

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 to help them be healthy, happy and productive people.

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 programs and resources. Learn more by clicking the hyperlinks in the program descriptions below.

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

[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.

[Nutrition and Health Education](#) programs offered by regional specialists help individuals and families adopt healthy habits for life. Most programs center around these topic areas:

- **Food:** *Cooking Matters, Dining with Diabetes, Food Preservation*
- **Physical Activity:** *Stay Strong-Stay Healthy, Tai Chi for Arthritis, Walk with Ease*
- **Self Care:** *Living a Healthy Life with Chronic Conditions, Strength in Numbers, Taking Care of You*

Some programs have associated costs for participation, unless grant funds are available. Please reach out to a nutrition and health education specialist for further information.

Programs provided by nutrition program associates under the [Family Nutrition Education Program](#) are funded through the USDA SNAP Education grant and are available free to SNAP eligible participants.

Other health related program and partnership opportunities include the [Missouri Council on Activity and Nutrition \(MOCAN\)](#) and the [Food Systems Network](#).



Shatomi Luster-Edward, Ed.D.

lusters@missouri.edu

Regional Director
Urban West Region

GK Callahan

callahang@missouri.edu

Community Engagement Specialist
Clay, Jackson, Platte Counties

Bolupe Ogunyoye, M.D.

ogunyoyebc@missouri.edu

Community Health Field Specialist
Clay, Jackson, Platte Counties

Melissa Cotton

cottonmr@missouri.edu

Nutrition and Health Education
Field Specialist
Clay and Jackson Counties

Denise Sullivan

sullivanand@missouri.edu

Nutrition and Health Education
Field Specialist
Jackson and Platte Counties

