

NMSU > College of Agricultural, Consumer, and Environmental Sciences (ACES)

# Extension Family and Consumer Sciences

## 2016

### Nov. 12

Six Extension Family and Consumer Sciences faculty received a special invitation from Dr. Hugo Vilchis, Burrell College Professor and Associate Dean, to attend an international conference on chronic diseases. America's Network for Chronic Disease Surveillance and the Burrell College of Osteopathic Medicine hosted the conference in Las Cruces on November 9-11. This was the first USA-based conference for this international group. About 100 health professionals and medical students from Latin America, North America, the Caribbean, Europe and Asia attended. The medical professionals were interested in Extension's ability to offer evidence-based educational programming to help individuals prevent or cope with chronic diseases.



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### Oct. 29

NMSU Night at the Market – Dr. Sonja Koukel, Extension Health Specialist, and Haley Nohl, graduate assistant, represented the Extension Health & Wellness program at the Downtown Las Cruces for Halloween Market, October 26. One hundred youths were reached through an interactive poster display focused on poison prevention, Identifying candy from harmful products, such as over-the-counter medications. The poster was a great activity for the children to learn the difference – sometimes it was even hard for them to tell which was the medicine.

## Sept. 23

Karim Martinez, Family and Consumer Sciences agent and county director for Dona Ana County, received the Distinguished Service Award at the annual meeting of the National Extension Association of Family and Consumer Sciences in Big Sky, Montana on September 15. This award is given to Extension faculty who have been members for at least 10 years for their leadership, outstanding programs, and personal and professional growth. Cydney Martin, Family and Consumer Sciences agent for Santa Fe County, received two regional awards – one for photography and one for radio podcasts.



*Karim Martinez (right)*

## Aug. 20

Sonja Koukel, Extension Health Specialist, was featured in the Extension Committee on Organization and Policy's (ECOP) Monday Minute blog for her leadership of the national Health Literacy Action Team

(<http://ecopmondayminute.blogspot.com/2016/05/16.html>). It is estimated that 9 out of 10 adults in the U.S. lack the skills to manage their health and prevent disease. The Health Literacy Action Team is working with Extension professionals across the country to raise awareness and make health literacy programming a priority.

## April 23

Money Smart Week - Dr. Bryce Jorgensen, Extension Family Resource Management Specialist, and Karim Martinez, Director of Dona Ana County Extension, organized several activities and presentations during Money Smart Week. Created by the Federal Reserve Bank of Chicago in 2002, Money Smart Week is a public awareness campaign designed to help consumers at all income levels better manage their personal finances. They are featured accepting the proclamation for Money Smart Week with the City of Las Cruces.



*Money Smart Week is a public awareness campaign presenters*

## **April 16**

National Health Outreach Conference – Dr. Sonja Koukel, Extension Health Specialist, gave a presentation on how health literacy impacts individual and public health. Koukel leads the national Health Literacy Action Team for the Cooperative Extension Service. Cassandra Vanderpool, diabetes coordinator, gave a presentation on a cooking school for people with diabetes in New Mexico. Lourdes Olivas, nutrition program coordinator, gave a presentation on using promotoras to teach people with diabetes how to increase their physical activity and eat healthier.

## **Feb. 20**

Fit Families Program Five children and their families (14 people in total) started a 12-week program in February to increase healthy eating and physical activity and reduce childhood obesity. Each class begins with a cooking lesson that ends in a tasty, nutritious family meal. The class is led by Lucinda Banegas-Carreon, Extension Associate in Nutrition. This is the first Fit Families class to be offered in Spanish in Las Cruces.



*Fit Families class*

## **Feb. 13**

Master Food Preserver program Cindy Davies, county director and county home economist for Bernalillo County, started a 6-week Master Food Preserver class on Feb. 2 in Albuquerque with 12 community members. After completing the class series, the trained volunteers will assist with other food preservation activities in their county. Dr. Nancy Flores, Food Technology Specialist, developed the curriculum for the Master Food Preserver program in collaboration with Cindy Davies and Kelly Knight, county director and county home economist for Otero County.