



NEWS RELEASE

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For Immediate Release

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Central State University Extension supports strong families and individuals with programs

WILBERFORCE, OH –Central State University Extension has been designing and expanding its Family and Consumer Science (FCS) programs to strengthen both the individual and the family unit financially, emotionally, physically and nutritionally.

A new mobile health unit as well as a mobile kitchen support the current FCS programs throughout Ohio.

Diabetes Empowerment Education Program: Topics include diabetes risk factors, diabetes complications, foot care, meal planning and healthy eating, as well as stress management techniques such as physical activity, medications and self-monitoring of health.

Freedom from Smoking (Adults): Freedom From Smoking® program focuses on setting a quit date with a quit plan to become tobacco-free.

Not on Tobacco (N-O-T) (Youth): Smoking cessation program designed for youth and teens to develop/maintain positive behaviors.

GenRX: Focuses on safe medication practices and prescription drug safety for all ages.

QPR---Questions, Persuade and Refer: Reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training. Quality education empowers all people, regardless of their background, to make a positive difference.

“Let’s Get Turned Up and Turn it Around”: Educates youth on childhood obesity, focusing on kid-friendly cooking as well as dancing for fitness and fun.

Nutrition Education for Older Adults: Four-session program promoting eating/physical activity to improve health focusing on goal setting and addressing real and potential barriers.

Families Eating Smart, Moving More: Hands-on nutrition program teaching new skills---shopping, cooking and daily physical activity.

Teen Cuisine: Learn concepts about nutrition, food prep, cooking, safety and physical activity to enhance learning/behavior among teens.

Chicago Parent Program: Twelve-session evidence-based parenting program created for parents of young children (2-5 years old) designed to meet the needs of a culturally/economically diverse audience.

Strengthening Families: Evidence-based parent/youth/family skills-building program focusing on preventing substance abuse, behavior issues and increasing communication skills leading to academic success.

Food Preservation: Programs: focus on home food preservation, food safety and storage including freezing; canning; both low- and high-acid foods dehydrating; jams and jellies; and pressure canner gauge testing. Value-added food programs address cottage foods and commercial canning for increased economic well-being. In addition to home food safety, Food Safety and Sanitation programs are designed for those preparing food for public consumption. Person-in-Charge and Manager Certificates are provided.

FDIC Money Smart: Programs for youth, young adults, adults and seniors help manage financial resources throughout the life span.

Mastering “Adulting” After Moving Out: Teaches lessons preparing young adults for independence. This four-week series covers topics such as the apartment hunting process; home maintenance; what to do in emergency situations; financial literacy (loans, credit reports, choosing a bank, etc.); maintaining relationships; and time/stress management and more.



Cutline: The new mobile kitchen made its debut at the CSUE Fish Filleting and Harvest program in December 2021.

CESTA/1890 Land-Grant Programs at CSU

About Central State University: Central State University, located in Wilberforce, Ohio, is a regionally accredited 1890 Land-Grant University with a 132-year tradition of preparing students from diverse backgrounds and experiences for leadership, research and service. The University, which has been named HBCU of the Year by HBCU Digest, fosters academic excellence within a nurturing environment and provides a strong liberal arts foundation and STEM-Ag curriculum leading to professional careers and advanced studies globally.

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