Making Lives Better

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 2017-2018. For detailed information about our programs, visit: purdue.edu/hhs/extension.

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

- 98% of participants understand how food choices affect their health.
- 95% of participants know ways to improve their parenting/caregiving skills.
- 96% of participants know that a good way to improve credit scores is to pay all bills on time.
- 91% of participants know how to reduce their risk of developing a chronic disease.

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### HOW DOES HHS EXTENSION MAKE LIVES BETTER?

“I liked the practical aspect of the program—real life applicable things I can start right now.”

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>
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<tbody>
<tr>
<td>91%</td>
<td>93%</td>
<td>96%</td>
<td>83%</td>
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- 91% plan on reading nutrition labels to tell if a food is a healthy choice.
- 93% intend to play with children and engage them in physical activity every day.
- 96% plan to save money for emergencies.
- 83% plan to talk with their family about the dangers of substance abuse.

www.purdue.edu/hhs/extension