

THANK you to today's participants for helping add to the discussion (06/08/23)

How would you describe the difference between wellness and well-being?

- "wellness" might have been overused and sometimes has a negative connotation. Connotation of wellness movement = group setting.
- Wellness = physical whereas well-being is about all overall health, safety, etc.

Where does health and well-being fit into your role with Extension?

- Food systems
- Finding and using health insurance
- Nutrition education

How does the concept of Health Equity connect to our work in Urban Extension?

- Natural Resources Educator – climate change, health disparities to communities who are in flood zones, and higher exposure to contaminants, etc.
- County Commissioners like to talk about the Quality of Life
- Farm to School
- Community gardens – at WIC site, partner with Master Food Volunteers and "pop-up farm market", added refrigerator to WIC site to store fresh produce to distribute

What are other examples of PSE with Extension?

- At Food pantries – sign asking if there are any allergies can lead to discussion and best food options and choices
- Garden at a food pantry
- Community garden at school site
- Master Food Volunteers – find out what foods to promote at pantry, make recipe, give samples and pre-bagged food/ingredients for guests to take home
- Policy – writing out the expectations related to illness for volunteers at the food pantry
- Senior Living site – planning a garden, not only growing but also offer social interaction, work with behavioral health

Challenge – evaluation, we can/should learn from SNAP-Ed because PSE work has been happening there the longest. As SNAP-Ed has worked on this topic for years, one way to evaluate is to log what changes have been adopted, what PSE changes are still in place, share success stories