

# Family and Community Wellness


NDSU Extension Family and Community Wellness (FCW) professionals address critical needs across the state of North Dakota. Research is conducted and educational programming is offered on a variety of topics, including nutrition, food safety, chronic disease prevention, food systems, food security, rural stress, family science, aging well, leadership development and civic engagement.

## FCW Supports North Dakota Agriculture

Field to Fork is a webinar series offering education on growing, preserving, preparing and creating food products for sale at farmers markets and retail settings.


 **82%** changed growing practices

 **78%** trying to attract more pollinators

 **50%** growing vegetables they had never grown before

## FCW Strengthens North Dakota Rural Communities

The Aging in Community project is identifying community-based solutions to help older adults stay in their rural homes and communities longer.

 **15** community members providing **1,631** volunteer hours

 **2,800** older adults reached

 **77%** report feeling more confident living at home


## FCW Builds North Dakota's Leaders

Lead Local provides education related to serving on boards, councils and committees.

 **24%** more can model effective ways to deal with group conflict

Rural Leadership North Dakota is a dynamic leadership development program focusing on a mix of personal development, leadership study and location-related subject matter.

 **26%** have run for public office

 **74%** have been more involved in their community

## FCW Highlights

 **39** active grant-funded projects

 **\$13.7** million in grant funds

 **100%** of specialists applied for grants

## SBARE Request

- 1.0 FTE for FCW grant coordinator
- Operating Support for NDSU Extension

### For more information:

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