

Cooperative Extension Service

Health Outreach

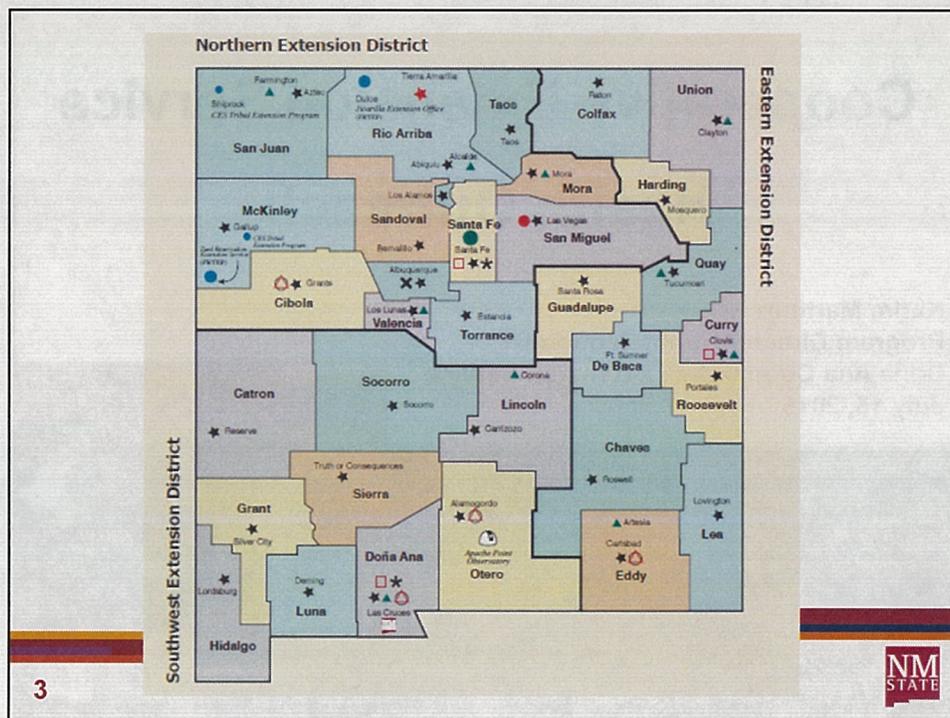
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Doña Ana Cooperative Extension Service
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What is the Cooperative Extension Service?

- The community education arm of New Mexico State University.
- CES faculty members are attached to all 33 county governments and many tribal areas in NM.
- Established through Smith-Lever Act of 1914





What is the Cooperative Extension Service?

- Mission: to provide the people of New Mexico with **practical, research-based knowledge and programs** to improve their quality of life.
- Subject areas: **agriculture, home economics, 4-H youth development, community and economic development.**

Why “Cooperative”?

- Backed by state, federal and local funding, the Cooperative Extension service is a cooperative effort between NMSU and county governments.
- County Government, NMSU, USDA Cooperating.

5

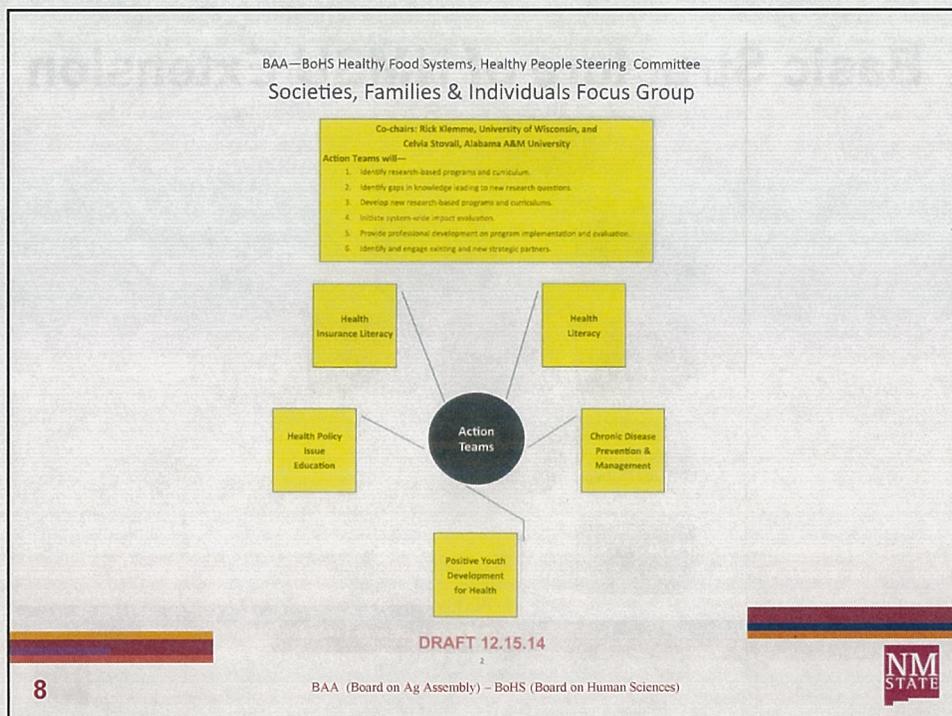
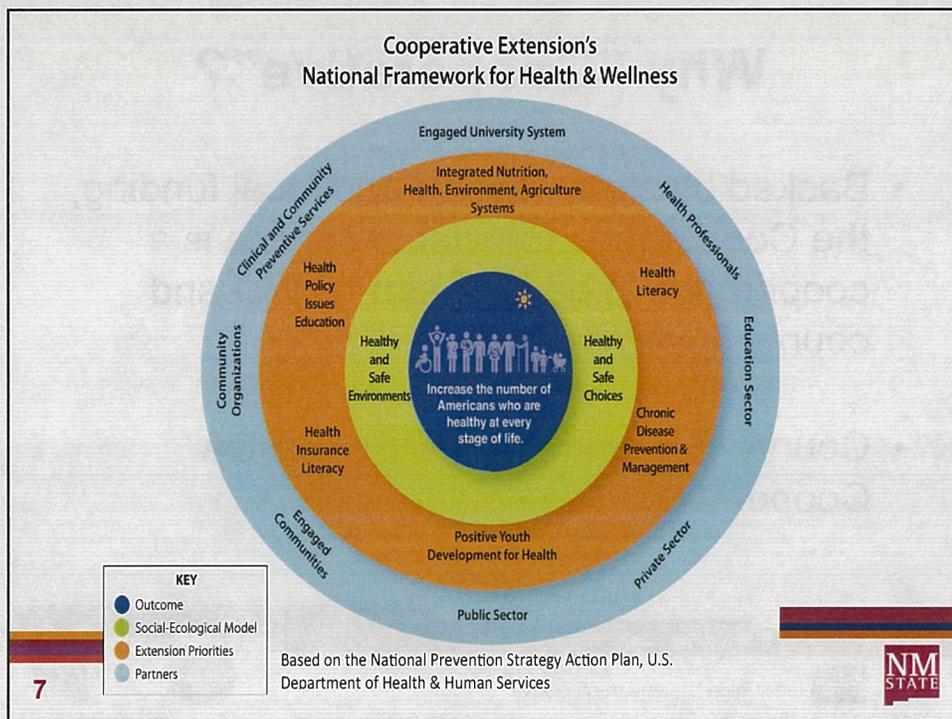

 United States Department of Agriculture


Basic Structure of NMSU Extension



6





Strengths of Extension

- Located in every county
- Connect to communities to assess needs
- Provide programs based on clientele needs
- Long history of providing trusted information
- Information is practical and taught in ways that develops skills

9



Extension Health Efforts

- Nutrition
 - ICAN
 - Fit Families
- Diabetes
 - Kitchen Creations
 - Joslyn Diabetes Program
 - National Diabetes Prevention Program (NDPP)
- Food Preservation
- Food Safety
 - <http://nmsufoodsafety.blogspot.com/>
- Emergency Preparedness
 - NMSU Southwest Border Food Safety and Emergency Preparedness Center
- Parenting
 - Strengthening Families Initiative
- Physical Activity
 - Just Be It, Healthy and Fit!
 - Strong Women, Strong Bones
 - Strong Women, Strong Hearts
- Youth Development
 - 4-H Clubs, School Enrichment, School Outreach
- Gardening
 - School and Community gardens
 - Master Gardeners
- Farmers' markets
- Food policy councils
- Ag biosecurity
- **Health Literacy**
- **Health Insurance Literacy**
- **Chronic Disease Self-Management**

10



What is Health Literacy?

- The ability to obtain, understand, and act on health information and services
- Access to clear, easy-to-understand information is key to making good health decisions
- Health literacy is the result of interactions between individuals and systems
- Increased health literacy will help improve both the health of individuals and the collective public health

11



Health Insurance Literacy

- People have questions about the Affordable Care Act
- Smart Choice Health Insurance Literacy program-pilot for MD CES
 - English
 - Spanish

12



Health Insurance Literacy

- People need basic information
- Doña Ana County HHS received a grant from NMAC to provide ACA outreach
- Goal of presentation is to provide basic information about the ACA (Medicaid Expansion & Exchange) and refer to enrollment event
- Role of Extension was train-the-trainer



13

Health Insurance Literacy

- Important topic for Extension
- Professional Development
 - Webinar for Extension faculty and staff
 - Extension SW District Staff Development Retreat
 - NM Extension Professional Association Meeting

14





15



Chronic Disease Self-Management

- Partnership with NMSU-SoAHEC in college of HSS
- Developed by Stanford University
- 6-week workshop
- Goal is to develop participants' skills in living a healthy life with a chronic condition
- Participants receive book & relaxation CD



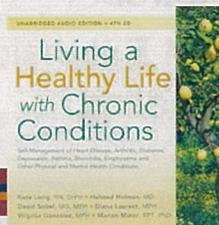
The Manage Your Chronic Disease (MyCD) Program
A Free Six-Week Community Workshop

Dates: Thursdays, February 19, 26, March 5, 12, 19, 26, 2015
Time: 5:30 PM - 8:00 PM
Location: Doña Ana County Extension Office
Address: 530 N. Church St., Las Cruces, NM 88001
Sign-up now, call Karim Martinez at (575) 525-6649
Workshop is limited to 20 people and is for adults of all ages.

Supported by the:



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16



Outcomes of Program

- Participants learn action planning, problem-solving, decision-making, communication skills
- Stanford has 20+years of research showing participants reduce the number of ER visits and improved quality of life
- Reduces costs of unnecessary health care

17



- *"it also motivated us, because everyone there is going through difficulties, some even more than our own, so we were not alone"*
- *"I come out of the program with a new view of how I should live my life. I am now walking, I am drinking much more water, am learning Tai Chi and am looking at all there is to do and learn out there....this program has given me many tools to adjust to my pain and live a health, satisfying life. I will miss coming here on Thursdays."*

18



What does Extension Health Outreach look like?



- ICAN at Riverside Elementary 2nd grade Youth
 - Cooking With Kids Tastings: Peas Tasting
 - Pea chart & bar graph



19



More Pictures of ICAN

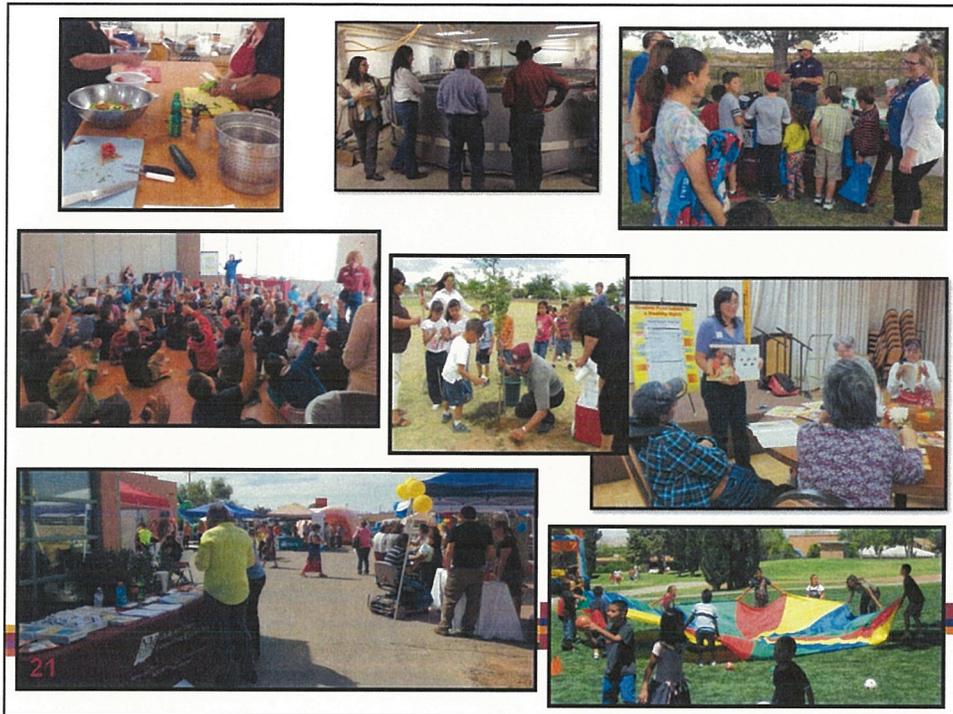


- Riverside Elementary Parent Group
 - Eating Smart Being Active
 - Lesson and Exercise Activity



20





Thank You!

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