

FAMILY & CONSUMER SCIENCE REPORT

A look into the health of the community and potential FCS programming in Randolph County. Family & Consumer Science programming offered through N.C. Cooperative Extension has the ability to make a an impact on the health of the community by providing research based programming and resources to citizens that will empower them to make well informed decisions in regards to their health and well being.



Community Health Data

Heart disease is the number 1 cause of death in Randolph County. The rate of heart disease in the county has risen since the last report and is higher than the rate for the entire state. Diabetes Mellitus is the seventh leading cause of death in Randolph County and has also risen since the last report. **Impact:** Increased healthcare costs, prevalence of poor health condition, and rate of death. **Need:** Chronic disease prevention and management education programs to help prevent and manage health conditions.

Population Data

By 2042, over 50% of the population in Randolph County will be ages 60+. The highest percent change is the 85+ group. **Impact:** Increased prevalence of functional limitations, frailty, chronic diseases, healthcare costs, and more demand for long-term supports and services. **Need:** Chronic disease prevention and management education programs help people better prevent and manage chronic conditions.

Financial Impact

Cardiovascular disease in the U.S. is stated to be costing \$422.3 billion per year and also a \$168 billion loss in productivity on the job*. The total estimated cost of diabetes in 2022 was \$412.9 billion per year with a \$32.4 billion loss in productivity on the job**. **Impact:** Increased number of people postponing healthcare & preventative screenings as well as increased financial strain on citizens and businesses. **Need:** Chronic disease prevention and management education programs.

Research Based Educational Programming

N.C. Cooperative Extension offers many programs that provides research based information that can help lower these numbers by providing education and resources about nutrition, health, and food safety. Potential programming could include programs such as Med Instead of Meds, Steps to Health, and programs that encourage a reduction in risk factors and increase of healthy lifestyle factors.

*(Martin et al., 2024)
**(Parker et al., 2023)

FACTS ABOUT CHRONIC DISEASE



6 in 10 adults

in the U.S. have a chronic disease

1



4 in 10 adults

in the U.S. have 2 or more chronic diseases

2

#1 Cause of Death

Chronic disease like heart disease and diabetes mellitus are the leading causes of death in the U.S.

3



Financial Impact \$\$

Chronic disease is a major contributor to the \$4.1 trillion dollars in healthcare costs in the U.S.

4

Solutions

Making healthy lifestyle and eating choices can reduce risk of chronic disease.

5



*Information from
<https://www.cdc.gov/chronicdisease/about/prevent/index.htm>

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UNIVERSITY

POTENTIAL FAMILY & CONSUMER SCIENCE PROGRAMS

Med Instead of Meds

- Program offered through N.C. State University's Cooperative Extension program
- Based on research centered around Mediterranean Style eating
- Research shows that Mediterranean Style eating is beneficial in preventing and managing chronic disease.
- Adaptable to various flavor profiles and budget friendly.
- Informs, empowers, and motivates participants to make healthy changes



Take Control

- Program is part of Steps to Health programming.
- 8 sessions
- Program aimed at chronic disease prevention
- Budget friendly recipes and methods
- Provides opportunities for participants to track healthy eating and lifestyle goals
- Informs, empowers, and motivates participants to make healthy changes

Research Based Events

- FCS offers various events based on research that will inform and empower participants to make healthy choices that affect their health.
- Examples of programs can include Dining Out Heart Healthy, Using Herbs & Spices, and Decoding Food Labels for heart health or diabetes

Randolph County EXTENSION & COMMUNITY ASSOCIATION



Cooperative Extension Volunteers Are Making a Difference in Randolph County



ABOUT

The ECA was originally organized as home demonstration clubs providing education to the community on topics such as family, health, and home sanitation. Now called the Extension Community Association, the ECA continues to work within the community.



MISSION

to strengthen families through:

- Leadership Development
- Volunteer Work
- Educational Support
- Research-based education from North Carolina State University and North Carolina A&T State University



VOLUNTEER SERVICE

The Randolph County ECA collectively donated

2,121 hours

of volunteer service to Randolph County in 2023.



VALUE OF CONTRIBUTION

The IRS value of volunteer hours =
\$31.80/hour

The ECA's total volunteer contribution for 2023 is

\$67,447



ECA Service Projects

Service projects in Randolph County include many community efforts such as sewing workshops, donations, and volunteering with FCS and 4-H programming.

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5. Parker, E. D., Lin, J., Mahoney, T., Ume, N., Yang, G., Gabbay, R. A., ElSayed, N. A., & Bannuru, R. R. (2023). Economic costs of diabetes in the U.S. in 2022. *Diabetes Care*, 47(1), 26–43. <https://doi.org/10.2337/dci23-0085>
6. CDC. (2023a, October 26). How you can prevent chronic diseases. Centers for Disease Control and Prevention. <https://www.cdc.gov/chronicdisease/about/prevent/index.htm>