Extension Family and Community Wellness
Developing healthy people living in healthy, vibrant communities

North Dakota State University Extension family and community wellness agents and specialists enhance the lives of individuals, families and producers through educational experiences, and encourage leadership and service to the community. You will find them at work in your county, at regional Parent and Family Resource Centers and on NDSU’s main campus.

Participants in the Diabetes Prevention Program reported an average 5.7% loss of their initial body weight, along with improved levels of blood glucose, cholesterol and blood pressure. A body weight reduction of just 5 percent decreases an individual’s risk of developing type II diabetes by 58 percent. Diabetes costs $700 million in North Dakota each year.

More than 300 people from 737 North Dakota organizations have attended Lead Local since 2016, helping participants feel more confident to run for and serve on boards, councils and committees.

“I had been thinking of running for City Council for some time, and after taking the Lead Local program, it really gave me that extra confidence to move forward with that decision. The process of running for and winning the City Council seat was a great experience, and I’m using the tools from Lead Local to help me be the best representative I can be.”

- Lacey Hinkle, Cavalier, N.D.

98% of farmers/ranchers in the Design Your Succession Plan program indicated they were likely to work on their transition plan in the next six months.

“So many farm families start with great intentions and expectations but fail to follow through because the succession planning process seems so daunting. A facilitator can help identify the client’s needs and break the process down into steps for them.”

- Pam Geiger, lead tax specialist and farm succession planner for Farm Credit Services of Mandan, on the Design Your Succession Plan program

For more information on these and other impacts of NDSU Extension, go to www.ag.ndsu.edu/extension or contact Lynette Flage at 701.231.7782 or lynette.flage@ndsu.edu.

NDSU Extension food and nutrition education programs reached more than 154,000 people in 2017, helping participants learn to eat healthfully, which benefits them as well as all of North Dakota by decreasing the collective health-care costs of poor nutrition and obesity.

Obesity results in an estimated $147 billion in direct medical costs in the U.S.

Over 1,700 hours of parent education classes are provided to 7,500 North Dakota parents and other adults each year, strengthening families and improving the well-being of children which reduces costs spent on child welfare and lowers crime by adults.

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Family and Community Wellness Educational Programs

- **Personal and Family Finance**
  www.ag.ndsu.edu/money
  **Design Your Succession Plan** — This multisession program assists farm and ranch families in getting started on their succession plan and shaping the future ownership of their business.
  **Annie's Project** — This workshop empowers farm women to be better business partners through a series of educational sessions covering the business of farming and ranching.

- **Food and Nutrition**
  www.ag.ndsu.edu/food
  **Health and Nutrition** — Multiple health and nutrition programs have been developed for various audiences and include On the Move to Better Health, MyPlate resources, Faith Communities Alive!, Nourishing Boomers and Beyond, and Eat Smart. Play Hard. Together.
  **Diabetes Prevention Program** — This community-based, lifestyle-change program offers diabetes prevention education and support for people with prediabetes and those at high risk for prediabetes.
  **The Family Table** — This is an online resource with activities, handouts, newsletters and more to encourage family meals, which provide numerous benefits to children and parents.
  **Food Preparation and Preservation** — Online materials assist in preparing and preserving healthful and safe food. Food preservation publications include information on canning, drying, freezing, pickling, fermenting, working with wild game, meat and fish, equipment needed and how to store foods properly.
  **Smarter Lunchrooms** — This program that nudges kids to eat more healthfully at school. Our Smarter Lunchrooms technical assistance providers work to improve the environment and practices in schools to positively influence healthful eating.

- **Children, Parents and Families**
  www.ag.ndsu.edu/cff
  **Nurturing Parenting Program** — It offers family-based parent education programs that help families establish a nurturing way of life and develop healthier, stronger relationships.
  **Parents Forever** — This provides education to aid families in transition (divorce education). It explores the effects of divorce on children, managing stress in family transitions and maintaining respectful, healthy relationships.
  **Mental and Behavioral Health** — Online information on selected resources and programs to increase awareness and assist individuals in seeking out support for needs related to mental, emotional, and behavioral health. Website includes resources for farmers and ranchers in times of stress.

- **Aging and Wellness**
  www.ag.ndsu.edu/aging
  **Powerful Tools for Caregivers** — This program supports caregivers of spouses, partners, adult children, children with special needs, other family members, neighbors and friends.
  **Stepping On** — The program assists older adults in reducing falls and learning safety strategies in everyday life.

- **Leadership Development and Civic Engagement**
  www.ag.ndsu.edu/ccv
  **Rural Leadership North Dakota (RLND)** — This 18-month statewide leadership development program includes personal skill development and seminars with experts.
  **Lead Local** — This one-day training helps aspiring, elected and appointed leaders be better prepared to serve on boards, councils and committees.
  **Building Tomorrow's Leaders and Youth Lead Local** — Comprehensive youth leadership programs empower high school youth to build their confidence and skills to lead and get involved civically.
  **Marketing Hometown America** — A community study circle process helps residents better understand community assets and what people are looking for as they relocate to a rural community.