



Family & Consumer Resources Program Sue Cagle, Extension Educator

Belknap County Family & Consumer Resource programs offer research based resources, information and educational opportunities in three broad subject areas: Food Safety & Nutrition, Resource Management, and Child Development. Information is made available through one-day workshops, workshop series, publications, and direct consultation. 1541 individuals participated in the various programs offered this year.

Food Safety and Nutrition:

The CDC estimates that 76 million illnesses, 325,000 hospitalizations, and 5,000 deaths occur annually from food-borne illness. FCR food safety programs target knowledge and behavior within the food service environment that is connected to a reduction in risk such as good personal hygiene practices, preventing cross contamination, and controlling time and temperature conditions of food.

- 183 food service workers completed the SAFE-Safety Awareness in the Food Environment program This included participants from local restaurants, schools and other community organizations. Participants demonstrated an increased knowledge of key risk factors and strategies to reduce risk.

The US overall has seen a marked increase in rates of Obesity in recent years. This increase has been linked to corresponding increases in a variety of preventable diseases, increased health care costs, and a decrease in productivity and quality of life. As of 2008 CDC data indicates a 24% obesity rate for adults in NH. UNHCE works to promote quality, research based programs that promote healthy eating and active living in our communities.

- 51 individuals participated in workshops or received information and resources focusing on nutrition and physical activity. Participants reported making changes that included increased knowledge of nutritional recommendations and ability to read and interpret food labels, increased intake of whole grains, vegetables, and fruits, decreased intake of high calorie, low nutrient foods and increased physical activity.
- Through continued work with the Lakes Region HEAL team, comprised of UNHCE, Lakes Region Partnership for Public Health, LRGH, and other community organizations, in 2009, LRPPH received a 150,000 grant to implement programs targeting childhood obesity in the lakes region. This collaborative program will include providing training and resources to child care centers and after school programs to implement the CATCH Kids club program.

Family Resource Management: During these difficult economic times, many families are experiencing increased financial pressure. Family Resource Management programs focus on increasing knowledge and skills in a variety of areas, including: identifying goals and developing a spending/savings plan, understanding credit and reducing overall debt, stretching resources, and becoming a more educated consumer.

- 161 individuals participated in workshops and series offered in a variety of locations throughout the county. Participants reported an increased knowledge and use of financial management strategies including, developing a budget, developing a debt reduction plan, building savings, and developing short and long term financial goals.

Parenting and Child Development: Research indicates that when we increase positive, age appropriate experiences in childhood and support healthy adult/child relationships; we decrease the risks that children will engage in risky or anti-social behaviors as they move into adulthood. To that end, the FCR Child Development programs focus on providing adult caregivers and role models with the knowledge and skills needed to enhance the experiences and relationships of children. Programs including workshops and series were offered in a variety of settings focused on increasing protective factors relating to knowledge of child development, communication and conflict management, positive discipline, managing stress and building supports.

- 77 parents/caregivers participated in workshop series offered throughout the county. Participants reported an increase in knowledge of child development, use of positive discipline strategies, increased confidence in parenting skills and ability to manage conflict and stress.
- An additional 923 families received the Cradle Crier/Toddler Tales age based newsletter series. Parents enroll in this series when their child is born and continue to receive information throughout the first two years of their child's life. Parents report that the information helps them to know what to expect as their child develops as well as to providing information to assist with making decisions around providing a positive environment for development.
- 255 Child care and early childhood professionals participated in 3 trainings held around the state focusing on increasing knowledge of early child development and the importance of early learning and implementing evidence based practices to promote positive development.