



# College of Agricultural, Consumer and Environmental Sciences

Department of Extension Family and Consumer Sciences Profile

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## 2017 Quick Facts

### EFCS Faculty/Staff:

- Reached over 6,000 stakeholders through community classes, workshops, newsletters, and events.
- Brought in over \$3.45 million in grant funding.
- National Chair for the Extension Health Literacy Action Team.
- Steinman Endowed Chair.

## Mission Statement

The mission of the Department of Extension Family and Consumer Sciences (EFCS) is to improve the quality of life for the citizens of New Mexico by distributing research-based information on community and environmental health, food technology, nutrition and wellness, personal and family finance management, and family life and child development.

## ACES Pillars for Economic and Community Development

Food and Fiber Production and Marketing

Water Use and Conservation

Family Development and Health of New Mexicans

Environmental Stewardship

Foundational Education and Training

## Selected Program Impacts

- **Eliminating Debt:** One-hour workshop presented to 335 adults across the state. All participants reported improved knowledge and attitudes and learned strategies and tools to get out of debt, with 93% intending to create a debt-elimination plan and pay off their debt as soon as possible.
- **Fit Families:** Twelve-week nutrition program delivered to families with children between 5 and 12 years of age. Benefits are increased knowledge about healthy food choices, physical activity, and coping with psychological challenges. Instruction includes a cooking demonstration and nutritious meal.
- **Food and Drug Administration courses for food processing and food safety:** Certifications earned by 100 people in these courses: Better Process Control School, Food Safety Modernization Act Produce Safety, and Food Safety Modernization Act Preventative Controls for Human Foods.
- **Food Safety Backpacks:** Distributed backpacks filled with food safety literature, meat and refrigerator thermometers, and food safety guidelines to 400 individuals at one community event.
- **Just Be It! Healthy and Fit:** Nutrition and fitness curriculum for grades 4–6. The interactive, hands-on approach is designed to reduce childhood obesity risk factors for youth by increasing nutrition knowledge, fruit and vegetable intake, and activity levels.
- **Kitchen Creations:** Now in its 15th year of partnership with the NM Department of Health, Kitchen Creations provides cooking schools for people with diabetes and their families. The four-week cooking school is taught in 15 counties to 523 diabetic adults and their families. Increased knowledge of healthy food choices and safe food preparation.
- **Managing Stress and Building Resiliency:** Ten presentations in seven different counties to 300 adults, adolescents, and children. Increased knowledge and skills in managing stress with intentions to implement resiliency-building strategies.
- **Master Food Preserver Program:** Statewide program presented by county EFCS agents. Twenty-five participants completed training, providing 257 volunteer hours with a value of \$5,117. Increased knowledge and skills in teaching safe home food preservation.

*Empowering People, Enhancing Lives*

## Selected Partnerships and Collaborators

- Burrell College of Osteopathic Medicine
- Children's Law Institute
- eXtension Communities of Practice:
  - Creating Healthy Communities
  - Families, Food & Fitness
  - Just in Time Parenting
  - Personal Finance
- Families and Youth, Inc.
- Head Start Programs
- Joslin Diabetes Center
- Jump\$tart Coalition
- Kellogg Foundation
- La Semilla Food Project
- Molina Health Care
- Money Smart Week
- National Child Protection Training Center
- National Endowment for Financial Education
- NM Children, Youth, and Families Department
- NM Chile Association
- NM Citizens Review Board
- NM Department of Health
- NM Food and Agricultural Policy Council
- NM Health Literacy Coalition
- NM Human Services Department
- Public school systems statewide
- San Juan Regional Medical Center
- Southwest Border Food Protection and Emergency Preparedness
- University of New Mexico Health Sciences Center
- U.S. Department of Agriculture/National Institute of Food and Agriculture
- Wells Fargo Bank
- Western Pecan Growers Association

## Selected Program Impacts (Cont.)

- **Pathways to Better Health Through a Workforce Community Engagement:** Joslin Diabetes Center (2012) subcontract to deliver the On the Road to Living Well with Diabetes Program via community health workers. Over 1,500 participants reached. Improved blood pressure and blood glucose levels among participants, plus 80% retention and completion rate.
- **Chronic Disease Self-Management Education Programs:** Research- and evidence-based family of programs that includes Diabetes Self-Management, Cancer: Thriving and Surviving, and Chronic Pain Self-Management. Most programs available in English and Spanish. Reached over 700 New Mexicans since 2015.
- **Strength Training Benefits and Getting Started:** Five presentations in four counties to 60 people, including hands-on strength training with the resistance band. Increased knowledge and skills on why and how to do strength training. Intention to continue to strength train after the session.
- **Why EVERYONE Needs a Will:** One-hour workshop presented to 122 adults across the state. All participants improved knowledge and attitudes and learned strategies and tools to create a will, with 94% intending to create a will and talk with their family about their estate plan within the following three months.

## Faculty and Staff Expertise

### Tenured or Tenure-Track Faculty

- **Nancy Flores**, Food Technology Specialist
- **Sonja Koukel**, Community and Environmental Health Specialist
- **Bryce Jorgensen**, Personal and Family Finance Specialist
- **Raquel Garzon**, Nutrition and Wellness Specialist
- **Open position**, Family Life and Child Development Specialist

### Grant-Funded Faculty

- **Diabetes and Nutrition Programs:** Lucinda Banegas-Carreon, Lourdes Olivas, Cassandra Vanderpool
- **Paths to Health NM:** Gabe Calderon, Lucinda Banegas-Carreon, Lourdes Olivas
- **Southwest Regional Training Center:** Brooke Stanley Tou, Lorretta Diaz, Mary Ortaleza, Julia Maciel, Bob Brazell ([swrtc.nmsu.edu](http://swrtc.nmsu.edu))

### Support Staff

- **Gloria Hernandez**, Administrative Assistant
- **Mariana Lucero**, Administrative Assistant

### For more information, contact:

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## Social Media/Blog

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