prevent complications, reduce hospitalizations, and promote overall well-being. By focusing on prevention and proactive care, the program enhances health outcomes, boosts independence, and reduces healthcare costs.

Key Components:

- Education and Awareness of chronic diseases.
- Lifestyle Modifications.
- Nutrition education.
- Self-Monitoring
- Support Systems



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Chronic Disease Management Program

HOLISTIC HEALTH PROGRAM

The **Holistic Health Program** targets young adults and youth between the ages of 16-35 years old and focuses on physical, mental, emotional, social, and spiritual well-being, integrating all aspects of life for optimal health and growth. It offers meditation, nutrition counseling, and lifestyle coaching to help participants live balanced, healthier lives.

Key Features:

- Mental and Emotional Health
- Social Well-being
- Personal Development
- Health and Nutrition



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Holistic Health Program

FINANCIAL MANAGEMENT

The **Financial Management Program** helps individuals and families manage finances through budgeting, planning, and financial education, improving decision-making and resource optimization. It offers workshops, coaching, and online courses to support better financial outcomes.

Key Features:

- Budgeting and Expense Management
- Debt Management
- Saving and Investment Strategies
- Financial Goal Setting
- Financial Literacy



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Financial Management Program