THE COMMUNITY IS OUR CLASSROOM

If life had an instruction manual, you could easily answer all of your own health and wellness questions. How can I prepare healthy meals? Why should my child play with blocks? Is it better to pay off a credit card or add to savings? How can I reduce my risk for chronic disease?

With help from Purdue Extension, Purdue University’s College of Health and Human Sciences (HHS) reaches beyond campus and into each of Indiana’s 92 counties to answer these questions, and thousands more, using objective information, leading-edge innovation and local inspiration. Drawn from expert research, our educational programs and resources help communities solve problems and develop skills related to food, family, money and health.

Through the local faces of county-based Extension Educators and the countless connections of organizational partnerships, HHS Extension reaches people where they learn, work, play and gather. We educate individuals and families to help them make the best decisions to meet their needs, and your community is our classroom.
QUALITY EDUCATION, DELIVERED LOCALLY

Purdue Extension in the College of Health and Human Sciences (HHS) is a network of county-based Extension Educators that serve all 92 Indiana counties. These educators draw upon research and expertise from Purdue University to educate communities and help identify practical solutions to local needs. HHS Extension delivers educational programs and 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 wellbeing. 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 upon a solid base of parent education programs, HHS Extension programs and resources address issues across the lifespan, including childcare, 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
• Parenting Counts — Acquire parenting skills to care for children from birth to age five
• ServSafe® — Food safety training for restaurant and food service professionals
• Where Does Your Money Go? — Help consumers better understand how they spend

MAKE A DIFFERENCE EVERY DAY

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!