A Snapshot of Programming Efforts

Purdue Extension Health and Human Sciences (HHS Extension) provides education to people of all ages in Indiana’s 92 counties. The community is our classroom – where we bring university information to the local level. Through our programs, we help people strengthen families, spend smart, eat right, and live well.

Here’s a snapshot of statewide programming efforts in 2015-2016.

We improve knowledge in the areas of food, family, money, and health.

- 97% of participants know at least one way to reduce foods high in sodium, added sugar, or fat in their diet.
- 80% of participants felt confident caring for an aging family member.
- 90% of participants know ways to reduce their debt.
- 98% of participants know how to increase their physical activity.

How does HHS Extension make lives better?

“Changing my eating habits and exercise habits was something I thought about a lot; now I have a place to start.”

As a result of attending our programs, the majority of participants intend to make a positive change in behavior when it comes to:

<table>
<thead>
<tr>
<th>Food</th>
<th>Family</th>
<th>Money</th>
<th>Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>89.7%</td>
<td>94.3%</td>
<td>93.5%</td>
<td>97.2%</td>
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89.7% intend to drink more water instead of sugary drinks.
94.3% intend to practice and model positive communication skills with family members.
93.5% intend to achieve their financial goals.
97.2% plan to practice ways to reduce stress.

www.purdue.edu/hhs/extension

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