

OSU Extension Coshocton County Family and Consumer Sciences 2023



Real Money. Real World. is interactive financial literacy for high school students.

263 students. 3 schools.
58 classes. 37 volunteers.
Partner with Coshocton CARES.



Dining with Diabetes is healthy cooking and sharpening skills to better manage diabetes.

7 programs. 106 direct contacts.
Partner with Coshocton Regional Medical Center.



Homebuyer Education with Ohio Housing Finance Agency to counsel homeowners.

46 budgeting consultations.
\$7.7 million in home loans.
9 counties.



Food Safety Training empowers managers and food handlers with best practices.

82 direct contacts. 8 classes.
36 businesses/ institutions.
4 counties.



Educational outreach creatively meets community needs.

15 open community classes.
32 requested programs.
Partner with Coshocton Senior Center and Coshocton Public Library.



Meet educational needs of court system with Successful Co-Parenting and Teen Diversion Parent Communication.

53 divorced parents with minor children. 54 teens and parents.

IMPACTS



- Taught 676 people in Coshocton County
- Most participated in multiple classes for 1,643 direct teaching contacts
- Taught 95 classes during 25 programs



- Media communication about research-based healthy living topics
 - 53 newspaper columns
 - 41 radio updates
 - 3 radio interviews
 - 10 online webinars



- 78% of *Real Money. Real World.* participants agreed that after participating in this program they will have a plan for their money that includes both needs and wants and 70% will get more training or education after high school.



- 90% of food safety participants strongly agreed they are more comfortable talking with coworkers about increasing the safety of food in their establishment.



- Partnered with educators to teach 14 programs outside of Coshocton County to 620 people, mostly food safety and business related

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OSU Extension Provides Lifelong Learning



Leslie Mayle, Registered Dietitian from Coshocton Regional Medical Center, helps Dining with Diabetes participants prepare a new recipe.

Healthy People

Of adults 65 and older in Coshocton County, 22% have been diagnosed with diabetes. More than half (58%) of adults with diabetes rated their health as fair or poor. The **Dining with Diabetes** program has become a cornerstone program of OSU Extension and Coshocton Regional Medical Center with assistance from Coshocton Public Health District. Since 2019, over 120 people have attended diabetes education classes.

One participant shared this feedback about what they learned: "Good food is possible. Good serving sizes will take time to make a habit. Exercise helps. Lots of good details to work into my daily life. Thank you!"



Real Money. Real World. volunteer, Brett Boyer of Boyer Insurance, teaches Coshocton High School students during the simulation day.

Healthy Finances

In the past 5 years, OSU Extension has reached 1,148 students in Coshocton, Ridgewood, and River View school districts as well as the Coshocton County Career Center and the Coshocton Opportunity School with 232 financial literacy classes as part of the **Real Money. Real World.** program.

Emily Marrison has led a team of OSU Extension professionals to obtain a \$37,000 grant through USDA Extension Risk Management Education to develop an online, self-paced course for people wanting to start their own food business. **Food Business Central** equips food entrepreneurs with knowledge and strategy to launch a successful farm-raised or home-based food business in Ohio.



Coshocton Leadership participants experience the Poverty Simulation to better understand social services in our communities.

Healthy Relationships

For the past two years, Emily Marrison has facilitated the **Poverty Simulation** for the social services joint program day with Coshocton County Youth Leadership and Leadership Coshocton County. In 2023 there were 32 participants divided into family units with the goals of meeting the basic needs for their families for a simulated month. Over a dozen local volunteers, many of whom work in social services in our community, make the experience come alive for participants.



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