

East Carroll Parish Family & Consumer Sciences Programs



Report to Stakeholders

About the LSU AgCenter

The LSU AgCenter is dedicated to providing innovative research, information and education to improve people's lives. Working in a unique statewide network of parish extension offices, research stations and academic departments, the LSU AgCenter helps Louisiana citizens make the best use of natural resources, protect the environment, enhance agricultural enterprises and develop human and community resources.



Program Highlights

Individuals and families today deal with multiple issues in raising children, eating right and spending smart in order to live well. Family and Consumer Sciences (FCS) programming focus on these three issues in providing educational programs for the residents of East Carroll Parish.

Nutrition and Health

Unhealthy lifestyles continue to be a problem for not only adults but for youth as well. Improper and inadequate nutrition can affect infants, children, and adults. 29% of adults over the age of 20 have a Body Mass Index (BMI) over 30 which implies obesity. East Carroll has the Expanded Food & Nutrition Education Program (EFNEP) and Families First: Nutrition Education Wellness Program (FFNEWS) to help improve a healthier lifestyle and physical activities for the clients of the Parish. EFNEP is to empower limited-income families with young children to make informed decisions about food purchasing, food safety and meal management. FFNEWS is a comprehensive culturally sensitive nutrition education program to help ensure preventative nutrition can be given to help lower health disparities for limited resource clients who are eligible to receive benefits through the Supplemental Nutrition Assistance Program (SNAP). These programs are implemented through group demonstration and home visits. Four Nutrition Educators implement EFNEP monthly with a series of classes to 160 adult clients and 200 youth at housing authorities, and schools. FFNEWS is implemented at agencies such as Community Action, Council on Aging and food for seniors with 50 enrolled clients by a Nutrition Educator.



Family and Child Development

Parents Preparing for Success Program (PPSP) is a six-part series of classes provided for pregnant women or parents of children under the age of 12 months participating in the Department of Children and Family Services program. PPSP is a joint effort of Family Development and Family Resource Management faculties at the LSU Ag Center and the Southern University Research and Extension Center. PPSP is offered at the East Carroll AgCenter as a 3-hour 6-week series consisting of parenting and financial management education. Other parenting classes are provided as needed including court-ordered parents and foster parents. Family Development programs are taught at the East Carroll Head start, schools and nursing home. 75 participants at Parent Night received nutrition education on Super foods.



Family Resource Management

Financial management classes are taught to help clients make better decisions in managing their money more wisely. Clients of East Carroll Community Action program who receive assistance quarterly or when funds are available are referred to the AgCenter for budgeting as a result of receiving assistance. East Carroll head start clients receive consumer education classes which consist of managing credit and checking credit history and cash crisis which is mismanaging money on things that keep you broke.



East Carroll Extension Office

Address: 502 1st Street
Lake Providence, LA. 71254

Phone: 318-559-0060

Fax: 318-559-3125

Email:
ecarroll@agcenter.lsu.edu

Web site:
LSUAgCenter.com/EastCarroll

Hours: 8:00a.m. - 4:30 p.m.

FCS Programs Available

Family and Child Development
Parents Preparing for Success
Basic Parenting for All Ages
Children in the Middle
Character Critters

Family Resource Management
Financial Literacy
Charting Your Course to Home Ownership
Saving and Investing for Life
High School Financial Planning

Nutrition and Health

FF-NEWS
EFNEP
Smart Choices for Adults & Youth
Smart Bodies
Diabetes NEWS
Smart Portions

FCS Extension Staff

Carolyn Robinson
Associate Area Agent
Parent Coordinator
FFNEWS and EFNEP Supervisor

FFNEWS
Sharon Wilder, Nutrition Educator,

EFNEP Nutrition Educators
Patricia Johnkin
Mary R. Russell
Grace Siggers
Dorris Thompson

Terri Crawford
FCS Regional Coordinator
Extension Agent, Nutrition

Report to East Carroll Parish Stakeholders

Teaching Methods

- Group demonstrations and Workshops
- Educational Exhibits — Germ Cave and Body Walk
- eXtension — www.extension.com
- Guest Presentations
- Health Fairs
- Home Visits
- *Living Well* Quarterly Newsletter
- Publications
- School Enrichment Programs
- Series of Classes
- *Smart Choices* Monthly Newsletter
- Website — www.lsuagcenter.com
- Website — www.suagcenter.com

Expanding our efforts— Volunteers
25 adults and youth volunteers helped with annual youth day for ages 6-15.

Parish Facts

According to County Health Rankings, East Carroll Parish is ranked 63 out of 64 parishes in overall health outcomes which includes a mortality (how long you live) ranking of 63 and morbidity (how healthy people feel) ranking of 37. In regards to adult health factors, approximately 34% are obese, 83% teen birth rate and 12% are uninsured. Thus, leading to an overall health factor ranking of 64th out of 64 parishes.

Population— 8102

Persons under 18 years of age— 26.4%

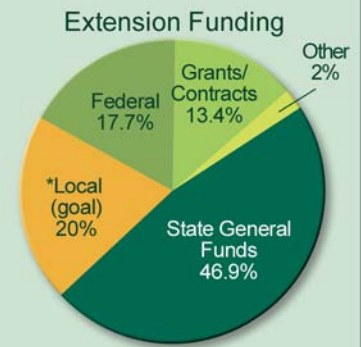
Persons over age 65— 13.1%

Median household income— \$25,100

Persons below poverty, percent, 2008— 43.7%

Land area, 2000 (square miles) - 421.44

Persons per square mile, 2000— 22.4



**Local Funding*
East Carroll Parish Tax Support
East Carroll Parish School Board
East Carroll Parish Police Jury

How we are funded.

You are the local supporters and beneficiaries in the LSU AgCenter's Extension programs. Just 20 percent support keeps these programs in your community.

Your parish extension office offers programs in:

- Sustaining Louisiana's agriculture, forestry and fisheries.
- Building leaders and good citizens through 4-H youth development.
- Family, nutrition, health and community development to enhance the quality of life for Louisiana citizens.

Programming Outcomes

Nutrition and Health

- Participants learn the importance of establishing healthy eating and physical activity habits.
- Individuals and families learn and practice food safety practices.
- Participants learn and practice budgeting food dollars.
- Individuals gain knowledge about and adopt practices to prevent chronic diseases.
- Participants gain knowledge about and adopt healthy weight management practices.



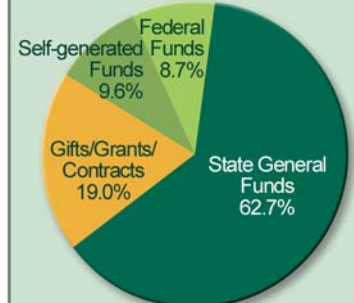
Family and Child Development

- Family members learn and utilize skills to improve family resiliency.
- Parents/guardian learn and implement positive parenting practices.

Family Resource Management

- Clientele seek financial stability and security by reducing debt and improving money management skills.
- Individuals improve financial stability by seeking or obtaining employment.
- Clientele adopt best practices for building, retrofitting or maintaining sustainable homes.

LSU AgCenter Restricted/Unrestricted Funds FY 2009



For the latest research-based information on just about anything, visit our Web site:
LSUAgCenter.com

