



FAMILY & CONSUMER SCIENCES
UFEXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

2022 ANNUAL REPORT



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MISSION:

To strengthen individuals, families, and communities through education.

VISION:

Healthy, responsible, productive individuals, families, and communities.

The Court of Three Stars
in Bicentennial Mall Park
Nashville, TN

FAMILY & CONSUMER SCIENCES
UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

2022 ANNUAL REPORT

The Family and Consumer Sciences Annual Report provides an avenue to reflect and celebrate our accomplishments. In 2022, we have made tremendous progress including:

- Kicked off the updated FCS Strategic Plan
- Increased reach and engagement with our FCS websites, social media accounts, publications, and videos
- Strengthened and expanded collaborations with community and government partners
- Garnered over \$19 million in grant and foundation support
- Received over 240,000 volunteer hours valued at \$7.2 million from our Family and Community Education members
- Estimated over \$273 million in return on investment for FCS program impacts across 95 counties

As Family and Consumer Sciences grows and evolves, we will continue to provide energizing, high-quality learning experiences and transformative events that engage with Tennessee communities to improve lives. Our FCS professionals and volunteers continue to be recognized for their outstanding accomplishments. Together, we are meeting the challenges ahead as we strive to find real life solutions.

We could not have accomplished all this without you. Thank you for being a champion to raise awareness and utilization of FCS programs and initiatives! Thank you for your fiscal support that allows us to do more for our citizens! We are a powerful force for well-being and resilience across the state of Tennessee. Together, we are changing lives, influencing attitudes, increasing knowledge, and enhancing positive practices to improve the lives of all Tennesseans.

Thank you for standing by our side!

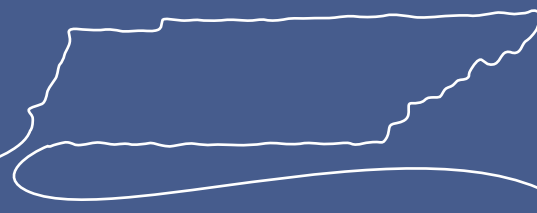


Janet E. Fox

Assistant Dean,
Department Head,
and Professor



FCS Day



Family and Consumer Sciences provides quality, life-changing programs that reach Tennesseans across our state in all 95 counties. The FCS Marketing Committee plays an important role to expand the visibility of this work. Last year, the committee dreamed big and created a statewide campaign to market the great work of FCS across the state.

On December 2, 2022, Governor Bill Lee signed a proclamation praising the importance of FCS for all Tennesseans kicking off the first official FCS Day on the UT Campus.

Campaign activities included banners, signs, and press releases detailing the value of FCS programs. As part of the festivities, department staff painted a message showcasing FCS on The Rock—a UT campus fixture that highlights university and student life. Press releases and social media posts reached almost one million people.

The first FCS Day has started a strong marketing tradition that will continue for years to come.



Reducing Food Waste and Food Insecurity



Each year the U.S. wastes between 30-40% of the food supply or enough food to feed more than 150 million people. The average household spends about \$1500 each year on food that is thrown away. To raise awareness about food waste and to encourage people to donate food to help their neighbors, the first Food Waste Awareness Week was held in Tennessee in April 2022. The Tennessee Department of Environment and Conservation led the charge in partnership with UT Extension FCS.

Dr. Kristen Johnson coordinated UT Extension Food Waste Awareness efforts on campus and across the state.

FCS agents leveraged their extensive partnerships across Tennessee communities to raise awareness about how people can reduce food waste. FCS engaged grocery stores, restaurants, businesses, schools, and churches to help with the activities. Tennessee 4-H youth organized school food drives and shared ways to reduce food waste with their peers. Master Gardeners and



Family and Community Education Club members volunteered their time to help spread the word and collect donations. In all, 43 Extension offices hosted food drives that collected over 12,000 pounds of food for food banks across Tennessee.

On campus, Dr. Johnson partnered with 4-H to collect more than 500 pounds of food for Big Orange Pantry, which provides emergency food assistance for UT students and employees.

The success of the first Food Waste Awareness Week is a great example of how UT Extension FCS works to improve the health and well-being of people throughout Tennessee.

Helping Families Make Informed Health Decisions




Tennessee has one of the lowest vaccination rates for adults and children in the nation for many reasons including confusion about vaccination schedules and misinformation about side effects and efficacy.

In 2022, UT Extension FCS worked on two projects to educate Tennesseans

about vaccinations to help people make informed decisions about what was best for their families. Dr. Soghra Jarvandi led the Extension Collaborative on Immunization Teaching and Engagement (EXCITE) initiative in partnership with the UT Health Science Center. The EXCITE team worked with FCS agents and local advisory boards in five counties (Benton, Fentress, Lawrence, McNairy and Wayne). During listening sessions, community members shared feedback about confusion regarding adult vaccination schedules. The EXCITE team used this input to create educational materials that were distributed on television, radio, and newspapers across each county.

THRIVE is building on the EXCITE program by distributing vaccination information throughout the state. THRIVE stands for Tennessee Health Resources in Vaccine Education and is led by Dr. Janet Fox and Laura Clark. Like EXCITE, the THRIVE program team listened to community members.

Parents and caregivers stated that immunization schedules for children can be hard to follow and they often do not feel comfortable asking their doctors for more information. THRIVE uses a social media campaign, an educational program for youth, and other educational resources to answer questions and increase access to immunizations. THRIVE reached over 35,000 people in 2022 and continues to expand their efforts through 16 new educator positions located in county Extension offices across the state.

EXCITE and THRIVE are just two examples of the many programs developed by UT Extension FCS to meet critical educational needs facing Tennessee communities.



Volunteers



284,721 TOTAL VOLUNTEER HOURS

\$8,354,587 RETURN



Fall Prevention Programs

1393 participants reduced their risk for injuries saving \$2.2M in medical costs

Food Safety

6,238 participants reduced their risk for foodborne illnesses saving \$4.5M in medical costs

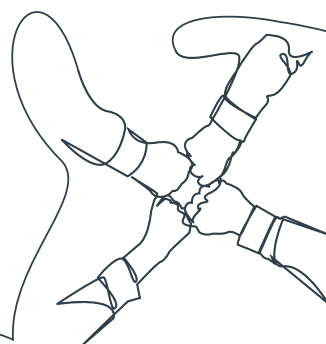


Workforce Development

579 individuals participated for \$1.9M of economic impact

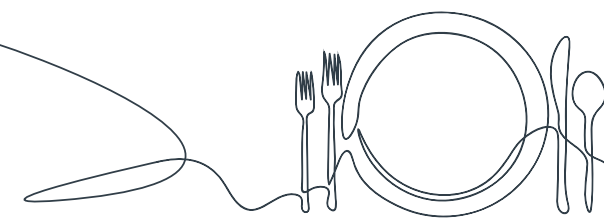
Out of School Programming

Served 502 children in free out of school programs resulting in \$8.3M in child care related savings



Nutrition Education

23,452 participated saving \$66.7M in long-term health costs



TOTAL FCS ECONOMIC IMPACT \$273,556,268



Parenting Support & Stress Reduction

Reached 931 participants for a Return on Investment of \$1.2M

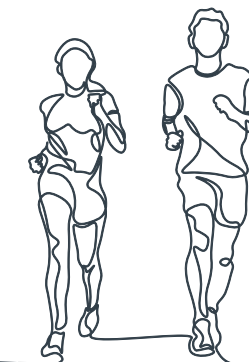


Homebuyer Education

754 purchased homes located in 81 counties resulting in \$150.8M in loan values and county government fees

Physical Activity Programs

1488 teams walked a total of 1.6M miles in walking programs and 4032 adults completed additional exercise programs saving \$5.9M in medical costs



425,501 EDUCATIONAL CONTACTS MADE ACROSS 95 COUNTIES

Farm Stress Summit



In partnership with the TN Department of Agriculture, Dr. Heather Sedges coordinated the launch of the Tennessee chapter of the USDA/NIFA Farm Stress grant: Southern Ag Exchange (SAGe). The group offered Tennessee's first-ever "Farm Stress Summit" where professionals in agriculture, healthcare, and community-based organizations gathered to network, discuss, share resources, and create a response plan to mitigate the effects of farm stress on individuals, families, and communities. Welcomed by TN Ag Commissioner, Dr. Charlie Hatcher, the event featured an expert panel discussion which was visually captured by The Sketch Effect (pictured top right). Participants collaboratively examined the availability, relevance, and gaps in state-specific resources



Participants shared that the event raised their awareness about farm stress, and they expressed interest in continuing to partner with FCS to address this critical issue.

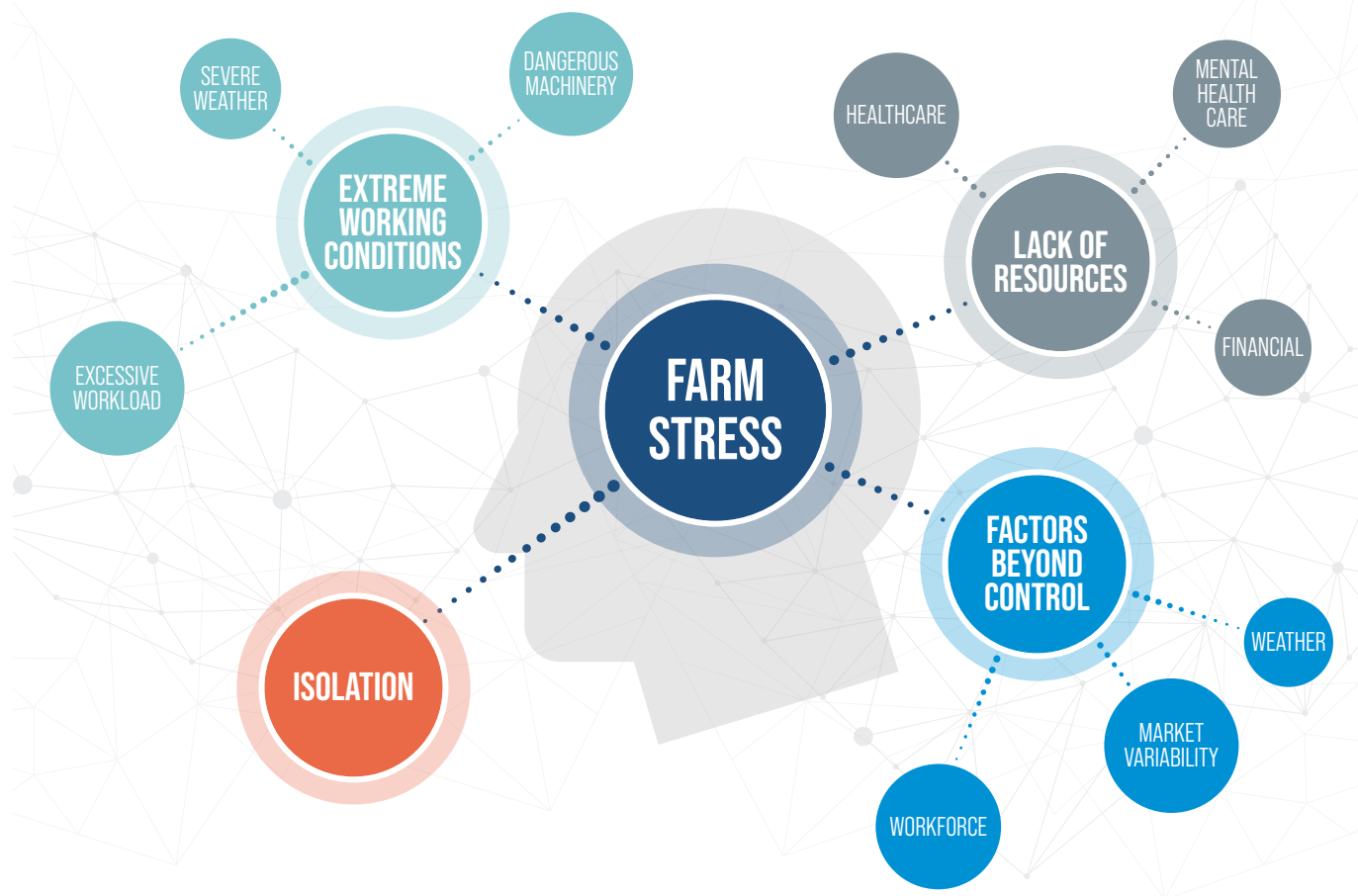
and brainstormed outreach activities dedicated to supporting TN agriculture producers. Following the summit, 15 counties across the state put summit-generated ideas into action.

Coping with Life on the Farm



Working long hours, missing social activities, facing natural disasters, and dealing with market fluctuations are a few challenges facing farmers and their families. These stressors take a toll on farmers' physical and emotional health and on family relationships. Family and Consumer Sciences and Agricultural and Natural Resources faculty worked together to create a unique educational program to help farm families learn positive ways to cope. The Farm Family Health and Wellness Program is part of an educational credit program where farmers receive financial incentives through the State Department of Agriculture Enhancement Program.

For eight weeks in 2022, 65 people attended the online sessions. Guest speakers shared information and resources on a variety of topics such as safety, managing stress, family relationships, and family finances. During the program, farmers shared how they planned to make simple changes to get healthier such as wearing sunscreen and hearing protection as well as learning effective communication and financial planning skills. The program continues to be offered as part of the Master Producer educational series.



“It was very powerful to hear stories of people that did not follow proper safety precautions and the devastating effects it caused to them and their families.”

Farm Family Health and Wellness participant

Money Week



It's never too early to learn about money! Teaching sound financial concepts at an early age provides a foundation for smart money decisions throughout life. Money Week is the newest FCS financial education program that teaches elementary school students the value of saving and managing money. Money Week is unique because the program integrates financial education with literacy. In 2022, over 1700 students in 85 classrooms participated in Money Week. For five days, schools celebrated the program with daily money lessons. Community leaders like UT President Randy Boyd and State of Tennessee Treasurer David H. Lillard, Jr. read fun money-themed children's books to the students like *You Can't Buy a Dinosaur with a Dime*. Students had their pictures made with the Money Week mascot—Mr. Money. At the end of the week, students received their own book and bookmark.



96% of teachers reported that Money Week increased students' literacy skills.

National Award Winners



Partnerships

The University of Tennessee Extension Department of Family & Consumer Sciences appreciates all of the support from our volunteers, donors, and partners. Together we are making a difference.



Dr. Ann Berry
ESP National Ruby Award Winner

Dr. Ann Berry was recognized for her outstanding leadership and service to Extension when she received the 2022 Epsilon Sigma Phi Distinguished Service Ruby Award. Dr. Berry serves as assistant department head and professor of Consumer Economics for UT Extension FCS. Her Extension career spans almost 40 years. Her efforts have helped Tennesseans learn money management skills from youth to older adults with programs focused on home ownership, credit education, and workforce development. Since joining UT in 2006, Dr. Berry and her consumer economics team have contributed more than \$700 million of economic impact.



Dr. Kristen Johnson
USAID Farmer-to-Farmer Volunteer of the Year

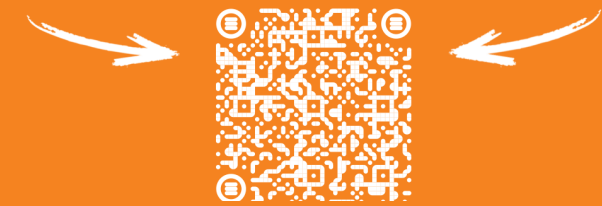
Dr. Kristen Johnson was awarded the 2022 USAID Farmer-to-Farmer Volunteer of the Year for the University of Tennessee for her service to Cambodia. Dr. Johnson traveled to Cambodia to provide support to the Royal University of Agriculture and the network of Agricultural Technology Parks. She engaged youth and adults in hands-on nutrition education activities that incorporated art, math, science, and agriculture. She trained Cambodian school teachers and university faculty, staff, and students about nutrition education programs to help promote healthy eating throughout the country.

- Administration for Community Living
- Board of Governors of the Federal Reserve System
- Center for Disease Control & Prevention
- Clemson University
- East Tennessee State University
- Extension Foundation
- Financial Industry Regulatory Authority Foundation
- First Horizon
- Health Resources & Services Administration
- Iowa Rural Concern Line
- Jump Start
- Middle Tennessee State University
- Mississippi State University
- National Endowment Financial Education
- North Carolina Agromedicine Institute
- Pat Summitt Foundation
- Rural Advancement International - USA
- South Carolina State University
- State of Tennessee Office of the Attorney General
- Tennessee Beef Council
- Tennessee Child Care Online Training System
- Tennessee Colleges of Applied Technology
- Tennessee Commission on Aging & Disability
- Tennessee Commission on Children & Youth
- Tennessee Department of Agriculture
- Tennessee Department of Children's Services

- Tennessee Department of Commerce Insurance
- Tennessee Department of Education
- Tennessee Department of Environment & Conservation
- Tennessee Department of Health
- Tennessee Department of Human Services
- Tennessee Department of Labor & Workforce Development
- Tennessee Department of the Treasury
- Tennessee Financial Literacy Commission
- Tennessee Housing Development Agency
- Truist
- United States Department of Agriculture
- University of Arkansas
- University of Florida
- University of Georgia
- University of Kentucky
- University of Tennessee Child & Family Studies
- University of Tennessee College of Education, Health, & Human Sciences
- University of Tennessee College of Nursing
- University of Tennessee College of Social Work
- University of Tennessee College of Veterinary Medicine
- University of Tennessee Department of Public Health
- University of Tennessee Health Science Center
- University of Tennessee Institute of Agriculture
- University of Tennessee

- Nutrition Department
- University of Tennessee Psychology
- University of Tennessee Southern: Turner Center for Rural Vitality
- US Virgin Islands Department of Agriculture
- Well Connected Communities
- Yale University

**YOUR DONATIONS
MAKE A DIFFERENCE**



**Volunteer to create
an impact**

FCS professionals work with volunteers to improve lives and communities across Tennessee. Volunteer opportunities include Health and Wellness Ambassadors, Master Food Volunteers, or working on a project through county Family and Community Education clubs. Learn more about how you can help by contacting your county FCS agent today.



Real. Life. Solutions.

Programs in Agriculture and Natural Resources, 4-H youth development, Family & Consumer Sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.