

# West Feliciana Parish Family & Consumer Sciences Programs



Report to Stakeholders

April 2011

## About the LSU AgCenter

The LSU AgCenter is dedicated to providing innovative research, information and education to improve people's lives. Working in a unique statewide network of parish extension offices, research stations and academic departments, the LSU AgCenter helps Louisiana citizens make the best use of natural resources, protect the environment, enhance agricultural enterprises and develop human and community resources.



## Program Highlights

### Nutrition and Health

#### Strong Women

The LSU AgCenter and West Feliciana Parks and Recreation Department co-sponsor Strong Women, a research-based strength training program. The program is based upon years of research on how strength training and proper nutrition improve the health of women of all ages by improving muscle strength and bone density. The program has been offered for two years and has a current enrollment of 25 women ranging in age from 40s to 80s. Surveyed participants have reported greater strength (94%), improved balance (81%), increased physical activity (94%) and more energy (81%).



#### School-Based FNP Program

According to a 2005 health profile, 13.5 % of children from 2 to 5-years old in West Feliciana Parish were at risk of being overweight and 9.7 % were overweight. This puts many children at early risk for Type 2 diabetes, high blood pressure, heart disease and other cardiovascular conditions. Approximately 605 students participated in a series of lessons in elementary PE classes on topics including healthy food choices, diabetes awareness, bone health and fruits and vegetables. Pre- and post-tests of 50 students indicated significant knowledge gain. In response to behavioral questions, 62.5% of the students said they would eat three servings of fat-free or low-fat dairy products most days. Also, 52.5% said they would eat more servings of fruits and vegetables most days. These responses indicate that the students understand the desirability of these healthy food choices.

### Family Resource Management

#### Welcome to the Real World

The LSU AgCenter collaborates with West Feliciana Middle School and the Bank of St. Francisville to involve 7th grade students in a financial education program that includes classroom lessons and a hands-on activity. During the activity each student is assigned a career and appropriate salary and makes spending decisions for housing, transportation, insurance, **utilities**, food, clothing and more. Community volunteers man the stations and help the students to evaluate their choices. Students learn the practical skills of check writing and record-keeping and become aware of the complexities of financial management.



## West Feliciana Parish Extension Office

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## Family & Consumer Sciences Programs

**Nutrition and Health**

FNP— Family Nutrition  
Program

Smart Choices

Strong Women

Smart Portions

**Family Resource Mgt.**

Welcome to the Real World

Charting Your Course to

Home Ownership

Financial Literacy

**Teaching methods:**

- Series of classes
- Demonstrations and workshops
- Guest presentations
- Quarterly newsletters
- Educational publications
- Social media
- Online and print news articles
- Interactive exhibits—Body Walk and educational exhibits at Minifarm

**Parish Facts**

According to County Health Rankings, West Feliciana Parish is ranked 20th out of 64 in overall health outcomes which includes mortality and morbidity rates.

- Population - 15,004
- Land area (square miles) - 406
- Persons under 18 years old - 15.7%
- Persons 65 years old and over - 8.5%
- Median household income - \$47,714
- Persons below poverty - 22.5%

**Programming Outcomes**

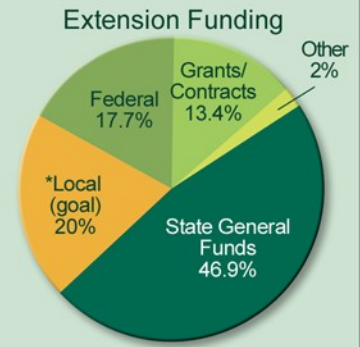
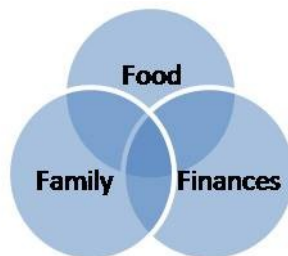
**Nutrition and Health**

- Youth and adults learn the importance of healthy eating and physical activity habits.
- Participants gain knowledge about and adopt healthy weight management practices.
- Participants gain knowledge about and Adopt practices to prevent chronic diseases.
- Individuals and families learn and practice budgeting food dollars.
- Participants learn and adopt food safety practices.



**Family Resource Management**

- Youth learn to evaluate options and to make wise spending choices.
- Participants improve financial stability by reducing debt and improving money management skills.



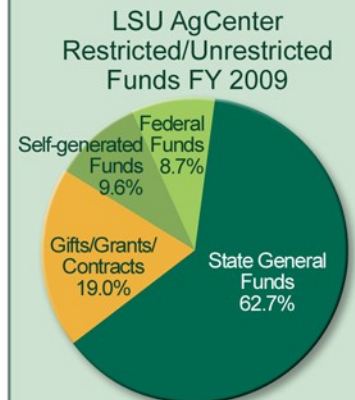
*\*Local Funding  
West Feliciana Police Jury  
West Feliciana Parish School Board  
West Feliciana Parish Sheriff's Office*

**How we are funded.**

You are the local supporters and beneficiaries in the LSU AgCenter's Extension programs. Just 20 percent support keeps these programs in your community.

Your parish extension office offers programs in:

- Sustaining Louisiana's agriculture, forestry and fisheries.
- Building leaders and good citizens through 4-H youth development.
- Family, nutrition, health and community development to enhance the quality of life for Louisiana citizens.



For the latest research-based information on just about anything, visit our Web site: [LSUAgCenter.com](http://LSUAgCenter.com)