

The [University of Missouri Extension](https://extension.missouri.edu) has placed **Community Health** as a high priority for our educational efforts. We are proud to provide a comprehensive mix of resources that support the health and wellness of Missourians and help them be healthy, happy and productive employees.

Armed with data from the [All Things Missouri Data Center](#) and utilizing our **Educate, Create, Connect** framework, we offer a variety of on-line and in-person resources. Learn more by clicking the hyperlinks in the program descriptions below.

[Community Health & Engagement Outreach](#) engages and empowers communities to address health & social issues where people live, work, learn and play to achieve optimal well-being.

[Work Well Tool Kit](#) offers a simple guide to assessment, implementation and evaluation of strategies to reduce risk of chronic disease and improve overall health and wellness.

[Show-Me ECHO](#) is a virtual collaborative network where local experts provide education and recommendations on vital topics, such as COVID-19, chronic disease, mental health, and more.

[Urban Food Systems](#) offers wholistic, community centric solutions to improve community food systems.

[Nutrition and Health Education](#) programs offered by regional Nutrition and Health Extension Specialists help your employees adopt healthy habits for life; some programs are listed below.

[Chronic Disease Self-Management](#) empowers participants with skills to manage their health condition in partnership with their health care provider.

[Taking Care of You](#) focuses on positive psychology and mindfulness to teach practical strategies for managing stress.

[Strength in Numbers](#) trains peer leaders to help groups and individuals learn skills to achieve health and wellness goals.

[Stay Strong Stay Healthy](#) helps middle-to-older age adults develop strength, flexibility and balance to build overall fitness.



Dr. Shatomi Luster-Edward

lusters@missouri.edu

Urban West
Regional Director

GK Callahan

callahang@missouri.edu

Community Engagement Specialist
Clay, Jackson, Platte Counties

Melissa Cotton

cottonmr@missouri.edu

Nutrition & Health Field Specialist
Jackson and Clay County

Denise Sullivan

sullivand@missouri.edu

Nutrition & Health Field Specialist
Jackson and Platte County

