



# COOPERATIVE EXTENSION IMPACT

# 1890 Land-Grant Universities

2020 - 2021

*Providing access  
to knowledge  
and resources  
to shape a  
brighter future  
for our families,  
communities and  
businesses.*

- Nutrition & Health
- Economic Prosperity
- Youths, Families & Communities
- Environmental Stewardship
- Small-Scale Farming

**C**ooperative Extension at the 1890 Land-Grant Universities has the unique responsibility of translating federal and state dollars into educational outreach that advances the wellbeing of their states' diverse audiences, particularly those with limited social and economic resources. Each year, these 19 Historically Black Colleges and Universities (HBCUs) primarily located across the South share research-based information with their states' limited-resource families, businesses and communities to empower them to reach their goals. From improving the profitability and sustainability of small-scale farm businesses to providing families the information they need to make healthy lifestyle choices, the 1890s Land-Grant Universities shape a brighter future for their communities through their Cooperative Extension programs.

How? Our Extension specialists, agents, staff and volunteers engage with the public at the local level to hear their concerns and provide them with actionable solutions. We constantly test new formats to deliver information, like virtual forums and interactive digital learning programs, to augment our traditional in-person farm, home, business and school visits. We forge partnerships with other trusted local agencies and organizations to extend our capabilities. Additionally, we test, measure and listen to learn what works best for the people we serve.

During 2020 and 2021, our challenges grew due to the COVID-19 pandemic. But our Cooperative Extension mission remained steadfast: to ensure our communities have the information they need to stay safe, healthy and prosper. The powerful impacts we made during this time are a testament to our committed search for real solutions to our communities' most urgent needs. We think you'll agree.



Photo: USDA-NIFA



# Nutrition, Health and Wellness of Individuals, Families and Communities

Like many 1890 institutions, **Tennessee State University's (TSU)** Extension program is supported by two federally-funded nutrition education programs: the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). Through its EFNEP program, TSU recently graduated 455 youths from a series of four to five classes, which resulted in 87% of the youths being able to choose healthy foods based on the Federal Dietary Recommendations, 46% using safe food handling practices, 51% increasing their physical activity and 31% improving their ability to prepare simple, nutritious, affordable food.

Additionally, the TSU provided a series of nutrition education classes to SNAP-eligible adult and youth audiences. The "Shop. Cook. Eat. Within Your Budget." program is in its third year of keeping Tennessee families healthy, with 30% of participants eating more fruit, 43% eating more vegetables, 44% reducing their sugary drink intake and 43% increasing their physical activity.

For fall 2021, **Delaware State University (DSU)** developed SNAP into Healthier Lifestyle and the Health Nutrition Club. These initiatives use bi-weekly texting and email strategies to address barriers participants face to health behavior changes, access to healthy foods and food security. With help from community stakeholders, DSU has increased Family and Consumer Sciences program outreach by 150 additional Delawareans and realized a 40% increase in more positive health behaviors of program participants.

*"Before the [EFNEP] classes, my husband and I lived a very sedentary lifestyle. I didn't consider many physical*

*activities enjoyable, but now, we enjoy many of the activities we learned in class. We now grocery shop together and cook meals using recipes we learned in class. We're more physically active with our daughter and enjoy walking together after dinner or going to the park on weekends. Also, we started our garden, which helps us stay active and provides fresh vegetables for the family. Combined, my husband and I have lost over 20 pounds."*  
--Tabitha Green, **Langston University** EFNEP program graduate

## Why This Matters

Chronic disease and poor health disproportionately affect minority and low-income audiences. For every dollar spent on nutrition education, as much as \$10 is saved in health care costs, and \$2 is saved in food costs. Cooperative Extension at the 1890 Land-Grant Universities educates low-income families about healthy lifestyle choices, helping to save and improve lives, and reduce escalating healthcare costs.







## Economic Prosperity and Well-Being of Rural and Urban Underserved Communities

Many people served by Cooperative Extension at the 1890 universities have an above average poverty and unemployment rate, increased chronic diseases and live in food deserts. Georgia is no exception. In 2020 and 2021, **Fort Valley State University's** Extension program empowered Georgia's limited-resource families to be better parents and caregivers, while providing youths with important life skills. In Missouri, **Lincoln University's** Small Farmers' Outreach Program helped the bottom line of small-scale farmers by teaching them how to build low-cost cold rooms to extend the life of their fresh produce before it is sold. One farmer, Maria Vang, reported an increase of \$5,500 since the completion of her cold room. Louisiana's **Southern University Ag Center** launched an information campaign to inform more than 2,500 residents about government assistance programs that could benefit them. And in Texas,

**Prairie View A&M University** hosted a pop-up event to offer immediate and hands-on assistance to small businesses prioritized in the Biden Administration's recent changes to the Paycheck Protection Program (PPP). The "Pop Up and Do Your PPP" event held March 5-6, 2021, yielded \$469,742.61 in PPP loans submitted for local small business owners, including self-employed people.

### *Why This Matters*

By providing practical, solution-oriented learning opportunities outside the formal classroom, citizens saved money, earned more, lowered health concerns, coped with stress and increased family resiliency, especially in traditionally underserved communities.



# Youths, Families and Communities' Resilience and Sustainability

Cooperative Extension is designed to meet the challenges of families and communities in every state. In 2020 and 2021, there was no bigger challenge than navigating the myriad of problems caused by the COVID-19 pandemic. The 1890 Land-Grant Universities quickly and effectively responded to their communities' challenges through a variety of Cooperative Extension programs.

**West Virginia State University's** Extension program partnered with West Virginia University Extension staff to promote the governor's vaccination incentive program. It offered a \$150 prepaid Visa® card to households in which grandparents are raising their grandchildren, if all family members over 12 were vaccinated. West Virginia ranks second in the nation in the number of these "grandfamily" households, and the death of a grandparent caregiver could result in the grandchildren having to become wards of the state. More than 1,000 households participated in the Healthy Grandfamilies program as of November 2021. The program also connected participants to additional Extension resources that they had not previously been aware of, such as assistance with food and clothing access.

In Texas, **Prairie View A&M University's** Extension program offered no-cost or low-cost certification courses to fulfill the needs of both job hunters and employers desperately seeking skilled workers, which was intensified due to the pandemic. And **Alabama A&M University** launched a program that helped 232 older adults feel less isolated and more connected to friends and family during the COVID-19 pandemic by teaching them to use Zoom to host meetings, share screens and more.

## *Why This Matters*

In many cases, no one knows the unique challenges of individual communities as well or is in a better position to solve them as Cooperative Extension agents and staff. Over the last two years, these boots-on-the-ground professionals have identified and are continuing to solve for the many problems COVID-19 has caused our youths, families and communities, especially those with limited social and economic resources. These solutions will result in positive impacts on the health and economic stability of individuals and communities for years to come.



Photo: USDA-NIFA



Photo: USDA-NIFA



## Environment, Natural Resources and Renewable Energy

---

Cooperative Extension at the 1890 Land-Grant Universities plays an important role in improving states' environment, natural resources and renewable energy. For example, through its Sustainable Forestry and African American Land Retention Program (SFLR) in 2020 and 2021, **Prairie View A&M University** Extension personnel provided forest management education to 600 African American forest landowners in several Texas counties to help them retain land and build wealth. The program will be expanded throughout East Texas in the near future.

Additionally, **Alabama A&M University**'s 10 Drug Take Back drives were held in partnership with law enforcement agencies to collect and properly dispose of 2,100 pounds of unwanted or expired medication. The team also held eight electronic waste recycling drives and collected more than 45,900 pounds of waste. As a result, they deferred 63,979 pounds of carbon emissions from entering the atmosphere and diverted 1,319 pounds of toxic metals from entering local landfills, according to the e-Stewards Global Environmental Impact Calculator.

Furthermore, in 2021, **Central State University**'s Cooperative Extension program conducted several virtual forestry educational programs and started a chapter of Women Owning Woodlands in the Appalachian region of Ohio. These initiatives directly support the continued growth of Ohio's forest products industry, which has an economic impact of more than \$26 billion per year and directly employs nearly 50,000 people within the state.

### *Why This Matters*

Responsibly managing our natural resources can reduce greenhouse gas emissions, carbon footprints and the overall impacts of climate change, which directly or indirectly affects the health of our families and economies. Cooperative Extension at the 1890 Land-Grant Universities extends research-based knowledge about natural resources and renewable energy to communities locally and worldwide, especially socially and economically disadvantaged audiences, to empower them to take action responsibly, yet profitably.





# Agricultural Profitability and Sustainability of Small-Scale Farms

The 1890 Land-Grant Universities share a Cooperative Extension mission to help small-scale farmers and ranchers increase their profitability and sustainability. In one example last year, **Virginia State University** Extension faculty identified a shortage of facilities for goat and sheep producers to process their meat for resale. The facilities were either too far, experiencing scheduling delays due to COVID-19, or not state and federally inspected, which is necessary to sell the meat commercially. As a result, Virginia ranchers were severely limited in their ability to meet the growing consumer demand for goat and sheep meat, as well as their ability to increase profits.

To remedy this, the Extension faculty designed and built a Mobile Processing Unit (MPU). In 2021, producers who successfully completed a certification program and had their processing site inspected could lease the unit for use on their farms to butcher their own animals under custom, state or federal inspection. It is estimated that producers who use the unit will save approximately \$165 on travel to available USDA-

inspected processing facilities and \$1,700 on processing costs for a total savings of \$1,865 per producer in 2022.

*"I have taken many, many courses in my life, but I cannot think of one that was as worthwhile, useful and enlightening as the MPU course, particularly the hands-on Saturday and Sunday sessions."*

*--Bill Rogers, Shenandoah County, VA*

## Why This Matters

Small-scale farmers and ranchers in the 1890 region, especially those with limited social and economic resources, often require assistance to increase the profitability of their farm businesses. Every year, Cooperative Extension faculty at 1890 universities develop innovative solutions like VSU's Mobile Processing Unit to meet producer's needs. These solutions economically benefit each producer's family and community, and help meet the growing consumer demand for safe, locally produced food.



*Contained within are just a few examples of the many ways Cooperative Extension at each of the nineteen 1890 Land-Grant Universities are making a positive impact in their state's communities each year. To learn more, visit [www.1890aea.org](http://www.1890aea.org) or email [communications@1890aea.org](mailto:communications@1890aea.org) to subscribe to the monthly Extension Today newsletter.*

## The 1890 Land-Grant Universities

Alabama Agricultural and Mechanical University  
Alcorn State University  
Central State University  
Delaware State University  
Florida Agricultural and Mechanical University  
Fort Valley State University  
Kentucky State University  
Langston University  
Lincoln University  
North Carolina Agricultural and Technical State University  
Prairie View Agricultural and Mechanical University  
South Carolina State University  
Southern University  
Tennessee State University  
Tuskegee University  
University of Arkansas Pine Bluff  
University of Maryland Eastern Shore  
Virginia State University  
West Virginia State University

[www.1890aea.org](http://www.1890aea.org)



**AEA**

Association  
of Extension  
Administrators

1890 LAND-GRANT UNIVERSITIES