

# ***National Volunteer Outreach Network***



## ***Project in Common Report*** **2004 - 2005**

Objective: Improve **women's health** in communities, states and the world.

Dare to Be Healthy is a program that was started January 2004 and is to continue through December 2005. The objective of this program is to Develop Awareness and Responsibility through Education on Women's Health issues.

### **Arkansas Extension Homemakers**

Physical Activity and Your Health has been Arkansas' focus as members walked a total of 55,321 miles. The emphasis has been placed on the health benefits, of walking, on a regular basis.

### **Illinois Association for Home and Community Education**

Illinois Association for Home and Community Education initiated a "five a day" meal plan project. Members kept a record of miles they walked for exercise. Some counties collected various items for Veteran's Homes and Hospitals and Women's Crisis and Pregnancy Care Centers.

### **Indiana Extension Homemakers Association**

IEHA participation in the NVON Project in Common, Dare to Be Healthy, has come in a variety of forms. At the ten district meetings held in spring 2004, Indiana had speakers addressing the topic of Diabetes. Early warning signs and suggestions for avoiding diabetes were addressed.

Beginning May 1, 2004 and continuing through April 30, 2005, IEHA held the statewide Stepping It Up walking program. The goal was to encourage members and non-members to become more active. Each person wore a pedometer daily to track steps. Once a baseline was established, each individual set goals to increase the number of steps based on his/her personal circumstances. IEHA partnered with America On the Move and the Ismail Center for Health at Purdue University. The success of the program varied from county to county. Early reports showed over 2000 participants, but the final reports had only 950 names reported. A total of 672,725,477 steps were tracked. Many participants benefited from the program, although several expressed frustration with the pedometers from time to time.

Those who attended the Recognition Banquet at their annual conferences were encouraged to be aware of women's health issues. In 2004, each received a red dress pin for women's heart health, and in 2005, each received a pink ribbon pin for breast cancer awareness.

### **Kentucky Extension Homemakers Association**

Living in a state with high rates of obesity, cancer, and meth use, Kentucky Extension Homemakers are working to meet the challenge issued at our 2004 annual meeting, to educate women and their families on how to live a healthier life. During the past year homemakers across Kentucky had lessons, special interest classes and projects to improve their health. A wealth of outreach programs have been initiated through the UK Cooperative Extension Service HEEL (Health Education Through Extension Leadership) initiative.

Some of the programs, lessons and projects that have been created are:

GET MOVING KENTUCKY, an 8 week physical activity program with health lessons. About 45,000 Kentuckians participated in the program last year. Ongoing programs around the state include Body Recall Exercise classes and Walker Clubs.

WEIGHT CONTROL CLASSES-THE REALITY SERIES, a ten week educational course designed to help adults learn to control their weight. It emphasizes the connection between behavioral risk factors, such as physical activity, weight and diabetes. Lessons and ongoing programs as a result of this series are "dinning with diabetes", nutrition classes and the Backpack Nutrition Program for elementary students.

LEAP FOR HEALTH (Literacy, Eating & Activity for Preschoolers), a program consisting of a series of 10 lessons using children's storybooks to teach children about staying healthy and eating more fruits and vegetables. Since the beginning of the program about 12,000 children have been reached with the program.

WALK YOUR LAND, addresses substance abuse issues, particularly the production and use of methamphetamine. Materials address data indicating illicit drug use, abuse, production and sales, Also, training for identifying meth waste and how landowners can dispose of it and restore the land. Other programs going on across the state, ongoing and new, are blood drives, health and wellness fairs (64 counties), the Red Dress Campaign and several cancer issues. Kentucky homemakers in all 14 Areas are working on the Relay for Life, getting mammograms (6,634 reported last year), ovarian cancer screening (5,253) and various other cancer screenings (4,797). Monthly newsletters, highlighting a health topic, are sent to county Extension agents for use in their county programming and local newsletters.

KEHA continues to contribute to ovarian cancer research at the University of Kentucky, with our dollars and participating in annual screenings.

Kentucky homemakers continue to meet the challenge they received at the 2004 annual meeting by producing healthier citizens from Paducah to Pikeville.

### **South Carolina Family and Community Leaders**

The goal of this 2 year state project in common with NVON was to inform women about major health issues. The following is a report of South Carolina FCL's involvement with this program and the outcome of that involvement.

During 2004, 5,302 participants took roles in local clubs by giving programs, setting up exhibits, sponsoring health fairs and participating in walks. National and local programs were adapted for state use. Participation in breast cancer awareness and the Red Dress Day for women's heart health was

commendable. Health fairs, health displays at state and county fairs, and scavenger hunts were all viable programs.

During 2005, 8,608 participants took part in health programs. 25 exhibits, 22 health fairs, 18 walks, and 36 health programs were instituted. The File of Life Packet System, which consists of vital personal medical information placed in a bright red magnetic pocket and posted on the resident's refrigerator to be readily accessible to EMS in case of an emergency, was implemented by SCFCL. This program was a great success. Members not only utilized the file of life packets, but purchased them for their family members and friends.

South Carolina FCL participation in this worthwhile project came to a close at the end of the year 2005. Yet, the programs instituted are still being used, the exercise and yoga classes are still in progress, and healthy diet is still an issue. The File of Life Packets are still on display, and the Red Dress Pin is still being worn. Long after it has officially ended, this project still lives on in South Carolina.

### **West Virginia Community Educational Outreach Service, Inc.**

**Breast Cancer Awareness** is observed each October with a total of \$40,479 dollars reported as raised in 2005 and 06. One county with one club donated \$11,500 from an annual walk they sponsored! This county is so successful because the money all stays in their county to help pay for screenings and treatments. One county taught a class at a high school on Breast Cancer Awareness. Wreaths were hung in many counties in observance of Breast Cancer Awareness Month. Comfort pillows for mastectomy patients and "Reach for Recovery" bags were made and donated to hospitals. Members participated in Tell a Friend Project, which means you call a friend and remind them to have a mammogram. Pink ribbons, flyers and mints were distributed during Breast Cancer Awareness month. Quilts are made by CEOS members and tickets sold to raise money for breast cancer. This project is called Quilts of Hope.



**Dining With Diabetes** is a program our Extension Offices offer, but it could not be successful without our CEOS membership that backs it. There were 28 counties reported as being involved. We had 679 members helping with this program, 607 hours reported volunteered, and \$869 reported as contributed. (Data collected for 2005 only.)

**Active for Life** was supported by 18 counties, with 195 members involved for a total of 3,249 hours reported. (Data collected for 2005 only.)

**Fat, the Good, the Bad and the Ugly** was a lesson written by Extension for our club meetings and we had 27 counties that reported studying it with 1,593 members reached and 56,400 nonmembers reached mainly via newspaper articles. (Data collected for 2005 only.)

**Stress in Turbulent Times** another lesson under DARE to be Healthy with 28 counties reported as studying the lesson, with 1,427 members involved and 56,270 nonmembers reported as reached.



Our **State Exhibit** for NVON Conference 2005 was **Dare To Be Healthy** with plenty of handouts covering various health subjects. Candy kisses were free for the taking with the information of the health benefits of dark chocolate.

Our **State Committees** for 2005 had the **theme** of **General Well Being**. We figured a lot of health issues could be included with this theme.

**Healthy, Wealthy & Wise** was the **theme** chosen for **WVCEOS Annual Conference** held at Jackson's Mill in October 2005 where approximately 350 members attended. Blood pressures were taken as people registered for conference. The following **sessions** were offered that included **health**, with the number that attended typed out from the session.

- Hearth Truths for Women - 15
- Everything You Ever Wanted to Know About Organ Transplantation - 10
- Diabetes Foot Care - 30
- Managing Stress - 20
- Humor: It Works - 50  
(To help reduce stress, promote health and enhance quality of life.)
- Breast Cancer Awareness - 4
- What's Up, Doc? -14  
(Learn how to communicate effectively with your doctor.)
- Common Foot Problems - 22
- Strong Women Stay Young - 20  
(Benefits of activity and strength training information.)
- A "Weigh" to a Healthier West Virginia -7
- Changing Your Eating Patterns -8
- Healthy, Hearty Party Foods -18
- Cooking with Artificial Sweeteners -16
- Herbs and Your Healthy Lifestyle -11

The Capnote Speaker addressed "Menopause: The Mid-life Metamorphosis"

### **Heart Disease Awareness Activities Throughout the State**

The counties reported the following:  
 lessons on nutrition and exercise, active for life programs, wore red in February, walking, exercising, joining fitness clubs, participated in county health fairs and heart festivals, and handed out heart awareness papers. One county had a fish fry and donated money to Heart Awareness Disease; another sold Red Dress pins and made \$100 for the cause. Some participated in low carb diets, healthful meals and refreshments, programs on heart health and gave out red dress pins. Blood pressure information was distributed; members walked 3 miles 3 times a week. Some wore red ribbons while one county donated \$35.00 to the heart telethon. Others attended Mended Hearts, set up a display at family life expo, health walk-

walked 100 miles in 100 days. Some counties did the Go Red for Women program, Hoops for Heart program, newspaper articles, and CEOS displays at fairs.

### **Osteoporosis Awareness Throughout the State**

Counties offered the following:

Exercise programs, speakers, lessons, drink milk, take calcium, bone density tests, handed out flyers, encouraged testing, and members were screened at area meeting for bone density. Lots of clubs had the lesson on Better Back Health, and did promotion of "3 a Day" of dairy council information.

No. of hours reported donated: 1,712

Dollar amounts reported submitted: \$1,846.

Nonmembers reported reached: 4,722

### **Cancer Awareness Throughout the State**

Relay for Life raising \$140,000, did family health histories, "Miles of Pennies" account to support Relay for Life, bulletin inserts and flyers handed out at Post Offices, made cancer comfort caps, ditty bags, pillows, and reservoir bags.

Number reported reached: 4,562

Number of reported items: 700

Money reported: \$142,073

Six Counties reported helping with bloodmobiles for at total of 352 hours.

### **Wisconsin Association for Home Community Education, Inc.**

Wisconsin Association for Home Community Education continues to place a focus on family health.

The State Young Family Chair shared with their counties information she learned from the Children and Weight Coalition: "Children and Weight: Choices and Challenges for Today's Parents" on topics of childhood diabetes, healthy eating for healthy bodies, and exercise, with a focus on developing ideas that communities can use to develop healthier children. Ideas being implemented include developing a map of the walking trails in a county, and establishing a "Walk to School Day".

The State Membership Chair is promoting a contest for gaining new members urging members to invite nonmembers in the "Walk About WI" program.

Wisconsin's annual full daylong Leadership Institute held at their state conference focused on Healthy Lifestyles which included Laughaerobics and a pedometer to each participant.

Wisconsin is urging their members to get out and walk this summer. They are also featuring 3 workshops at their Conference, Awareness of the Eye, Managing your headaches, Teenage Brain development and Cooking for one or two.