

# **Central State University Extension**

Central State University Extension (CSUE) serves Ohio citizens in underserved and underrepresented populations. CSUE provides programming in 30 Ohio counties in both urban and rural areas. In 2022, CSUE reached over 11,000 people through programs, camps, workshops, and classes. CSUE's four focus areas are:

#### **4-H Youth Development**

4-H programs provide youth in underserved and underrepresented populations with the tools needed to lead healthy, satisfying, and productive lives where they contribute to their community as youth and later as adults. Youth can become involved with 4-H camps, after-school programs, and clubs to foster their skills and competencies, build positive relationships with caring adults, identify and make informed choices to contribute to their community, and have multi-cultural experiences. 4-H programs also involve developing adult volunteers to impact youth in underserved and underrepresented populations.

#### Agriculture and Natural Resources (ANR)

ANR provides programs and training for small-scale, organic, and beginning and limited-resource farmers in urban and rural areas. Programs focus on farm sustainability to empower farmers to overcome obstacles to gain access to knowledge, land, and capital. Programs also focus on increasing the adoption of climate-smart technologies, incorporating sustainable forest management, and identifying agroforestry alternatives for urban and rural farmers.

### Community and Economic Development (CED)

CED provides programs to build resilient Ohio communities through coordination and collaboration with stakeholders in communities to improve the overall conditions facing individuals and families. Programming includes financial literacy, home ownership, entrepreneurship, workforce development, high school equivalency, and more. The CED program aims to empower individuals for socioeconomic advancement by improving the overall conditions facing individuals and families in Ohio's communities in rural and urban areas.

### Family and Consumer Science (FCS)

Improving health outcomes in underserved and underrepresented communities is a critical priority for FCS. Programs are designed to ensure participants have the necessary knowledge, skills, and confidence to eat healthier and increase physical activity to decrease their risk of chronic diseases for themselves and their families. FCA programming helps people navigate life's journeys. FCS programs will also focus on helping participants make time for mindfulness, find ways to manage stress, anxiety, and depression and navigate life's journey and family dynamics. FCS programs can also help to improve financial management, build positive relationships, and strengthen decision-making skills.



## Extension

#### centralstate.edu/csuextension

Funding Agency: NIFA | Central State University is an Equal Opportunity/Affirmative Action Institution.