HHS is Extension

Education and research in the College of Health and Human Sciences (HHS) extend far beyond Purdue's campus. With offices in each of Indiana's 92 counties, Purdue Extension partners with HHS, local agencies and county educators to translate Purdue research into effective educational programs and resources.

There's no instruction manual for life. Many questions arise: How should I feed my baby to ensure her health? Should I pay off my credit card or add to a savings account? Is dad just being forgetful or is this onset Alzheimer's?

Extension focuses on the real issues important to people who live and work in Indiana, and works with HHS faculty to develop programs to address these needs. Education focuses on key issues such as healthy food choices, physical activity, money management, health and wellness, and parenting.
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RESEARCH-BASED EDUCATION DELIVERED LOCALLY

Purdue Extension is a service tailored to meet the needs of Indiana, needs we know firsthand. Educators, specialists, and volunteers live and work in all 92 Indiana counties. We provide the link between land-grant research and Indiana residents, providing practical solutions to local issues.

After identifying needs in local communities, Extension works with HHS faculty to develop programs that address needs on specific, local concerns. Education and resources are focused on these areas:

» HEALTHY FOOD CHOICES

What we eat impacts our entire health and well-being. HHS Extension provides educational programs, applied research projects, and information on food-related subjects ranging from food safety and nutrition breakthroughs to healthy eating on a limited budget. Educators work locally with schools, communities, families and individuals to provide information and programs focused on healthy eating and active living.

» PARENTING AND FAMILY

Programs focus on maximizing the psychological, social, physical and emotional well-being of individuals and families. Extension Human Development offers education and resources on aging, parenting and child care, relationships, school readiness, and violence prevention.
» **MONEY MANAGEMENT**
HHS Extension uses science-based research to develop programs that work to maximize household resources. Family resource management education includes an emphasis on children/teens and money, saving, and retirement and estate planning.

» **HEALTH AND WELLNESS**
HHS Extension has several health and wellness initiatives aimed at preventing chronic disease.

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**IN EACH COUNTY OF THE STATE, HHS EXTENSION EDUCATORS BRING THE EXPERTISE AND RESOURCES OF PURDUE UNIVERSITY TO ADDRESS THE NEEDS OF INDIANA’S FAMILIES.**

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**HEALTHY PEOPLE, HEALTHY COMMUNITIES**
Extension educators are partnering with community groups to create coalitions to identify and address local issues concerning health and wellness. Started in 2005, there are now more than 50 Indiana coalitions engaged in nutrition programs, school wellness plans, parenting and youth outreach, and economic and community development.
SIGNATURE PROGRAMS
All HHS Extension programs are vital assets in communities around the state and essential to the people directly impacted. Our signature programs include:

- Dining with Diabetes
- Captain Cash
- Where Does Your Money Go?
- Parenting Counts
- I Am Moving, I Am Learning
- ServSafe
- Growing Stronger
- Heart Health

EXHIBITS
Nothing beats hands-on learning, and that is especially true for kids. HHS Extension utilizes exhibits at statewide attractions, such as the Indiana State Fair, to bring our message home. These exhibits are frequently loaned to museums nationwide.

- The Bone Zone features interactive displays in a carnival-like setting to teach about bone health, diet and exercise.
- To MyPlate and Beyond illustrates the U.S. Department of Agriculture’s tool that emphasizes the five food groups that make up a healthy diet. The exhibit features tips and ideas to help everyone build a healthy plate.

To find your local HHS Extension educator or learn about the programs available in your county, visit WWW.PURDUE.EDU/HHS/EXTENSION.