

# PROGRAM GOALS

The strategic plan focuses on the achievement of four major program goals which correspond to levels of a typical social-ecological model (individual, family, organizational, and community). By working at multiple levels of a social system, and with academic colleagues, Extension stakeholders, and community beneficiaries, we increase our likelihood of producing meaningful and lasting change.

## **Promote Healthy Lifestyles (Individual Level)**

- The FCH Program will promote positive behaviors and habits that foster healthy growth and development. Similarly, it will discourage behaviors and habits that put people at risk of harm, obesity, unintentional injury, illness, and chronic disease. This work will produce behavioral patterns that are known to support individual health across the lifespan. Specifically, individuals will meet physical activity guidelines, individuals will meet dietary guidelines, and individuals will reduce their risk of illness or injury from exposure to avoidable environmental hazards.

## **Cultivate Strong Families and Support Systems (Family Level)**

- The FCH Program will support families in their efforts to ensure that all members have optimal care across the lifespan. Additionally, it will help families acquire and manage the resources needed to provide for the health and wellbeing of family members. This work will produce family relationships, systems, and resources that are known to support the health of families and family members. Specifically, parents will utilize parenting practices that support positive child outcomes, caregivers will use practices that produce positive outcomes for dependents, individuals will manage individual and community resources for maximum benefit, families will live in safe and healthy homes, and families will have a safe, secure, nutritious, and affordable supply of food.

## **Grow Healthy Organizations (Organizational Level)**

- The FCH Program will help organizations (such as schools and workplaces) implement policies, systems, and environmental strategies that will support employees and clientele in their pursuit of optimal health. Similarly, it will work to minimize exposure to factors which contribute to negative health outcomes. This work will produce schools, workplaces, and organizations that enable students, workers, and members to live healthy lives. Specifically, organizational leaders have the skills and commitment needed to lead change, and organizations will implement policies and practices that equitably support employees and clientele in their pursuit of optimal health.

## **Foster Healthy Communities (Community Level)**

- The FCH Program will help neighborhoods and communities create policies, systems, and environmental features that equitably support residents and visitors in their pursuit of optimum health. It will similarly work to minimize exposure to factors which contribute to negative health outcomes. This work will produce a culture of health in communities where people live. Specifically, community leaders and stakeholders have the skills and commitment to make changes within their communities which help people live healthy lives, and communities are characterized by policies, systems, and environments that promote the optimal health, safety, and well-being of residents and visitors.