



Family, Consumer and Health Sciences Programs

Improving the health, safety and economic security of Arizonans

Cooperative Extension goes where the need is, reaching communities statewide. Our outreach efforts in family, consumer and health sciences translate relevant University of Arizona research into effective practices people can put into immediate use in their homes and businesses.

We work to strengthen families, promote healthy lifestyles and wise financial decisions, and develop community leaders by taking our programs to community centers, schools, churches and other venues to reach different audiences. It takes teamwork. These programs are conducted by UA College of Agriculture and Life Sciences (CALS) extension agents based in counties statewide and by campus extension specialists from the Norton School of Family and Consumer Sciences and the Department of Nutritional Sciences. Our faculty members form partnerships with community groups and with trained volunteers to “bring the university to the people.”

What follows are highlights of Cooperative Extension programs in family, consumer and health sciences that improve the health, safety and economic security of Arizona individuals, families and communities.

cals.arizona.edu/extension

Healthy Lifestyles

Health and nutrition education

Healthier people are better able to contribute to a robust economy. Lack of physical activity, unhealthy diets and overly-large food portions are lifestyle choices that can contribute to chronic diseases such as obesity and diabetes.

Osteoporosis Education: Bone Builders

www.bonebuilders.org

Researchers estimate that one out of every two women over 50 and one in five older men will suffer from a fracture related to osteoporosis, or a loss of bone mass that leads to a weakened skeletal support structure. Bone Builders educates men and women to help them change their dietary and exercise habits to reduce the risks of osteoporosis. The program uses volunteer educators, community services and a social marketing campaign to spread the message of osteoporosis prevention.

- Seniors in Maricopa and La Paz counties learned how to get calcium and other nutrients for bone health and how to include physical activity in daily life. “Active for Life”, a program at senior centers, improved the physical fitness of seniors in at least one out of six fitness measures.
- More than one million Arizonans have been reached through classes, educational materials, displays and mass media since the program began. When participants in one class were surveyed four to six months later, 39 percent increased their calcium consumption and 36 percent increased their weight-bearing exercise.



Walk Across Arizona

cals.arizona.edu/walkacrossaz/

Arizonans are looking for ways to keep healthy and active. The “Walk Across Arizona” program helps lower health care costs by encouraging physical activity. The 16-week program is a friendly competition to see who can get their neighbors, co-workers and family out to walk for fitness. In the past year:

- Walkers from throughout Arizona logged 341,857 miles.
- In Pima County participants walked an average of 15.2 miles per week; 50 teams walked a total of 120,147 miles. In Maricopa County 149 teams and a total of 1,195 participants completed more than 193,173 miles. Sixteen Yuma County teams with 147 participants completed the entire 16 week program, walking a total of 30,537 miles.

Diabetes Prevention Education

cals.arizona.edu/nsc/new/chaps/DM2.htm

The Arizona Department of Health Services lists diabetes as the seventh leading cause of death in the state. Diabetes mortality in border regions is nearly 50 percent higher than in the rest of the country. Research shows that a combination of good nutrition and physical activity can help prevent or delay the onset of type 2 diabetes.



- Nutritional education in schools resulted in improved nutrition content of foods at school snack bars. About 2,000 Yuma County elementary school students learned how to prevent and delay type 2 diabetes.
- A community group, called a Special Action Group, in Douglas (Cochise County), noting the high incidence of both diabetes and obesity, developed a district-wide policy for schools that includes no deep frying foods, no candy sales, no candy incentives and appropriate portion sizes.

Food and Nutrition Education Programs

cals.arizona.edu/extension/efnep/

Community-based outreach focuses on nutrition education, physical activity and healthy lifestyles. Programs, offered through tribal agencies, schools and other community groups, include workshops, health fairs, food handler workshops, newsletters and publications.

- The Extension Food and Nutrition Education Program (EFNEP) teaches basic nutrition to low-income families with children. By the time they complete the EFNEP program, participants know how to use government-issued commodity foods, compare food labels, and choose a healthy diet while still cutting expenses. In the past year, close to 2,500 families in five counties completed a six-week session.
- Under an umbrella organization—the Arizona Nutrition Network—the Food Stamp Nutrition Education Program (FSNEP) was created to provide nutrition education to low resource audiences not served through EFNEP. Self-reports show that participants leave having a better understanding of what healthy nutrition is and how to incorporate it in their lives and for their families.



cals.arizona.edu/nsc/new/fesnep/programs.htm

Food Safety Education

cals.arizona.edu/maricopa/fcs/safefood.htm

The U.S. Center for Disease Control and Prevention estimates that food borne diseases cause approximately 76 million illnesses, 325,000 hospitalizations, and 5,000 deaths annually in the United States. The “Safe Food 2010” program provides outreach to a variety of groups, including school food service staffs, group home staffs, food banks and community groups.



- One hundred and ninety five participants in Yavapai County completed the manager’s food safety certification program using Hazard Analysis Critical Control Points (HACCP) principles. A Spanish-language food handler’s certification course trained 122 participants.
- The “Germ City” interactive display unit and curriculum is designed to teach the benefits of proper hand washing techniques. Used at schools, health fairs and county fairs, 1,640 adults and students demonstrated improved hand washing after visiting the display.
cals.arizona.edu/maricopa/fcs/germcity.htm

Family Issues

Effective parenting, responsible decision making and access to community support systems

Balancing work and family commitments can be a struggle for many Arizonans. Extension programs are designed to link educational and community resources not only to those under additional stress due to limited job opportunities, high housing costs and with limited resources, but to anyone looking for ways to improve their family's health and well-being.

Grandparents Raising Grandchildren

cals.arizona.edu/grandparents/



The number of grandparent-headed households has increased significantly in many communities in Arizona and across the nation. Arizona is ranked 4th in the nation for homes where grandparents provide the sole support of their grandchildren. By providing education and resources, programs such as Grandparents Raising Grandchildren help keep children out of foster care, which costs an average of \$23.75 per day.

- Cooperative Extension in Coconino County brought together agency personnel and grandparents; policies were changed to allow free and reduced lunches for grandchildren being raised by grandparents in the Flagstaff School District.
- A Maricopa County collaboration with more than 15 agencies matches grandparent educational needs to appropriate community resources. A partnership with Center D.O.A.R. (Developing Older Adult Resources) identified gaps in addressing the needs of grandparents raising grandchildren, providing one-on-one and group support to an average of 75 grandparents.

Parenting Programs

Strong families are an asset to the community through lowered crime rates, more successful school systems, and ultimately, through positive contributions to the economy.

- The Pinal Parent Project trains staff and volunteers to teach parenting — including child development, parenting and life skills, home management techniques and resource referral — to high-risk families. In 2005 there were 3,326 face-to-face contacts with participants.
- Parents serving prison time can quickly lose important connections with their children. Parenting from a Distance, a 20-hour educational series, is taught quarterly to 64 male inmates at the federal prison in Safford by Graham County extension faculty. The program, called “The Federal Corrections Institute” (FCI), helps fathers understand the importance of their role in their children’s lives and how to maintain that relationship.



Child Care Worker Training

cals.arizona.edu/extension/childcare/

Young children in higher quality care settings scored higher on tests for cognitive skills, language ability, vocabulary and short-term memory and attention than children in lower quality care, according to a 2002 report from the National Institute for Child and Human Development. Low child-staff ratios and trained providers can improve the overall quality of care-giving.

- Cooperative Extension facilitated increased training opportunities for child care workers in Maricopa County; the number of training events increased by 41 percent in 2005. Arizona licensure laws require all staff in centers to receive annual training and updates. Those accessing the program to meet Arizona Department of Health Services requirements increased by 33 percent in 2004.
- The “Survival Skills 101” program, developed for Arizona child care providers of kindergarten through 8th grade students, covers child care worker professionalism; roles and relationships; communication; conflict resolution; team building; activities related to health, safety and nutrition; planning and group management.

Consumer Programs

Financial Management

Educating consumers on how to pay down debt, save for a home, education, or retirement, or make the right decision about family and home issues helps Arizonans manage resources effectively and efficiently.

- The national "America Saves" and the state "Arizona Saves" initiatives encourage consumers to set financial goals, reduce debt and increase savings. County extension offices provide volunteer training, outreach programs and office telephone and walk-in visits.
- Money Management Advisors volunteer training helps participants identify not only their values and needs surrounding money, but how to teach others to curb spending leaks, plan their spending, budget their income, and use credit and banking wisely. During the past few years, 47 Money Management volunteers taught 10,569 clients throughout Arizona, including first-time home buyers, students, low income and homeless families, Air Force personnel and teen mothers.



Consumer Education

Consumers are faced with making financial, social and environmental decisions every day, yet they are bombarded with choices that are often conflicting. These programs help consumers make decisions that are right for them.



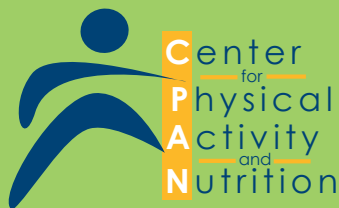
- Throughout Arizona, consumers ask questions in county extension offices about nutrition, health, water quality, indoor air quality, food preservation and other topics. In Yavapai County, these topics are addressed through monthly food safety and cooking seminars, presented in partnership with a local business. Newcomers to the area unfamiliar with high altitude cooking, for example, get answers to their questions.
- During 2005, 38 Phoenix-area Master Consumer Advisor (MCA) volunteers, knowledgeable in consumer topics, logged 985 hours service, answering more than 1,340 phone and walk-in questions. MCA volunteers in Pima County contributed over 1,500 volunteer hours by answering and researching over 3,000 consumer calls from the public during 2005.



THE UNIVERSITY OF ARIZONA COOPERATIVE EXTENSION

ARIZONA DELIVERS

COLLEGE OF AGRICULTURE AND LIFE SCIENCES



THE UNIVERSITY OF ARIZONA.
College of Agriculture & Life Sciences
College of Medicine

cpanarizona.org

Center for Physical Activity and Nutrition (CPAN)

The Center for Physical Activity and Nutrition (CPAN) has identified physical activity and nutrition practices as key areas around which to develop strategic plans to improve the health of Arizonans and the nation. CPAN is a collaborative effort between CALS and the UA College of Medicine and provides much of the research base for Cooperative Extension outreach.

To translate these plans into action, CPAN is bringing together basic and applied scientists, educators, practitioners and community leaders to:

- foster innovative research and translate new discoveries into culturally-appropriate and effective individual and community programs for improving the health and well-being of people
- lead the way in advancing the understanding of the long-term affects of physical activity and nutrition practices on health promotion and disease prevention
- continue to develop state-of-the art exercise and nutrition research and education programs and evaluate the impact of these programs on health and wellness in diverse populations



cals.arizona.edu/fcs/tcai/



cals.arizona.edu/fcs/rcsc



Department of Nutritional Sciences

nutrition.arizona.edu

Arizona Cooperative Extension

(cals.arizona.edu/extension)

(520) 621-7205

County Extension offices

Apache
(928) 337-2267

Cochise
(520) 458-8278

Coconino
(928) 774-1868

Gila
(928) 474-4160

Graham
(928) 428-2611

Greenlee
(928) 359-2261

La Paz
(928) 669-9843

Maricopa
(602) 470-8086

Mohave
(928) 753-3788

Navajo
(928) 524-6271

Pima
(520) 626-5161

Pinal
(520) 836-5221

Santa Cruz
(520) 281-2994

Yavapai
(928) 445-6590

Yuma
(928) 726-3904

Indian reservation offices

Colorado River Indian Tribes
(928) 669-9843

Hopi
(928) 734-3708

Hualapai
(928) 769-1284

Navajo Nation
• Shiprock
(505) 368-1028

• Window Rock
(928) 871-7406

San Carlos Apache
(928) 475-2350



Produced by ECAT (Educational Communications and Technologies)

2006

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, James A. Christenson, Director, Cooperative Extension, College of Agriculture & Life Sciences, The University of Arizona.

The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.