Purdue Extension Health and Human Sciences 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 and help people strengthen families, spend smart, eat right, and live well.
QUALITY EDUCATION, DELIVERED LOCALLY

HHS Extension delivers educational programs, applied research and resources to your community, with a focus on issues related to food, family, money and health.

» FOOD
What we eat impacts our health and well-being. To help prevent and manage chronic disease, HHS Extension offers guidance on healthy food choices and meal preparation. Our educators share information on subjects ranging from food safety and nutrition to healthy eating on a limited budget, and we work with schools, communities, families, and individuals to improve lives through healthy eating.

» FAMILY
Strong individuals and families build a foundation for healthy communities and a productive society. Building on a solid base of parent education programs, HHS Extension programs and resources address issues across the lifespan, including child care, school readiness, relationships and aging.

» MONEY
Everyone benefits from learning how to make smart choices that maximize their finances and household resources. From balancing checkbooks, saving for college and choosing the right health insurance coverage to understanding mortgages and estate planning, HHS Extension delivers best practices for all of your money management needs.

» HEALTH
Many risk factors for disability or death are preventable, and HHS Extension is dedicated to helping individuals and families improve their quality of life by eating right and remaining active. Our educators partner with community organizations to form coalitions that address local health and wellness issues. With the help of HHS Extension, over 60 Indiana coalitions promote nutrition programs, school wellness plans, positive parenting and youth development, and community and economic development.

YOUR COMMUNITY, YOUR PROGRAMS
Our HHS Extension Educators offer a variety of effective, engaging programs across Indiana based on community needs related to food, family, money and health. These diverse programs include:

- Be Heart Smart — Learn about heart disease and how to reduce your risk factors
- Captain Cash — Students master the basics of earning, saving, spending and borrowing money
- Dining with Diabetes — Manage diabetes through healthy food preparation and cooking
- I am Moving, I am Learning — Early-learning professionals work to prevent obesity in young children
- Co-Parenting for Successful Kids — Helps parents develop plans for respectful, responsive and responsible co-parenting
- ServSafe® — Food safety training for restaurant and food service professionals
- Where Does Your Money Go? — Help consumers better understand how they spend
- Strengthening Families Program: For Parents and Youth 10-14 — Prevent long-term effects of substance use and abuse

MAKING LIVES BETTER
Love empowering others and building stronger communities? Consider a Purdue Extension career. Find information, current openings and links to apply at extension.purdue.edu/CAREERS

DID YOU KNOW » HHS Extension operates in each of Indiana’s 92 counties — delivering educational programs about food, family, money, and health to nearly 1 million individuals and families each year!