

Union Parish Family and Consumer Sciences Programs



Report to Stakeholders

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

Individuals and families today deal with multiple issues while raising children, eating right and spending wisely in order to live well. Family and Consumer Sciences (FCS) programming focuses on the following three issues in providing educational programs for the residents of Union Parish.

Family Resource Management (FRM)

Financial literacy classes are taught to help clients develop money management skills. Classes on reducing debt, budgeting, and how to check and improve personal credit histories are taught quarterly to clients of the regional probation and parole system. Charting Your Course To Home Ownership is taught monthly to assist first time home buyers seeking to qualify for a USDA Rural Development loan. Another collaborative effort is with the Union Parish Detention Center and Police Jury where 100+ hours of re-entry education is taught to inmates. The prisoner reentry program covers a variety of topics such as money management, job skills, personal development, anger management, parenting, community resources, etc. which will prepare them to successfully reenter society and become a more responsible family member or parent as well as a contributing citizen to their community.



Nutrition and Health

Unhealthy lifestyles and the increase in obesity continue to be a problem for not only adults but for youth as well. Nutrition programs are designed to help clientele learn to make better choices in regards to eating healthy and being active. The Family Nutrition Program (FNP) is presented to limited resource audiences who are eligible to receive SNAP benefits through the Supplemental Nutrition Assistance Program. Community gardening efforts at Bernice Community Center and Marion Elementary are educating youth and adults on the benefits that can result from having a garden such as physical activity, healthier eating habits, and stretching the food dollar. The Happy, Healthy Me program is presented to preschoolers and elementary students across the parish and teaches students about the food groups of MyPyramid.



Family and Child Development

The Parents Preparing For Success program helps low-income families acquire the knowledge, skills and attitudes necessary for positive parenting and to contribute to their children's development. Educators provide programs in parenting, building family strengths and money management. Clients referred from the Department of Children and Family Services are provided eighteen hours of classes through the Parents Preparing for Success Program.



Union Parish Extension Office

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FCS Programs Available

Family Resource Management

Financial Literacy
Prisoner Re-entry Initiative
Charting Your Course to Home Ownership
High School Financial Planning

Nutrition and Health

Family Nutrition Program
School/Community Gardening
Smart Choices
Happy Healthy Me
Show Me Nutrition
Smart Bodies

Family and Child Development

Parents Preparing for Success
Child Care Provider Training
Character Critters
Children in the Middle

FCS Extension Staff

Cynthia Stephens

Extension Agent (FRM)

Marianna Langston

Nutrition Educator (FNP)

Donna Wilkins

Extension Educator (PPSP)

Terri Crawford

FCS Regional Coordinator

Report to Union Parish Stakeholders

Teaching Methods:

Series of Classes
Demonstrations and Workshops
Guest Presentations
Health Fairs
Quarterly Newsletters
News Articles
eXtension-www.extension.org
Volunteer Development
Interactive learning sessions
Educational Publications
Life After 50 channel on website
Social Media—Search Facebook for
Nutrition Connections Coalition
Educational Interactive Exhibits—Germ Cave
and Body Walk
eXtension- www.extension.org

LSU AgCenter Website:
www.lsuagcenter.com

Parish Facts

According to County Health Rankings, Union Parish is ranked 20th out of 64 parishes in overall health outcomes which includes mortality and morbidity rates. In regards to adult health factors, approximately 23% smoke, 32% are obese, and 34% are uninsured. Thus, leading to a ranking of 46th out of 64 parishes.

14.3% of the families in Union Parish live below the poverty level with a median family income of around \$36,035. 60% of the grandparents who have grandchildren under the age of 18 living in their household are legal guardians of those children. 56.6 of individuals over the age of 16 are in the labor force.

Population - 22,692
Persons under 18 years old - 24.2%
Persons 65 years old and over - 16.8%
Median household income - \$36,035
Persons below poverty - 18.8%

Programming Outcomes

Family Resource Management

- Clientele seek financial stability and security by reducing debt and improving money management skills.
- Individuals improve financial stability by seeking or obtaining employment.
- Clientele adopt best practices for building, retrofitting or maintaining sustainable homes.

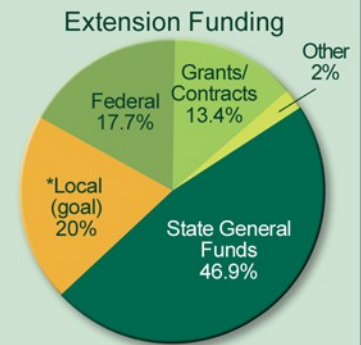


Nutrition and Health

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

Family and Child Development

- Early childhood educators learn importance of and incorporate developmentally appropriate experiences for children.
- Early childhood educators provide high quality care for children and youth.
- Family members learn and utilize skills to improve family resiliency.
- Parents and guardians learn and implement positive parenting practices.



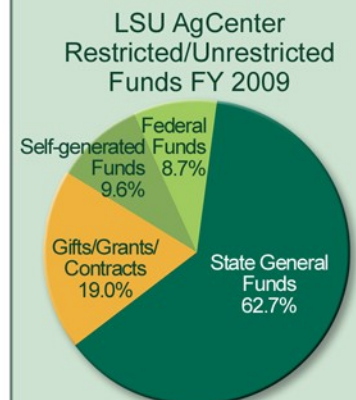
*Local Funding
Parish Consolidated Government
Parish School Board

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