

Jefferson 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

Family and Child Development

Recognizing the need to educate at-risk families, 45 classes have been taught in Jefferson Parish this past year under the **Parents Preparing for Success Program**. Fifty-one adults attended at least one class, learning skills and attitudes necessary for positive parenting and healthy child development.

LSU AgCenter Family Development educators have conducted three separate **Child Development Associate (CDA) class series** where 65 child care providers have each completed 123 hours of classroom instruction. Twenty of the participants are Jefferson Parish Head Start teachers. Fifty-two **Child Care Provider classes** were taught to 1,013 participants on social-emotional development, literacy, communication, brain development and nutrition of young children.

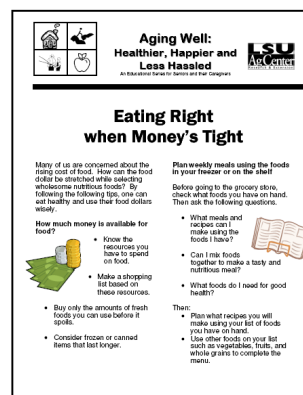
Nutrition and Health

The **Smart Choices Lessons for Teens** at Grace King High School is part of the Expanded Food and Nutrition Education (EFNEP) in Jefferson Parish. Fifty-eight students are participating in the Salubrious Student's **Life Is A Gumbo** ten-lesson series. Each lesson includes a food demonstration with a hands-on recipe or food tasting to encourage the consumption of new foods.

At three Jefferson Parish elementary schools, **Smart Bodies are building Smart Gardens**. Volunteers were recruited to build Square Foot Gardens and students actively participated in the planting, maintenance and harvesting of their vegetable and herb gardens. 20,786 students were reached, increasing physical activity and encouraging the consumption of new and healthy foods.

Adulthood and Aging

Louisiana ranks in the top 10 nationwide in obesity, type 2 diabetes and heart disease among the elderly. **Informative fact sheets** have been developed and distributed to eight Jefferson parish senior centers as well as home-bound seniors and placed in the boxes received by families at a local food distribution center. Topics include Bone Up on Osteoporosis; Eating Right when Money's Tight; Proper Dental Care and Too Hot for Your Health.



Jefferson Parish Extension Office

Address:

1221 Elmwood Park Blvd
Ste. 300, Jefferson, LA 70123

Phone: 504-736-6519

Fax: 504-736-6527

Email:

jefferson@agcenter.lsu.edu

Web site:

LSUAgCenter.com/Jefferson

Hours: 8:00a.m. - 4:30 p.m.

Alexis Navarro

Parish Chair

anavarro@agcenter.lsu.edu

Family & Consumer Sciences Programs Available:

Family and Child Development

- Parents Preparing for Success
- Child Care Provider Training
- Character Critters

Nutrition and Health

- FNP - Family Nutrition Program
- EFNEP - Expanded Food & Nutrition Education Program
- Smart Bodies
- Smart Gardens
- Smart Choices for Adults & Youth
- Family Nutrition Night

Adulthood and Aging

- Financial Planning
- Health & Nutrition
- Lifestyle Safety

Volunteers for Family & Community

- Environment
- Literacy
- Family Development

Family & Consumer Sciences Staff:

Alexis Navarro, Extension Agent
Elizabeth Gambel, Extension Agent
Karen Walker, Extension Agent,
EFNEP

Sean Knapper, Nutrition Educator
Dasia Canales, Nutrition Educator
Erroll Lewis, Extension Associate,
PPSP

Administration:

Lainie Selle
Lydia Jaunet

Debby Bodine

Teaching Methods:

- Class series
- Child Care Provider Training
- Demonstrations
- Workshops
- Health Fairs
- Newsletters
- Publications
- Fact Sheets
- Webpages
- Social Media

LSU AgCenter Website:
www.lsuagcenter.com

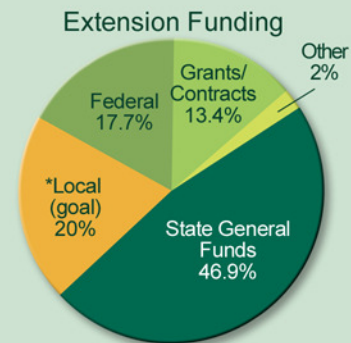
Parish Facts:

Population - 432,552
 Persons under 18 years old - 23%
 Persons 65 years old and over - 13.7%
 Median household income - \$47,065
 Persons below poverty - 12.9%

*Data from the US Census Bureau
 Web site: <http://quickfacts.census.gov>*

11% of live births were to teen mothers.
 82% of mothers received adequate prenatal care.

Data from 2009 Department of Health & Hospitals Report; Website: www.dhh.louisiana.gov/offices/reports.asp?ID=275



**Local Funding:
 Jefferson Parish Council
 Jefferson Parish School Board*

Program Outcomes:

Family and Child Development

- Adults participating in the **Parents Preparing for Success Program** were made aware of appropriate practices and techniques to encourage positive child development emotionally, physically and socially; how to provide a safe home environment and learned consumer skills to cut expenses and reduce debt.
- Results of pre and post tests administered to child care provider training participants showed that 99% gained knowledge and 74% made at least one positive behavioral change.
- Students studying for the Child Development Associate Credential gained knowledge, made positive behavioral changes and observed positive changes with staff at their centers.

Nutrition and Health

- Students who participated in the Smart Bodies and Smart Gardens programs were twice as willing to taste fruits and vegetables at school and increased physical activity twice as much as students who did not participate in the program.

Adulthood and Aging

- Six local senior centers now have daily exercise activities for their participants, and one center has incorporated a walking program in their weekly schedule.
- 43 out of 50 caregivers reported learning how to prepare food so seniors with difficulty chewing can eat nutritiously.
- All 40 participants at one center reported they inventoried their food cabinets and threw away outdated foods.

Jefferson Volunteers for Family and Community

108 Volunteers have...

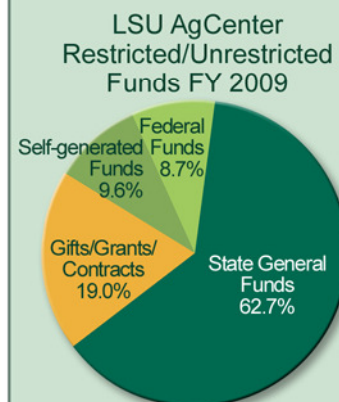
- Provided scholarships to five students attending Louisiana universities.
- Distributed "Raise-a-Reader" packets to area hospitals to more than 2,000 new mothers to encourage reading and literacy to their newborn babies.
- Provided monetary donations to two elementary schools through the adopt-a-school program to provide needed supplies and materials for the students and faculty.

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