

2025 IMPACT REPORT

Purdue Extension Health and Human Sciences (HHS Extension) provides education to individuals and communities in all of Indiana's diverse counties. We bring university information to the local level — both in person and online — to help people eat smart, strengthen relationships, improve health and achieve financial wellness.

Here is an overview of how our efforts have created positive changes this year on community needs related to food, family, money and health:



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Foodborne illness is a common, costly yet preventable public health problem. Extension educators, in partnership with Purdue Food Safety and the National Restaurant Association, administered the **ServSafe Manager and Food Handler** training and exams to individuals in 35 counties.

Impact: 329 participants passed the exams, helping businesses and home vendors comply with state food safety laws.



More than one in four Americans 65 and older experience a fall each year, according to the Centers for Disease Control and Prevention. Extension educators taught **A Matter of Balance** to 445 older adults. Participants learned to set realistic physical activity goals and change their environment to reduce fall risk factors.

Impact: 92% of participants reported they felt sure or very sure that they could find a way to reduce falls.



Teaching personal finance lessons to youth can help them avoid overspending as adults. Extension educators presented **Captain Cash**, an interactive financial literacy program, in 59 counties to 7,179 third-grade students in various locations, including classrooms, camps and libraries.

Impact: "My students really enjoyed Captain Cash. The lessons helped them have an understanding of economics." — Teacher



Workers continue to report high levels of stress and burnout, yet barriers prevent many from seeking support services. **Compassion & Resilience Education at Work** provides employees with mental health education and well-being resources. Extension educators lead discussions on reducing stigma, managing stress and improving work-life balance.

Impact: "I will use these techniques in my workday to help overcome stress and be able to tackle the situation." — 2025 program participant

SUCCESS THROUGH SMALL CHANGES



Terry Briscoe (center left) is grateful for the Extension educators who encouraged him to make healthier choices.

This program is one of many that was made possible through Purdue Extension's partnership with county health departments and funding from Health First Indiana. The goal is to reach residents where they are and move the needle on key public health indicators, such as rates of chronic disease and injury-related deaths.

**A1C blood tests measure a person's average blood sugar (glucose) over the past 2-3 months.*

When Terry Briscoe's doctor recommended the **Food Is Medicine** program led by Purdue Extension Miami County, Briscoe decided to give the program a try.

Each session introduced new recipes, and small changes in diet added up to big results. Briscoe lost almost 40 pounds, lowered his A1C* and rode a bicycle for the first time in years. Now, he says he has a lot more energy and feels "almost like a kid again."

FUTURE DIRECTIONS

HHS Extension continues to look forward, evolving and expanding our work to create healthier Indiana communities. In 2026 and beyond, we will focus our efforts on:

- Equipping parents and caregivers of children (ages 0-5) with knowledge and skills to foster positive, supportive and responsive parenting through a podcast series.
- Promoting a practical approach to reducing the risk of chronic disease through an evidence-based program, **Steps to a Healthy You**, which combines a Mediterranean-style eating pattern with mindfulness techniques.



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10,237

sessions delivered



203,928

program participants



167

*health coalition
partners*



\$670K

*acquired through
**HEALTH FIRST
INDIANA**
to improve
health outcomes*



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