

# 2023 ANNUAL REPORT



FAMILY & CONSUMER SCIENCES  
**UFEXTENSION**  
INSTITUTE OF AGRICULTURE  
THE UNIVERSITY OF TENNESSEE



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The Family and Consumer Sciences graphic debuted in August 2023. This graphic represents our four knowledge areas: Community Health, Consumer Economics, Human Development, and Nutrition and Food Safety. Family and Consumer Sciences partners with Tennesseans to strengthen them as individuals, families, and communities through education.

# Welcome

## Dear Friends and Supporters:

Reflecting on the past year fills us with excitement and pride as we celebrate significant milestones and transformative initiatives that have shaped our commitment to the well-being of Tennesseans.

In the realm of marketing, our innovative campaign for Family and Consumer Sciences (FCS) has not only heightened visibility but also emphasized its profound impact on individuals, families, and communities. This resonant message has garnered increased engagement and support from stakeholders.

Equally crucial is the development of a strategic plan that positions FCS at the forefront. This comprehensive roadmap focuses on promoting FCS, providing robust support to professionals, increasing access and opportunities, utilizing data for informed decisions, and fortifying systems-based approaches to tackle grand challenges identified by President Randy Boyd.

Addressing these grand challenges—complex, interconnected issues that shape uncertain futures—is a joint effort with our community partners. We leverage human relationships, research, technology, and

innovation to build a future where every Tennessean can thrive. Our strategic efforts concentrate on three key areas:

**Advancing K-12 Education:** Our dedication lies in fostering a future where education empowers. Through investments in K-12 education, we equip the next generation with the skills and knowledge for success.

**Strengthening Rural Communities:** Recognizing that rural communities are Tennessee's backbone, we fortify their resilience and vitality for generations through focused initiatives and programs.

**Promoting Holistic Wellbeing:** Committed to addressing challenges affecting individuals and communities, our comprehensive approach integrates prevention, intervention, and support. By focusing on financial, health, and relationship aspects, we aim to create a well-rounded framework to uplift overall community wellbeing.

As we navigate our mission's complexities, we extend heartfelt gratitude to partners, stakeholders, and supporters who share our vision. Together, we create a positive change legacy resonating across generations.

Thank you for your unwavering support.



*Janet E. Fox*

**Janet E. Fox**  
Assistant Dean,  
Department Head,  
and Professor

# Pat's GAMEPLAN

for caregivers

About 11 million Americans are primary caregivers for family members with Alzheimer's disease or dementia. Caregivers play an invaluable role providing love and support but they often face difficulties dealing with stress, anxiety, and isolation. Many caregivers do not feel equipped for their new role and are unsure about where to turn for information and support. Dr. Janet Fox and Dr. Ann Berry are leading *Pat's Gameplan for Caregivers* funded by the Pat Summitt Foundation. *Pat's Gameplan* seeks to uplift and empower caregivers by offering trusted resources and information.

A team of FCS faculty and specialists are working together to develop a website and training videos on a variety of caregiving topics like how to cope with emotions, the importance of healthy eating and staying active, and how to connect with others. A video series is being developed that includes uplifting testimonies from actual caregivers about their experiences and information from Alzheimer's experts. The website will include local resources located across the state to help Tennessee caregivers find hope and support in their communities. The main objective is to provide a one-stop shop that

includes resources to help support caregivers through this most important journey.

Look for the website to launch on Pat Summitt's birthday on June 14, 2024 during Alzheimer's and Brain Awareness month. Then in November of 2025 plans are underway for a statewide conference to create awareness and education about Alzheimer's.



- About Pat
- Share My Story
- Learn
- Resources
- Forum
- FAQ
- Connect

Pat Summitt Foundation

UT Extension Family & Consumer Sciences



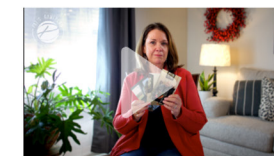
## ABOUT PAT'S GAMEPLAN

**Pat's Gameplan:** "Empowering Caregivers. Embracing Memories." Pat's Gameplan stands as a beacon of hope and strength, emphasizing that every memory is worth cherishing and every caregiver is worth celebrating. In the challenging journey of caring for patients with Alzheimer's and dementia, caregivers play an invaluable role, serving as the frontline defenders against the complexities and heartbreak these conditions can bring. "Pat's Gameplan" recognizes the often-overlooked heroes in this battle: the caregivers. Through its "Caring for Caregivers" initiative, Pat's Gameplan seeks to uplift and empower these devoted individuals, offering them the resources, support, and recognition they truly deserve. After all, while caregivers are tirelessly preserving the memories of their loved ones, it's essential that someone is there to care for them in return.

## SHARE MY STORY



**Regina's Story**  
Regina is from Lebanon, Tennessee and was a caregiver for her sister-in-law, Pearl.



**Kim's Story**  
Kim has served as a caregiver for several family members.



**Bob's Story**  
Bob is from Asheville, North Carolina and was a caregiver for his wife, Ann.

SEE ALL »

"I learned a lot about myself, about my own capabilities. What I could manage, what I couldn't manage. I learned that I'm more emotional than I thought I was. I learned that there are people out there that can help you."

– Bob Devereaux

# Helping Rural Communities Promote Health



For decades, Family and Consumer Sciences has been teaching people how to eat healthy and be physically active but many small communities throughout the state have few grocery stores or safe places to exercise. Through funding from the Centers for Disease Control and Prevention and the Robert Wood Johnson Foundation, Family and Consumer Sciences partners with rural counties to work on changes to structures and policies to promote health and wellness. These initiatives have been led by Dr. Soghra Jarvandi and Dr. Kristen Johnson building on foundational work led by Dr. Heather Sedges.

For these projects, Family and Consumer Sciences listened to residents' concerns, provided funding, and worked with communities to make changes. A teenager in Grand Junction complained that he didn't have anywhere to play basketball with his friends. By partnering with the town government, an old tennis court was transformed into a place where youth can play basketball, adults can play pickleball and children can play foursquare. Parents in Byrdstown worried that their children could not play safely in a park located next to a busy intersection so the town received funding to

install a fence. A pastor in Brownsville wanted to provide his parishioners with healthy food options at church functions. He received a grill and water cooler and he coordinated a Healthy Church Cook-off for churches throughout the county. These community members shared their visions to promote healthy eating and physical activity in their small towns and Family and Consumer Sciences was able to fund these ideas and many others.

Over 179,000 Tennessee residents living in rural counties have benefited from these projects. CDC has just funded a new initiative for six additional counties to continue these transformations in the next five years.

**"The healthy check-out aisle is probably our biggest success. Anything that you put in those baskets sells."**

– Store manager in Humphreys County

**37**  
Community gardens

**21**  
stores promoting healthy options

**9**  
storybook trails & walking trails

**4**  
new parks



# Total FCS Economic Impact



# \$341,612,498

## Out of School Programming

Served 728 children in free out-of-school programs resulting in

**\$1.1M**  
in childcare-related savings

## Food Safety

12,880 participants reduced their risk of foodborne illnesses saving

**\$10.9M**  
in medical costs

## Fall Prevention Programs

946 participants reduced their risk of injury saving

**\$1.3M**  
in medical costs

Reached 1,354 participants for a Return on Investment of

**\$1.6M**

Parenting Support & Stress Reduction

## Volunteers

240,750 TOTAL VOLUNTEER HOURS

**\$1,349,132 RETURN**



## Workforce Development

311 individuals from 49 counties participated in

**\$1.62M**  
of economic impact

## Homebuyer Education

1,083 purchased homes located in 32 counties resulting in

**\$223.8M**  
in loan values and county government fees

## Physical Activity Programs

1,778 teams walked a total of 2M miles in walking programs and 6,632 adults completed additional exercise programs saving

**\$8.3M**  
in medical costs

## Nutrition Education

18,346 participated saving

**\$63.8M**  
in long-term health costs

# 8,637,861 Educational Contacts Made Across 95 Counties

# AFTERSCHOOL Programs



## Helping Children Learn and Thrive



Investing in quality afterschool programs provides a strong foundation for children. Over 10,000 children across Tennessee have participated in UT Extension FCS Afterschool Programs since 2005. Family and Consumer Sciences Afterschool Programs focus on schools in at-risk, impoverished communities where students are at greater risk for struggling academically and socially. Dr. Matt Devereaux and Dr. Katie Conrad work together to coordinate these outstanding programs with teachers to create safe environments where children can have fun and learn new skills. These programs strengthen academic outcomes, connect children to adult mentors, and improve social behaviors.

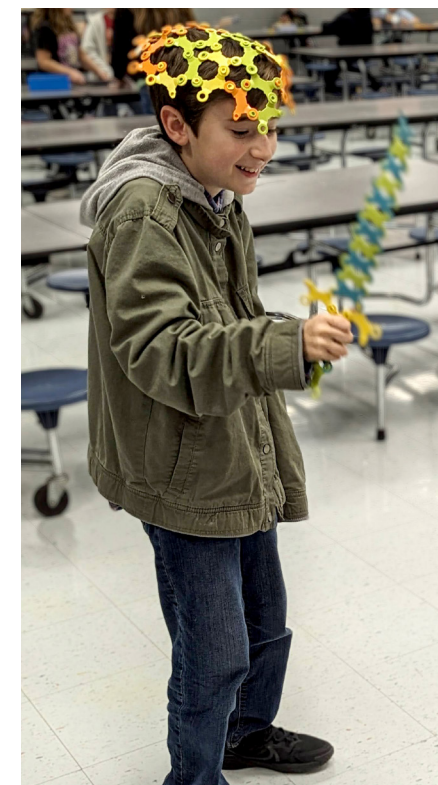
Family and Consumer Sciences Afterschool Programs also help families by providing free afterschool programs through funding provided by the Tennessee Department of Education and the United States Department of Agriculture. It is estimated that these programs save parents over \$3.5 million each year. These afterschool programs are one example of how Family and Consumer Sciences is helping children and parents thrive.



**“For years my son struggled with reading. The help and tutoring he’s received from the afterschool teachers has been immense. Now he’s no longer embarrassed to read. He even gets excited to read to his younger siblings!”**

– Parent

## In 2023, students showed improvements in several areas:



**“The students in our program have improved much more than we thought they would when it comes to relationships and their understanding of emotions. This is wonderful because that’s what we are trying to do—prepare them for the world and getting along with others is at the core for being successful in life.”**

– Afterschool teacher



## Human Development

UT Extension has been operating high-quality, evidence-based afterschool programs for nearly 25 years. We recently served our **11,000th student** in free-of-cost enrichment programs that aim to develop academic and socioemotional skills in safe, structured afterschool environments. Spanning all three regions of Tennessee, our 10 programs reached **668 students** and families and provided jobs and technical assistance to **74 afterschool educators**. It is estimated that the collective economic value of our programs in 2023, which includes childcare-related savings, earned income potential for parents/caretakers, and return on investment is **\$7,040,807**.



## Nutrition & Food Safety

**Food Safety Thanksgiving Social Media Campaigns** - Dr. Kristin Riggsbee has kicked off this fall with a campaign of fun food safety tips around Thanksgiving and the holiday meals. The campaign aimed to educate individuals on how to prepare, thaw, plate, and store meals in a healthy and safe manner. The campaign was a huge success with each post engaging over **1,500 residents**.



## Consumer Economics

**Personal Finance Teacher Training** - This past year the *Personal Finance Teacher Training Course* continued to be a huge success, training educators statewide on personal finance. This innovative hybrid approach allows teachers to take a fully online and highly interactive course at their own pace prior to having a half-day training with one of our FCS agents in a county near them. This year **93 teachers** were certified to teach the personal finance course!



## Community Health

# Self Health

*Self Health* is a new innovative website that was developed to help healthcare and Extension professionals' partner with providers across the state to provide quality educational workshops: *Living Well with Diabetes*, *Living well with Chronic Conditions* and *Live Healthy Work Healthy*. These workshops help individuals manage their diabetes or other chronic conditions while maintaining a healthy balance. This site has already garnered close to **1,000 users** since its launch this year.

# Making a difference with FCS!

# Award Winners



Dr. Christopher Sneed was recognized as the Educator of the Year from the Association for Financial Counseling and Planning. Dr. Sneed is an Assistant Professor and Consumer Economics Specialist for FCS. Dr. Sneed was awarded for his 20-year career. Which includes many innovative and creative programming efforts. He has provided exceptional programs and support to thousands of youth and adults across Tennessee as well as to FCS county agents and undergraduate and graduate students.

His recent accomplishments include the development of two innovative programs—one for older adults and one for children. *Time to Talk* helps older adults and healthcare providers in rural communities develop skills for discussing health care costs. *Money Week* helps elementary school students learn about saving and improves their literacy skills through fun books and activities. These are just two examples of Dr. Sneed's drive to help improve economic outcomes for all Tennesseans.



Dr. Heather Sedges was honored with the 2023 Presidential Award for Transparent and Trusted Integrity. President's Awards are the highest recognition and honor that a UT employee can receive. Dr. Sedges is an accomplished Associate Professor and Human Development Specialist for FCS. Through her visionary leadership, Dr. Sedges has championed two large grants from the CDC and another from Farmer and Rancher Stress.

Dr. Sedges also received the 2023 Jeanne M. Priester Extension Leadership Award. This award is given to leaders who champion health issues. Dr. Sedges has led the efforts to address emotional wellbeing through programs that improve communication and reduce stress. These programs impact residents throughout Tennessee.

# Partnerships

The University of Tennessee Extension Department of Family & Consumer Sciences appreciates all of the support from our volunteers, donors, and partners. Together we are making a difference.

- Administration for Community Living
- Board of Governors of the Federal Reserve System
- Center for Disease Control & Prevention
- Clemson University
- East Tennessee State University
- Extension Foundation
- Financial Industry Regulatory Authority Foundation
- First Horizon
- Health Resources & Services Administration
- Iowa Rural Concern Line
- Jump Start
- Middle Tennessee State University
- Mississippi State University
- National Endowment Financial Education
- North Carolina Agromedicine Institute
- Pat Summitt Foundation
- Rural Advancement International – USA
- South Carolina State University
- State of Tennessee Office of the Attorney General
- Tennessee Beef Council
- Tennessee Child Care Online Training System
- Tennessee Colleges of Applied Technology
- Tennessee Commission on Aging & Disability
- Tennessee Commission on Children & Youth
- Tennessee Department of Agriculture
- Tennessee Department of Children's Services
- Tennessee Department of Commerce Insurance
- Tennessee Department of Education
- Tennessee Department of Environment & Conservation
- Tennessee Department of Health
- Tennessee Department of Human Services
- Tennessee Department of Labor & Workforce Development
- Tennessee Department of the Treasury
- Tennessee Financial Literacy Commission
- Tennessee Housing Development Agency
- Truist
- United States Department of Agriculture
- University of Arkansas
- University of Florida
- University of Georgia
- University of Kentucky
- University of Tennessee Child & Family Studies
- University of Tennessee College of Education, Health, & Human Sciences
- University of Tennessee College of Nursing
- University of Tennessee College of Social Work
- University of Tennessee College of Veterinary Medicine
- University of Tennessee Department of Public Health
- University of Tennessee Health Science Center
- University of Tennessee Institute of Agriculture
- University of Tennessee Nutrition Department
- University of Tennessee Psychology
- University of Tennessee Southern: Turner Center for Rural Vitality
- US Virgin Islands Department of Agriculture
- Well Connected Communities
- Yale University

**YOUR DONATIONS  
MAKE A DIFFERENCE**



**Volunteer to make an impact**

FCS professionals work with volunteers to improve lives and communities across Tennessee. Volunteer opportunities include Health and Wellness Ambassadors, Master Food Volunteers, or working on a project through county Family and Community Education clubs. Learn more about how you can help by contacting your county FCS agent today.



We address the everyday  
issues families face  
and provide help  
through education.



Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture, and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

