



# 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](mailto:fchs@co.somerset.nj.us)**

Visit us online at **[somerset.njaes.rutgers.edu/fchs](https://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