



FCHS

Family & Community Health Sciences



FAMILY & COMMUNITY HEALTH SCIENCES 2024 IMPACT

SOCIAL MEDIA



1,474

Followers across our entire social media presence



137

Hours of content watched across our Facebook and YouTube Accounts



1,018

Subscribers to our monthly email newsletter



“It was absolutely wonderful to see how my children incorporate what they learned to their daily lives, we all learned so much.”



“I understand diabetes and how to prevent it much more than I did before starting the program. It made me feel in control of my destiny.”



COMMUNITY OUTREACH



923

Indirect Outreach



192

Total classes held



13,581

Adults reached between in-person and online classes



876

Youth reached between in-person and online classes

CHRONIC DISEASE PREVENTION SPOTLIGHT



28

Graduates of the 12-month New Jersey Empower to Prevent Program in 2024



42

Videos for new fitness programming in 2024



4

Families participated in first youth diabetes prevention pilot program



\$114,835

Grant funding received in 2024

NEAFCS AWARDS

Our Somerset County FCHS team joined members of the Rutgers Cooperative Extension FCHS Department and 700 other Extension professionals for a national conference where best practices, innovative research, educational resources and program achievement recognition were shared. Congratulations to our team for winning the 2nd place Eastern Regional Social Media Award for Facebook Live Programming!



COMMUNITY PARTNERS

Somerset County Office on Aging and Disability Services • Catholic Charities • Pine Grove Manor Elementary School • Healthier Somerset • Hillsborough Health Collaborative • Montgomery Health Department • Regional Morristown & Somerset Chronic Disease Coalition • Food Bank Network of Somerset County • North Plainfield Senior Group • North Branch Reformed Church Preschool • Stony Brook Elementary School • MacAfee Elementary School • Somerset County Wellness Committee • Rutgers Master Gardeners of Somerset County • Somerset County 4-H Youth Development • State Family & Community Health Sciences • Rutgers School of Nursing • Rutgers School of Public Health • Rutgers Institute for Health, Health Care Policy and Aging Research • Sai Datta Peetham • Franklin Food Bank • Richard Hall Community Health and Wellness Center • Our House, Inc • Girl Scouts • Somerset County Library System • Alzheimer's Association • Somerset County Department of Health • Bedminster Township • Ridge Oak Senior Housing • Haven-Gladstone Preschool • Bridgewater Women's Group • Watchung Senior Group

Shailja Mathur FCHS Educator

Jennifer Korneski Program Coordinator

Ian Joshua Origenes Research Assistant

Mikaela Kane Program Coordinator

Erica Correa Administrative Assistant

Liam Frank Marketing & Communications

For programming requests, please call us at **(908) 526-6295** or email us at

fchs@co.somerset.nj.us

Visit us online at **somerset.njaes.rutgers.edu/fchs** or follow us on social media **@SCNJFCHS**



310 Milltown Road, Bridgewater, NJ 08807 | <https://somerset.njaes.rutgers.edu/>
Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Commissioners.
Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.



RUTGERS UNIVERSITY
Cooperative Extension
of Somerset County
New Jersey Agricultural Experiment Station