

## SBARE ASK: Program Support Funds for Family and Community Wellness (FCW)

To sustain Family and Community Wellness (FCW) programs, we need funding that allows us to remain flexible and responsive to the realities our communities face.

- Challenges such as health concerns, workforce pressures or emerging local priorities cannot always be anticipated, yet Extension is often called upon to provide timely education, facilitation and support.
- Resources that are adaptable ensure we can pivot quickly, meet people where they are and address pressing needs with research-based solutions.
- By investing in this type of support, we can strengthen community resilience, respond effectively to opportunities as they arise and continue building healthier, stronger North Dakota communities.

### Examples of current FCW impacts:



For every **\$1 invested** in leadership development programs, an average of **\$7 is returned** to the community



For every **\$1 spent** on Aging in Community, **\$308 is saved** in Medicaid



Our food systems programs reduce misinformation about how food is produced and processed, **supporting local economies and trust** in the local food system



For participants in the Diabetes Prevention Program who do **not** end up with type 2 diabetes, the state of North Dakota is **saved \$8,000/year** in Medicaid

While grant funding has been an important driver for program expansion, it is becoming increasingly competitive and difficult to secure, and it often comes with restrictions that limit our ability to respond to local needs. At the same time, the costs of delivering quality education and resources continue to rise. Because Extension does not have FCW agents in every county, we must work across county lines and invest in training community members, volunteers and partners to extend our reach. This collaborative, place-based approach ensures that families and communities still have access to the tools and knowledge they need to thrive, even in areas where staff capacity is limited. To continue meeting people where they are, we need resources that provide both stability and the flexibility to adapt as new challenges emerge.

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