

FY2016 Family & Consumer Sciences Impact Families Making Healthier Lifestyle Changes

Ashley County



Total FCS Program Overview

Educational Contacts	17,951
Volunteers	335
Value of Volunteer Hours (\$)	\$371,447

Highlights

Increased Knowledge	2,228
Increased Physical Activity	1,531
Yoga for Kids Participants	749
Adopted Healthy Eating Habits	269
Increased Fruits & Vegetables	255
Developed Leadership Skills	80

"When I started the Extension Get Fit class I was 10 lbs. heavier and having knee problems. As a result of the weight loss and strength training, I did not have to have knee surgery and feel able to do anything I want physically. Thank you U of A Division of Agriculture!"

"Since starting the Extension Get Fit class, I have enjoyed learning how to be stronger, healthier and more energetic. It has been great having a great group to work with and remain motivated to live a healthier lifestyle. Also losing almost 10 lbs. is very encouraging!"



Participants in the Weight Loss Boot Camp lost 114.5 pounds and walked 2,543 miles.

Relevance

Obesity has important consequences on our county and state's health and economy. Among adults, the medical cost associated with obesity is astronomical. Thirty-six percent of adults are obese and the 11.2 percent of adults have diabetes in Ashley County. Thirty-three percent of youth are either at risk for overweight or overweight.

Response

Multiple educational approaches were used to respond to issues related to chronic illness and obesity. Multi-session lessons focusing on health and nutrition were offered to Ashley County youth and adult residents. Educational programs included Weight Loss Boot Camps, Mediterranean Cooking School, Walk Across Arkansas, Extension Get Fit, Yoga for Kids, Kids in the Kitchen Cooking Schools, Nutrition Education Seminars, and Supplemental Nutrition Assistance Programs. Through these efforts 386 educational sessions were conducted with over 17,951 contacts.

Results

Participants in the Weight Loss Boot Camp lost 114.5 pounds, walked 2,543 miles with 50% decreasing blood pressure, 25% decreasing blood glucose and cholesterol. The 284 participants in Walk Across Arkansas exercised 485,363 minutes which potentially saved \$41,000 in health care costs; 35 participants lost 187 pounds. Results from the Extension Get Fit program indicated a cost savings of \$629,711. Yoga for Kids with 749 participants reported they were stronger, more flexible, and felt less stressed. The participants in the nutrition education programs reported an increase in knowledge and skills with 70% intending to make positive dietary changes.