

## About Us

*For more than 100 years, MSU Extension has helped Michigan residents by equipping them with the skills they need to do their jobs better, raise healthy and safe families, build their communities and empower Michigan's children to plan for a successful future.*

### Who we are

MSU Extension staff throughout the state deliver high-quality, affordable education through focused and specialized programs serving the needs of children, youth, families, communities and businesses across Michigan.

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*MSU Extension Health & Nutrition*

# Supporting family well-being

Your clients' health makes a difference in quality of life. Yet, an individual's health and well-being depends on a complex mix of factors — including health education.

As a professional with limited time and resources, how can you ensure your clients have access to the educational programs they need?

## We're here to help

Make Michigan State University (MSU) Extension your partner of choice in helping your patients and their families achieve and maintain optimal health. We provide educational programs that empower individuals and families to make positive lifestyle choices. Using a holistic approach, we address the issues that concern your clients: building healthy relationships, preparing food safely, staying physically active, getting proper nutrition, preventing and managing diabetes and other chronic diseases, and more.

## Expert resources in your community

We are educators, helping people improve their lives by bringing MSU's vast knowledge and resources directly to individuals, families and communities.

MSU Extension works alongside you and other local experts, complementing efforts already in place. We're local, accessible and ready to work with you and your clients on relevant wellness issues.

## Impact-driven programs

MSU Extension offers effective and evidence-based programs that help individuals and communities in measurable ways. Using a community-based approach, our educational programming promotes healthy lifestyle choices, empowering each individual to acquire the skills that support his or her personal health.

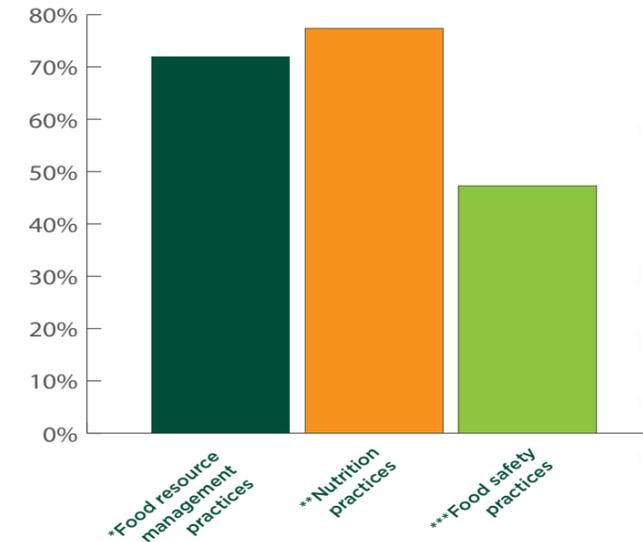


“ The classes have value for anyone who is willing to actively participate. ... It is a great resource to be able to offer parents in our community! ”

— Department of Human Services parent aide

## Proven Behavior Change

Percentage of participants that improved behaviors after participating in an MSU Extension nutrition education series:



\*Plans meals, compares prices, does not run out of food, uses grocery lists

\*\*Plans meals, makes healthy food choices, prepares food without adding salt, reads nutrition labels, has children eat breakfast

\*\*\*Thaws and stores food properly

2012 Evaluation Report

## Increasing client health through:

- Nutrition
- Physical Activity
- Disease Prevention & Management
- Food Safety
- Healthy Relationships

Find out more about how **MSU Extension** can assist you by calling 517-353-6674.

