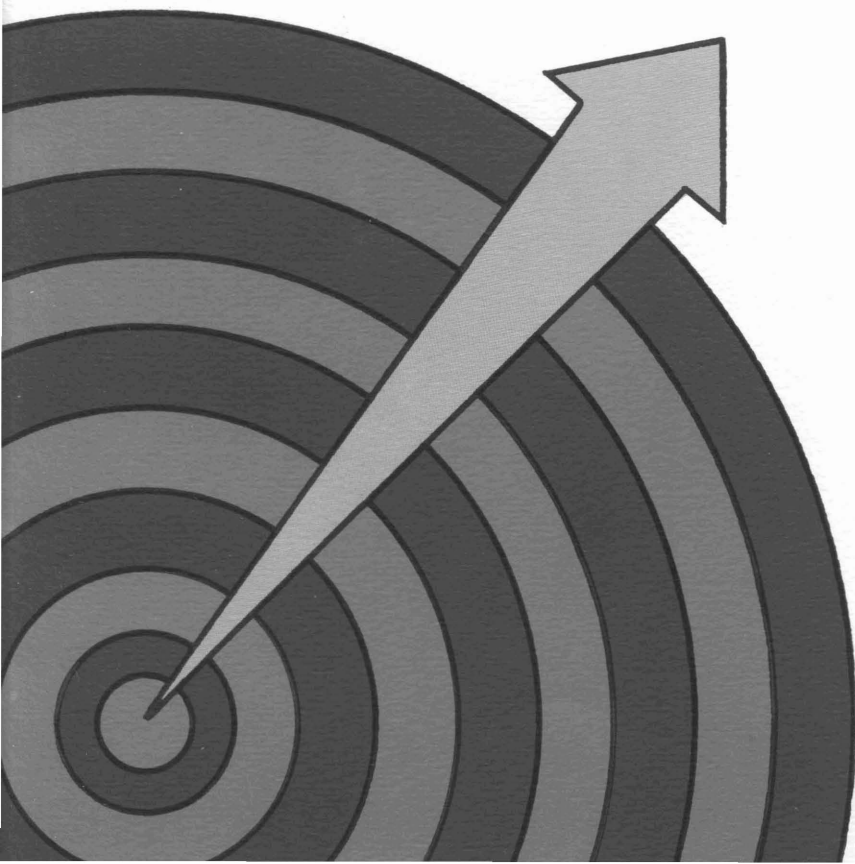


Rec'd - 15,000 - 11-6-70

MP-779

Marie Scribble

# NEW DIMENSIONS IN EXTENSION HOME ECONOMICS



TEXAS A&M UNIVERSITY  
TEXAS AGRICULTURAL EXTENSION SERVICE  
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# EXTENSION HOME ECONOMICS.... WHAT IT TEACHES

THE HOME ECONOMICS EDUCATIONAL PROGRAM of the Texas Agricultural Extension Service, Texas A&M University, is directed toward helping families and individuals acquire knowledge and skills through which they can adjust to changing social, technological and economic conditions. Science and technology have opened up vast opportunities for families, but they also have created complex problems for them.

Extension education for family and community living encourages a type of environment in the home and community that promotes maximum development of children, young people and adults in their roles as individuals, family members and as productive citizens.

The educational needs and interests of families differ widely according to age distribution, stages in family life cycle, education, occupations and socioeconomic grouping. Thus Extension home economics programs are channeled to specific clientele—4-H and other youth, young marrieds, families with young children, parents and adolescents, limited-income families, the aging and women in Home Demonstration Clubs and other organized groups.

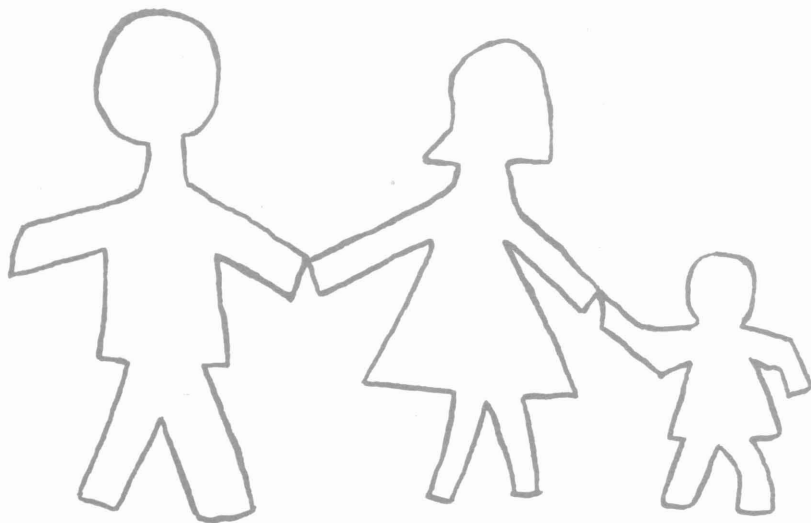
# FAMILY STABILITY

Building family strength is the objective of Extension's educational program in the area of family stability.

One way to strengthen the role of the family is through educational programs that enhance personal growth and development of individuals, improve interpersonal relationships and increase family satisfactions. Such programs focus on parent education for effective child rearing, assisting adolescents in transition to adulthood, helping young adults to adjust to marital and parental roles. Other aspects include preparation

for retirement years and the changing roles of family members.

Needs and concerns of the Texas aging population are points of emphasis in the Extension family life program. Staff members cooperate in the Governor's Committee on Aging programs, on a county and state basis. Through Extension family living programs, persons approaching or in retirement age are being taught productive use of leisure time, improved nutrition and how they may continue to participate in community affairs.

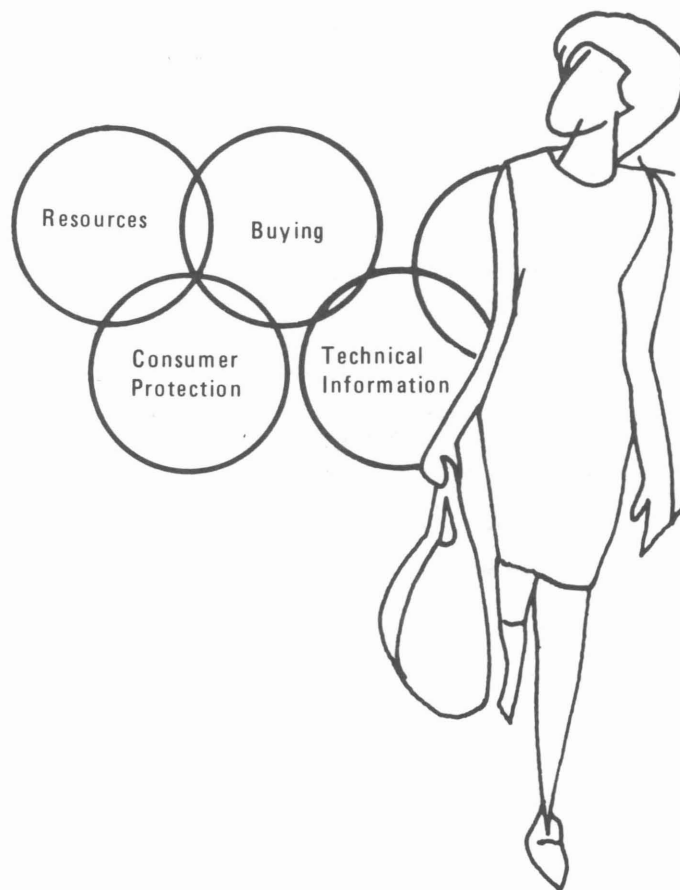


# CONSUMER COMPETENCE

This phase of the Extension home economics program gives consumers an opportunity to learn effective and efficient use of their total resources so that they can reach their personal goals and serve the public interest. It focuses on helping consumers understand their role in the community and how to develop more meaningful philosophies of life—attitudes, goals and values. Such programs help them to gain more understanding of the marketplace, how to function in it and the role of government in our economy. An important goal of this program is to help people become capable of making rational decisions individually and as a group.

Extension home economics provides useful information on selection and buying in numerous areas, such as clothing, food, housing and home furnishings. Along with this, guidelines are offered in budgeting, use of credit and management of the family income.

Extension clothing programs provide knowledge to enhance personal, social, economic and mental development of individual family members. It supplies families with technical information on principles of selection, construction, use and care of apparel. Consumers acquire knowledge in buying and information on laws, standards and organizations that offer protection.



## FAMILY HEALTH

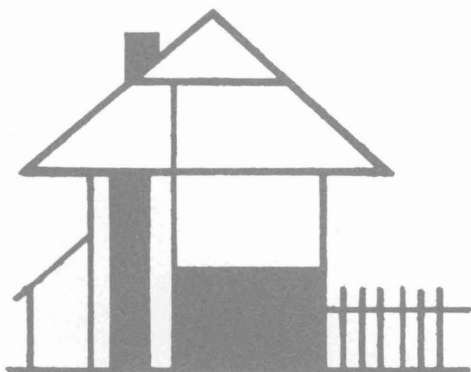


Because many Texas families suffer from inadequate diets despite a plentiful food supply and increased consumer purchasing power, the Extension home economics program gives considerable attention to human nutrition. Areas of special concern include adequate diets for all age levels, meal planning, preparation and conservation of food and food buying. Special emphasis is placed on nutrition programs with limited income homemakers and youth, including those who receive commodity foods or food stamps.

A more recent expansion of the Extension family health program deals with mental health—the way each person harmonizes his desires, ambitions, abilities, ideals and feelings to meet life's demands. One out of every ten persons has some form of emotional or mental illness that needs psychiatric treatment. Early diagnosis and treatment can help most of the mentally disturbed recover and lead full, happy lives. An estimated 75 percent of mental retardation could be prevented through proper knowledge, nutrition and medical attention, particularly at birth and in the early years.

Extension's mental health program, conducted in cooperation with and supported by the Texas Department of Mental Health and Mental Retardation, seeks to provide the education that can prevent some mental retardation and mental illness, as well as to provide information about facilities and services to improve that which exists.





## FAMILY HOUSING

Through Extension home economics programs, Texas families learn to create or improve their homes with greater satisfaction. Participation enables them to acquire the knowledge, understanding and skills needed to obtain maximum convenience, comfort, beauty and livability in a home. Families also develop an appreciation for family living and gain understanding of the responsibilities of individual family members, one to the other, and to the community.

Extension housing programs help families learn aspects of renting or leasing homes; principles of buying, constructing or remodeling homes; financial considerations involved; furnishing homes for maximum livability within their resources; skills in home repair and maintenance; how to interpret building codes and zoning ordinances; the importance of related community services.

Of special interest today is the availability of low-cost housing. Mobile homes and multiple housing units, as well as manufactured or "prefab" homes, are filling housing needs for many families. The Extension educational program in housing focuses on helping families receive maximum convenience, satisfaction and comfort for each housing dollar spent.



## COMMUNITY SERVICES

Extension home economics programs help families in both rural and urban areas become aware of community services. Some are a safe water supply, fire protection, sanitation, cultural attraction and health facilities. Other aspects include helping individuals see their responsibility in helping to get improved services in local areas.

One big objective is the encouragement and development of local leadership for community responsibilities.

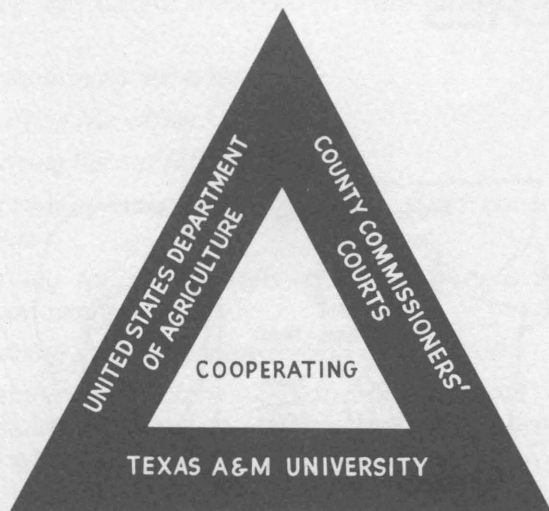
Extension home economics programs help community and civic organizations work together to effect many community improvements—homes for the mentally

retarded children, day care centers, low rent public housing, migratory labor housing parks, community nursing homes and other special needs.

Recreation as an integral part of the entire community is a point of emphasis in Extension home economics programs. Proper nutrition, taught and practiced at the community level, and primarily through schools, is another subject emphasized.

Today, more than ever, the importance of protecting, using and conserving natural resources is recognized as essential toward improving the quality of environment. Extension home economics programs also have a part in this area.





## HOW IT IS ADMINISTERED

Extension Home Economics is provided through public funds derived from three sources—county commissioners' courts, the State of Texas, and the U.S. Department of Agriculture. Administration of the program is by the Texas Agricultural Extension Service, a part of Texas A&M University. Local citizens in each county, assisted by county home demonstration agents, develop programs according to their interests, needs and desires.

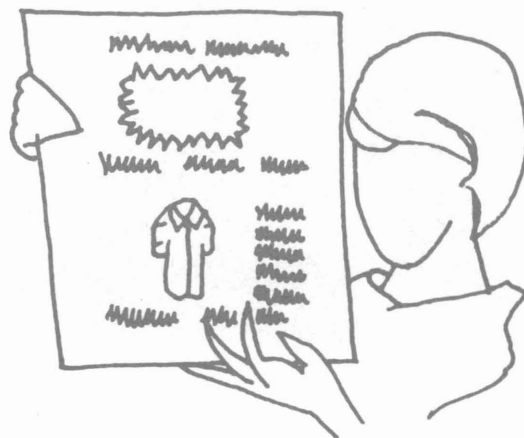
*For further details, contact your local county home demonstration agent.*

# HOW HOME ECONOMICS TEACHES

Educational information is readily available to all Texans through the county home demonstration agents, usually headquartered in the county seat. They teach through workshops, short courses, special interest groups, demonstrations, publications, home visits and correspondence.

Leadership development is a distinctive feature in home economics programs and is the means of extending information to more families. The county home demonstration agent teaches voluntary leaders, who in turn train adults and youth according to their particular interests and needs. Today's home demonstration agent is a leader and a trainer of leaders, as well as an organizer, initiator and teacher.

All types of mass media—television, radio, newspapers and magazines—help spread the Extension home economics program to growing numbers. Office and telephone visits are other methods used.



You can obtain information from your county home demonstration agent by:

*Telephoning her office*

*Visiting her office*

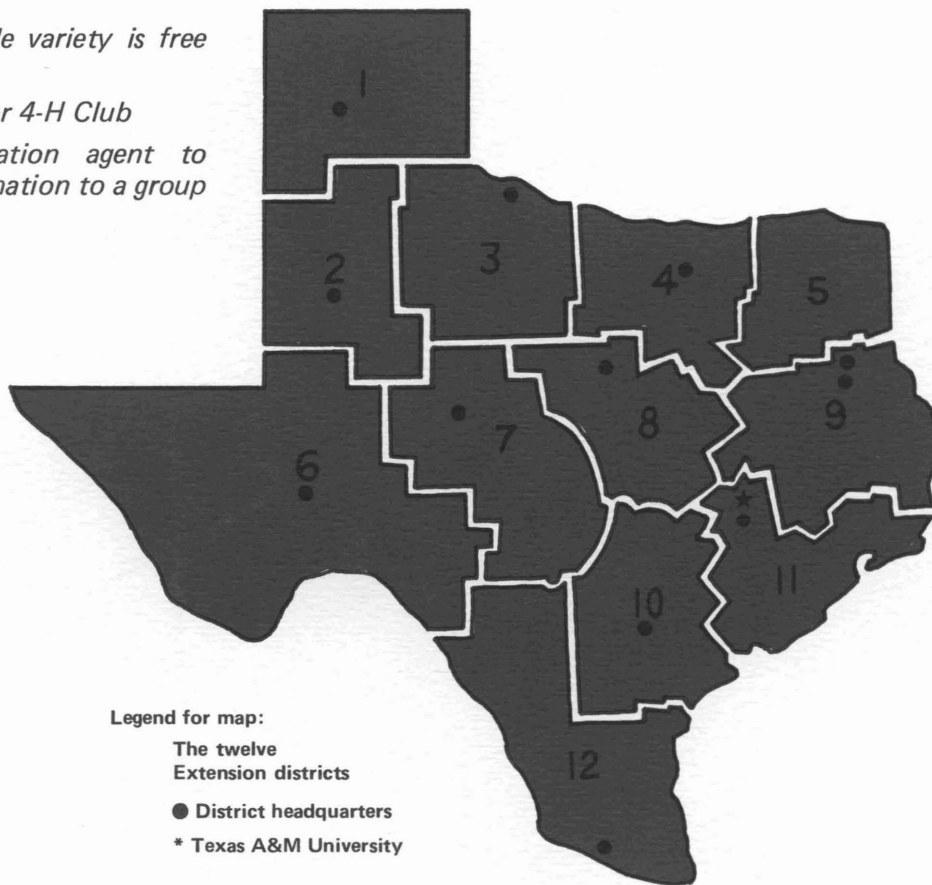
*Writing her for information*

*Attending meetings, workshops, short courses, tours*

*Asking for publications—a wide variety is free upon request*

*Joining a home demonstration or 4-H Club*

*Asking the home demonstration agent to provide home economics information to a group to which you belong*



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Cooperative Extension Work in Agriculture and Home Economics, Texas A&M University and the United States Department of Agriculture cooperating. Distributed in furtherance of the Acts of Congress of May 8, 1914, as amended, and June 30, 1914.  
15M-8-70, Revised

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