We provide knowledge and skills to promote the well-being of the individual and family, which strengthens their interaction in the workplace and community.

The PEOPLE of North Dakota drive the strong economy, thriving agricultural production, robust educational opportunities and caring communities we all enjoy.

Partners With Purpose
Explore Solutions
Outreach Education
Positive Change
Lifelong Learning
Evidence-based Programs

NDSU Extension Service purpose is:
“To create learning partnerships that help youth and adults enhance their lives and communities.”
Partners With Purpose

Older adults can reduce their risk of falls, improve their self-management and increase their quality of life through Stepping On, one of NDSU Extension’s gerontology programs. We partner with the North Dakota Department of Health’s Division of Injury Prevention and Control to bring Stepping On to adults 65 and older who have fallen or fear falling. Those completing the classes experience a 31 percent reduction in falls. Preventing falls means older adults live at home longer.

Laughter fills the room when 4- and 5-year-old children share learning with their parents at Gearing Up for Kindergarten classes. Each week, families gather at their children’s future school to work together on science, literacy, math and social skills. Parents also engage in adult learning activities. We partner with the North Dakota Department of Public Instruction and first lady Betsy Dalrymple on this school readiness program, which ushers in school success for North Dakota children.

North Dakota’s most vulnerable populations receive education on healthy eating, cooking, smart shopping and food safety at more than 125 sites statewide. This educational effort, called the Family Nutrition Program (FNP), is a partnership between the NDSU Extension Service and North Dakota Department of Human Services’ Supplemental Nutrition Assistance Program (SNAP). FNP also serves 100 North Dakota schools with significant numbers of children receiving free and reduced-cost school meals.
Explore Solutions

- From grocery store tours to hands-on meal planning activities, *Expanded Food and Nutrition Education Program (EFNEP)* and *FNP* educators empower North Dakota’s limited-resource families to stretch their food dollars in healthful ways. More than 90 percent of adult participants adopt at least one way to spend their food dollars more wisely after attending EFNEP/FNP programs such as *Stretching Your Food Dollar*. Also, health-care costs decline by $8.82 for every dollar invested in EFNEP.

- Deciding who will inherit your property, take care of your children, or carry on the family business or farm when you are gone doesn’t have to be difficult. We offer a variety of end-of-life and estate planning programs, including *Estate Planning in North Dakota*, *Design Your Succession Plan*, *Final Wishes Planning*, and *Family Communication and Estate Planning*.

- Hundreds of North Dakota women have completed *Annie’s Project*, a six-week program that helps women become better business partners in their family’s farm or ranch operation.

- The *Go Wild With Fruits and Veggies!* curriculum stimulates children to want to eat more fruits and vegetables through fun animal characters that act as role models for healthy living.

- *Dining With Diabetes* promotes behavior changes and healthy management of diabetes, and connects people so they can provide mutual support.

- Adults cope with family transitions such as separation and divorce by learning how to parent separately and in a positive and healthy manner for their children through *Parents Forever*. NDSU Extension pairs with University of Minnesota Extension to make this program available to North Dakota parents in person in many counties and online to everyone.

- Hundreds of North Dakota high school seniors have a better idea of how to handle the often rocky transition from high school to college after they and their parents attend the *Are You Ready? The College Transition* program. It’s a collaborative effort of the NDSU Center for 4-H Youth Development, NDSU President’s Council on Alcohol and Other Drugs, Region V Children’s Services Coordinating Committee, Fargo School District and North Dakota Higher Education Consortium for Substance Abuse Prevention.
Approximately 8,000 fourth-graders have learned about the importance of calcium in the diet through the Banking on Strong Bones curriculum since 2005. More than half the parents surveyed reported positive changes in their child’s eating habits as a result of the program, and 63 percent of participating children reported drinking three or more glasses of milk the day before they were surveyed, compared with 45 percent before starting the program.

The Nourish Your Body series (eyes, brain, bones, joints, muscles, skin, digestive system) demonstrates how eating nutrient-rich foods; engaging in regular physical activity; controlling blood sugar, blood pressure and cholesterol levels; and reducing stress can help keep our body healthy.

As young adults step into the world of independent living, managing their finances is crucial to their success. Programs such as North Dakota Personal Finance Education; High School Financial Planning Program; and $MRTZ, a Financial Experience, to help prepare high school students for the next step in life.

Fathers and father figures contribute significantly to a child’s development and well-being when they are involved in positive, meaningful ways. The Father Times newsletter provides them with fathering stories and resources, research, activities and children’s book recommendations.

A statewide age-paced newsletter, Parenting Posts, provides support for academic success and parent education each month of the school year to parents with students in kindergarten, and second, fourth and sixth grade. Issues of the newsletter reach more than 40,000 North Dakota families each year.
Positive Change

Youth at risk for overweight/obesity learn how to eat more healthfully and be more active for healthier futures through EFNEP or FNP. Surveys taken after youth complete the program reveal that more than 70 percent eat more vegetables daily, 75 percent choose milk rather than soda pop and more than 90 percent are more physically active.

Family care is a key factor in older adults remaining in their home and community, but it comes with substantial costs to caregivers, their families and society. Powerful Tools for Caregivers is offered to health professionals, Extension educators, social workers, parish nurses, aging professionals and others interested in caregiving. It is designed to train certified class leaders who can offer the program to family caregivers in their local community.

More than 2,000 copies of Recovery After Disaster: The Family Financial Toolkit have been distributed to families to assist them in their financial recovery following a natural disaster.

Preventing child abuse and neglect is an important priority in strengthening families and safeguarding the well-being of children. Each year, nearly 250 North Dakota families participate in the Nurturing Parenting Program, which is designed to teach and model healthy, nurturing parental attitudes and practices for at-risk families. Parents’ scores in several “risk” categories drop by 30 to 50 percent following involvement in this parenting program.

In an average year, about 4,400 North Dakota parents and caregivers attend classes through the eight regional Parenting Resource Centers to learn about child development, parenting, child safety, wellness and societal trends that impact the family.

Foodborne illness makes 48 million people sick, kills 3,000 and sends 128,000 to the hospital every year in the U.S. Many teens help prepare food at home and for their club’s fundraising events, and their summer job often involves food handling. More than 8,400 North Dakota teens have completed our classroom-based course, Teens Serving Food Safely, which makes teens aware of food safety issues and ways to prevent foodborne illness.

We provide opportunities that promote positive change for people in their lives and communities, recognizing that communities can be a group with a common interest or a place.
Our work benefits youth and adults. We provide education in a variety of formats to accommodate people’s learning styles.

Lifelong Learning

The first years of a child’s life are most critical for physical growth, brain development and social well-being. NDSU Extension developed and offers the Bright Beginnings Parent Education program, which teaches young parents, trains child-care workers and guides other family caregivers in building positive, caring relationships with young children in the first eight years of life.

Since 2007, thousands of youth and their parents have participated in the On the Move to Better Health program, which aims to increase fruits, vegetables and calcium-rich foods in children’s diets and improve their fitness habits. Seventy-nine percent of families said they met their nutritional or fitness goals during the program, and 49 percent reported an increase in their families’ consumption of fruits and vegetables.

In America, 2.7 million grandparents hold the primary responsibility of caring for their grandchildren and meeting their basic needs. The Art of Grandparenting educational series helps grandparents make major contributions to family life and the lives of grandchildren.

Most adults prefer to remain in their own homes and communities as they age, but disabilities and physical limitations can make living comfortably and safely in their homes challenging for older adults. The Livable Homes program identifies home design features and home safety hazards, and helps people conduct home modification and home safety assessments.
Evidence-based Programs

We value what people tell us. We develop programs using needs assessments and data from North Dakotans. A signature program addresses priority issues throughout the state using a comprehensive, team-based approach with delivery at the local level. To strengthen the programs, we use surveys and other methods to evaluate application and impact on learning.

To see the impact of our programs, visit www.ag.ndsu.edu/impactreports.

Current programs include:
- Annie’s Project, www.ag.ndsu.edu/anniesproject, Page 3
- Banking on Strong Bones, www.ag.ndsu.edu/food, Page 4
- Dining With Diabetes, www.ag.ndsu.edu/food, Page 3
- Estate Planning, www.ag.ndsu.edu/ndestateplanning, Page 3
- Go Wild With Fruits and Veggies! www.ag.ndsu.edu/food, Page 3
- Nourish Your Body series, www.ag.ndsu.edu/food, Page 4
- Parents Forever, www.parentsforevernd.org/, Page 3
- Stretching Your Food Dollar, www.ag.ndsu.edu/food, Page 3
- Teens Serving Food Safely, www.ag.ndsu.edu/food, Page 5
- Stepping On, www.ag.ndsu.edu/aging, Page 2