

# Extension helping North Dakota through family and consumer sciences: A SNAPSHOT

Health and wellness are among North Dakota's biggest challenges. An individual's quality of life can change quickly because of chronic disease, financial hardships and family issues. Preventing these life challenges in many cases can be done by identifying key factors and responding with targeted educational programs.

To help ensure the state has healthy people and communities, NDSU Extension's family and consumer sciences (FCS) programs focus on three key areas: personal and family finance, human development and family science, and nutrition, food safety and health. Programming in these areas prevents future problems, and evidence indicates these programs are making a difference. As a result of FCS programs:



**82%**

of parents completing the Gearing Up for Kindergarten program rated the program as **very/extremely useful**

(Nearly half of all kindergarten students are not prepared for success when entering school.)



**79%**

of seniors in the Stepping On program **reduced falling hazards** at home

(Falls are the No. 1 reason for the elderly having to leave their homes.)



**94%**

of farmers/ranchers in the Design Your Succession Plan program **are prepared to meet with a professional**

*"It gave me a road map of what I want to do."*

David Miller, Donnybrook-area producer

8.5% of all North Dakota households are food insecure. 14.5% of all North Dakota children live in poverty, 31.3% of school-enrolled children receive free and reduced-price meals and 15% of children are obese (source RWJF 2011). Extension's FCS programs are making a difference:

**83%**



of participants in the Expanded Food and Nutrition Education Program **improved at least one nutrition practice**

and

**47%**

**improved at least one food safety practice**



**63%**

of adults in the Family Nutrition Program **spend their food budget more wisely**



**62%**

of youth in On the Move to Better Health **increased their daily physical activity**

**58%**



of youth in On the Move to Better Health chose **more healthful snacks**

and

**54%**

**ate more fruits and vegetables**

For more information on these and other impacts of the NDSU Extension Service, go to [www.ag.ndsu.edu/extension](http://www.ag.ndsu.edu/extension) or contact Deb Gebeke at 701.231.9688 or [debra.gebeke@ndsu.edu](mailto:debra.gebeke@ndsu.edu).