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Family Issues '84

Purdue University Cooperative Extension Service

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FOR A STRONG COUNTY EXTENSION HOME ECONOMICS PROGRAM

HE-173

FINISHED

START HERE

Major concerns of families

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____

Following these programs, families will be better able to...

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

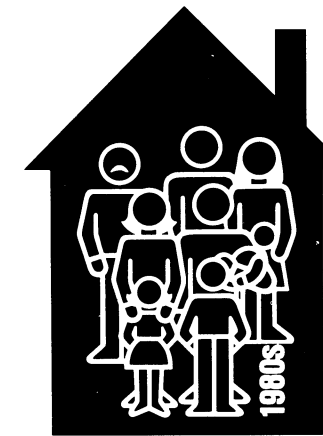
READY FOR ACTION

Programs should be delivered via: (i.e., newsletter, meeting, series, etc.)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Programs that address those concerns

Topic	Audience
1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____



FAMILY ISSUES '84

From its beginnings, Cooperative Extension has had Home Economics/Family Living programs as an integral component. The Home Economics component has as its goal the improvement of the quality of life for individuals and families through enhancement of their economic and social well-being. It seeks to achieve this goal through education. Families should increasingly be involved in the forces of change in their communities.

The well-being of American families is essential to national strength since the values that underlie national stability are forged by families. Pressure brought to bear on families as a result of social and economic change have made them an object of much concern. Cooperative Extension can strengthen families by providing them research-based knowledge that can be applied to such areas as provision for food, clothing, shelter, and emotional support.

To meet the needs of Hoosiers in the 80's, Extension Home Economics is focusing on these major issues:

ECONOMIC STABILITY

- Selection, use, and care of goods and services
 - Effective use of resources
- Consumer interaction with the marketplace

PHYSICAL WELL-BEING

- Optimal development
- Prevention of illness or disease
- Maintenance of health

EMOTIONAL AND PSYCHOLOGICAL WELL-BEING

- Personal development
 - Relationships
- Dealing with stress

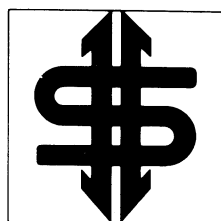
Over the last several months, every county in Indiana has completed a Four-Year Plan of Work for the Extension Home Economics program. From these 92 county plans, a state plan of work was written. The information in this flier was taken from the state plan of work.

Program-planning committees plan and work with county Extension agents to develop programs that will address concerns of local families and reach family and community goals.

Read this flier before you plan your county program. As you read it, consider how families and individuals in your community are doing and what needs they have. Use the worksheet to build a strong county Extension Home Economics program.

Extension Home Economics programs develop and strengthen the ability of families and individuals to extend their incomes, improve their health through preventive care and nutrition, and increase their well-being during economic and social change and uncertainty. As a program-planning committee member, you make an invaluable contribution to the quality of life for families in your county by developing programs that help people to help themselves.





Economic Stability

Major components of this area of emphasis are:

- Maximizing Resources
- Short-Term Financial Management
- Buying Goods
- Long-Term Financial Management

The economy in the 1980's continues to challenge Indiana families' ability to attain a desired level of living. Unemployment, high interest rates, and fluctuating inflation rates are only part of the story in managing limited family resources.

Management skills are critical resources for families in the 1980's. Financial management has been and will continue to be a major focus for families. Home-produced goods, sold in the marketplace, can add to the family's financial security. Business management skills, including accounting, marketing, and pricing, will increase the probability of success. Tight economic conditions and changing family aspirations force consumers to *maximize their resources*.

The marketplace in which families find themselves today is more complicated. Advances in technology have made available vast arrays of food, clothing, household equipment, furnishings, shelter, and health and educational services with constantly changing features. *Buying goods*, including services, requires increasing skill in recognizing product characteristics, comparing costs, and making final selections appropriate to the family resource base.

Families look for ways to optimize their incomes. Many alternatives are popular and appropriate: home-produced goods (i.e., food, clothing, simple household repairs), home-based employment, bartering, neighborhood co-ops, and careful product quality. Increasing family resources and improving the use of resources in the short term are important ways to *manage resources in the short term*.

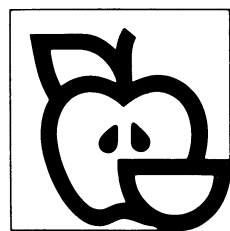
Equally important, but difficult, is *long-term financial management*. Shifts in family composition (divorce, marriage, birth, death, and children leaving home) are major influences on the economic health of the family. The projected increase in the number of elderly will put excessive pressure on retirement programs. Government tax incentives, such as IRA's, promote long-term financial planning. The transfer of family property through wills or other action is a process that might enhance or erode the family's economic security.

Important programs for individuals and families in this program area are:

- Property Ownership and Estate Planning
- Understanding IRAs
- Business Basics for Home Businesses
- Marketing Yourself through Resumes
- Wardrobe Planning
- Home Based Business, Sewing for Profit
- Shopping for Apparel for All Family Members
- Maintaining and Protecting Your Housing Investment
- Extending Use-Life of Apparel, Home Furnishings, and Equipment
- Eating and Sleeping Out—The Hospitality Industry
- Home Ownership
- Do-It-Yourself Home Maintenance
- Energy Conservation and Management
- Managing Your Food Dollar
- Home Food Preservation

As a result of programs like these, families will:

- identify appropriate financial strategies for their situations and goals
- identify the relative importance of goods to their level of living and establish priorities
- acquire knowledge of the importance of planning household production, use of community services, and care and maintenance of products to extend their use life
- develop skills for marketing home-produced products.



Physical Well-Being

Major components of this area of emphasis are:

- Nutrition
- Health Hazards
- Food Safety

Food habits, developed early in one's life, have an impact on health and well-being throughout life. A day does not pass without the media announcing "new evidence" concerning diet and disease. Nutrition is a significant factor in health for Indiana residents. Separating fact from fiction is difficult, if not impossible, for consumers. Consumers are confused and frustrated by conflicting recommendations. The adage, "Life is hazardous to your health," has surfaced as a result of their frustration.

Lifestyle changes and economic changes that affect food accessibility and food choices have complicated the basic task of providing healthful foods. Fast-food establishments flourish in our hectic world. Convenience foods that cost more but save time are seen as necessary items for dual-earner families, working mothers, and others. The use of additives in food production and processing is commonplace and, in fact, essential to feed our people.

Positive dietary changes are being made by Americans, coincidental with decreased mortality from the diet-related diseases. There is clinical evidence that good *nutritional practices* which improve general nutritional status might be beneficial in preventing or delaying onset of some chronic degenerative diseases.

An understanding of nutritional needs throughout the life cycle is needed since nutrient intake can have a major effect upon the physical well-being and emotional health of Indiana's citizens. Improved nutritional practices can save money by decreasing illness and spending for marginal, ineffective, or harmful health and diet products.

Advances in technology and modern lifestyle have created new health hazards which affect all consumers. Environmental pollution may also play a role in inducing or promoting some kinds of ill health. Precautionary measures to minimize undesirable contaminants in our foods and/or clothing are being taken.

As a society, we seldom question our food supply. Coping with the volume of highly technical information about *food safety* and its relation to health is a continuing challenge. Concerns about additives, processing procedures, naturally occurring toxicants, sanitation, and safe energy conservation are being voiced by consumers.

Home food preservation is increasingly popular as a result of higher food prices, increased leisure time, and the urge for greater self-sufficiency. It is imperative that proper processing procedures are followed to avoid food-borne illness, to maintain nutritional quality, and for food safety.

According to the 1980 Census, 10.5% of Indiana's citizens are living at or below the poverty level. For those people, education regarding the basic aspects of food and nutrition means the difference between health and illness for adults and maximum growth and development for children, compared to a limited achievement of potential.

Important programs for individuals and families in this program area are:

- Drug-Nutrient Interaction
- Nutrition and Disease
- Weight-Control Diets: Fact and Fiction
- Food Contaminants and Toxicants: Natural and Unintentional
- Drying, Canning, and Freezing: A Guide to Home Food Preservation
- Pesticide Residue and Laundry Procedures

As a result of programs like this, families will:

- increase knowledge about nutrition
- improve behavior patterns related to diet
- increase awareness of pesticide hazards, natural toxicants, and unintentional contaminants in food
- develop knowledge of safe procedures for food preservation.



Emotional & Psychological Well-Being

Major Components of this area of emphasis are:

- Parent Education
- Stress Management
- Adolescent Pregnancy
- Strengthening Family Interaction
- Leadership Development
- Self-Concept Development

The 1960's and 1970's produced a major upheaval in the structure and functioning of the family. As a result of these changes, diverse family forms are emerging. Among these are families consisting of teenage parents, single parents, dual earners, and early retirees and individuals living alone.

Expectations relative to *parenting* have changed drastically in the last few years. Changing roles of women, as reflected by employment outside the home, have created new constraints and uncertainties about the role of the parent. More than half of Indiana women with children under 18 years of age are employed outside the home. Of the 1.5 million children in Indiana, over 20% live in single-parent families.

Strengthening family interaction is one way to help individual families cope with stress experienced when adjusting to new situations, expectations, and roles. Skills in coping may help strengthen families rather than let them be weakened under the above conditions. Skills in family communication, decision-making, problem solving, and learning to live together can strengthen family interaction.

Families reside in communities, with complex problems—pollution, crime, teenage pregnancy, inferior education systems—which require the attention of community members. *Individual and family leadership* in public affairs provide a means for community improvement as well as for the development of leadership skills.

Stress is evident everywhere in our society. Families are no exception. Coping with stress, *managing stress*, is essential to survival in society today. Learning to take charge of and control our lives in our complex world is essential.

The *birthrate among teenage girls* in the United States is among the world's highest. In Indiana, 17.3% of all births are to teenage mothers, with 90% of those mothers keeping their babies. Adolescent pregnancy and parenthood entail risks for both parents and children. Educational services are needed to help teenagers avoid future pregnancies and to assist them as they adjust to parenthood and/or marriage.

People are the most significant resource in the society. Many people need to develop more positive *self-concepts*. Educational programs can present techniques that help individuals build a positive self-concept.

Important programs for individuals and families in this program area are: • Clothing for Mastectomees • Public Affairs: A Guide to Involvement • Shared Leadership: A New Direction • Stress Management Workshops • Working Families • Holiday Stress • Stress on the Farm • Problem Solving and Decision-Making Workshops • Parent Education • Adolescent Pregnancy: Problems and Solutions • Stress-Reducing Interior Design

As a result of programs like these, individuals and families will: • develop skills in managing stress • learn skills in problem solving and decision-making • increase knowledge of effective parenting techniques • increase involvement of parents in sex education • increase knowledge of the risks associated with adolescent pregnancy • develop insight into the factors affecting self-concept • increase participation in public activities.

