

Family and Consumer Sciences

Our research, education, and service efforts focus on three areas for Ohioans: **healthy finances**, **healthy people**, and **healthy relationships**.



Healthy finances are one of our priority areas. Our professionals provide **financial education** to families via programs including **Real Money. Real World., Ohio Saves, HUD-Approved Home Buyer Education and Counseling, Money 101, and Rent Smart.**



Healthy people are a priority to all of our faculty and staff. Disease management and prevention is offered through programs such as **Dining with Diabetes.** Our food safety professionals provide the knowledge and skills Ohio citizens need to **reduce incidence of foodborne illness** and to **reduce the impact** it has on health care costs. Focus areas include food preservation, food service manager training, and more.



There are many ways our professionals provide resources to individuals and families to encourage and support **healthy relationships, mental wellness, and living well through the lifespan.** Our professionals offer parenting, mindful wellness, fall prevention, and many more classes to support personal growth, family, and aging.

Priority Areas Align with Current Needs

The programs and workshops our professionals develop and deliver address priority needs of Ohioans in the 21st century such as *childhood obesity, money management, and mental wellness and resiliency.*

Real Money. Real World.

Real Money. Real World. (RMRW) is a youth **financial education** program that aims to **increase youth knowledge and awareness** about **finances** and how their decisions can make a big impact on their lives. Extension professionals partner with many community partners including **schools, banks, juvenile justice centers, and homeschool groups** to deliver RMRW curriculum.

Of the more than 12,000 students completing a RMRW evaluation, the following changes in behavior were noted:

- 69% indicated an **increased understanding** of the amount of deductions taken from a paycheck for taxes and other withholdings.
- 83% of students reported that after participating in the program they would be **more likely to have a plan for money** that includes both wants and needs.
- 80% of students indicated that they were more likely to **think about how their spending impacts** their other opportunities and choices, and other people.



More than **20,000** Ohio youth participated in financial literacy programming in 2024.

1,346

ServSafe Participants increased their knowledge of food safety after participating in this training program.

4,160

Parents participated in classes that equip them with knowledge, skills, tools, awareness, and strategies to create healthy relationships with children.

530

Home buyers benefited from phone-based financial education sessions related to purchasing a home.

3,862

Children (ages birth to 8) were impacted by professional development classes for early childhood education teachers.

308,046

People Participated in SNAP-Ed and EFNEP community and nutrition programming (as learners or volunteers).

16

Specialty Teams that focus on aging, outdoor safety, sustainability, food preservation, and more.

59,100

Visitors logged onto the Live Healthy Live Well blog, go.osu.edu/livehealthy, that focuses on healthy lifestyle living.

\$2.5M

Granted to Ohio State to fund the High Obesity Program that will focus on improving nutrition and physical activity and address health disparities.



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EXTENSION

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