



IMPACT 2015

Through Extension programs across the nation, Family and Consumer Science Extension Educators provide a multitude of educational opportunities to meet the needs of diverse audiences.

Childhood Obesity Prevention

In 2012, the Centers for Disease Control and Prevention, reported that more than one third of children and adolescents were overweight or obese and at greater risk for type 2 diabetes, high blood pressure and high cholesterol. Extension programs reduce childhood obesity through improved diet and exercise programs and exposure to healthy foods for the entire family.

Nutrition and Physical Activity Education

Texas presented 16 *Balancing Food & Play* classes to 819 third graders to improve their knowledge and behaviors related to: snacking on fruits and vegetables; drinking milk with meals and water with snacks; encouraging 60 minutes of physical activity; and decreasing screen time.

"I have type 2 Diabetes, so my mom and I are drinking less soda, drinking more water, and we are walking around the block now." -- Food & Play participant

Tennessee's *Power U* was implemented in 368 schools with 4th & 5th graders taking part in sampling new fruits and vegetables. Evaluation data revealed 52% reported a decreased intake of high-fat foods, 56% a decreased intake of high-fat foods, 72% an increased intake of fruit, 58% increased intake of vegetables, 64% increased intake of dairy foods, and 71% an increase in physical activity.

Growing Healthy Foods: Garden-Enhanced Nutrition Education

New Jersey offered the *Grow Healthy-Team Nutrition* Project 10,900 participants as part of a comprehensive school wellness initiative in 15 elementary schools and eight child care centers. Ninety-two percent of key school contacts said they plan to continue nutrition lessons and 88% will sustain

their school-based garden. Eight regional school food service trainings reached 520 attendees.

Missouri Extension presented 46,484 programs to 842,810 participants in the *Eating from the Garden* program. Seventy seven percent of participants demonstrated improved healthy food selection skills on post-program evaluations. Ninety percent improved one or more healthy food/nutrition practices and 69% began or increased their physical activity level.

South Dakota Extension partnered with their state Health Department to carry out *Harvest of the Month* curricula at 31 schools and agencies. Produce cards were provided to 17 partnering grocery stores to be placed at the point of purchase.

School Programs – USDA Standards

Over 149,785 **Cornell University's** SNAP-Ed programs reached 54,070 New Yorkers. *Eat Smart NY* programming was provided in 58 out of 62 counties with a graduation rate of 69%.

Education sessions focused on reducing sugar sweetened beverages as well as

increasing physical activity and consuming more fruit & vegetables. One Dad commented that his family really likes the new vegetables he's adding to their meals.



Arizona EFNEP helped improve the health of 2,695 low-income families reaching a total of 10,986 individual family members. One EFNEP instructor related how one Mom was thrilled that her kids now loved riding bikes together after dinner, and that they were eating more of the fruits and vegetables she served at dinner.

Raising kids, Eating right, Spending smart



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Delaware participated in the *4-H Food Smart Families Program* with 8-12 year olds learning to drink low-fat milk & water instead of sweetened beverages; fill their plate with rainbow colored fruits & vegetables; eat more whole grains; choose healthier fast foods; and start off the day with breakfast.

"A kid told me that when he eats at fast food places he promises not to Supersize anymore. At the beginning of the lessons he assumed that everyone 'Supersized' and didn't see anything wrong with it." -- Delaware Food Smart Families instructor

Ohio Extension's *Food and Fitness Program* was presented to 3,010 participants in 1,925 programs. A total of 2,159 healthy lunches were served to 180 different children with 87 community volunteers contributing 421 total hours. A participant's Mom noted, "My children love the snacks they learned to make at your class. We make them all the time."

South Dakota developed *Tatanka's Healthy Tales*, a physical activity and nutrition workbook program translated into Lakota for Sioux Tribes. South Dakota American Indian children have higher than average risks for obesity and diabetes. Participants stated an increased likelihood of being active by 22%, and eating a variety of fruits or vegetables by 19%-50%.



The 582 participants in **Oklahoma** Extension's *Organ Wise Guys Youth Program* showed increases in servings of fruit/vegetables, consumption of water and being more physically active. EFNEP and SNAP-Ed paraprofessional nutrition educators taught 16,841 low-income youth about improving their food choices and physical activity behaviors. Eighty-two percent of youth learners increased their ability to

choose healthy foods and 32% increased their frequency of fruit consumption.

New Mexico educators taught 20 *Just Be It! Healthy & Fit* programs to 3,000 youth. Evaluations showed a 37% increase in hand-washing; 25% increase in calcium knowledge; 25% increase in physical activity, and 26% increase in knowledge of portion sizes and watching television less than two hours a day.

Maine Extension had over 2,940 low-income youth and adults participate in 3,600 EFNEP programs in 2014. Eighty percent of youth improved nutrition knowledge and 45% improved food safety practices. Ninety-five percent of adults improved their diet quality, 88% improved nutrition practices, 85% increased food resource management abilities and 68% improved their food safety practices.

Early Childhood Nutrition & Physical Activity Programs

South Dakota's *Grow Readers* 31-book curriculum pairs children's books with nutrition and physical activity information to fill literacy standards-based education. A team of early childhood, nutrition, and physical activity experts had added 17 more books, some with Native American themes, for preschool through 2nd graders in response to user requests in 2014.

Oklahoma Extension's *Learn to Grow* gardening project for child care facilities and Head Start programs in partnership with the Cherokee Nation and Department of Human Services reached 27,039 in five participating counties with a total of 222 gardens in 102 facilities. Evaluation data shows that 81% of participants plan to grow food for the children in their care.

Healthy Steps developed by **Tennessee** Extension was used to deliver nutrition/physical activity education to preschoolers. In 2014, FCS agents conducted 176 group meetings and made over 3,000 contacts. Ninety percent of teachers reported their young charges were more actively engaged in physical activity and more willing to taste fruit, vegetables and whole-grain foods.

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National Extension Association of Family and Consumer Sciences (NEAFCS) provides professional development for Extension professionals who improve the quality of life for individuals, families, and communities and provide education in the areas of: Childhood Obesity Prevention; Community Health and Wellness; Financial Management; Food and Nutrition; Food Safety; Healthy Homes and the Environment; Improving Children's Lives; and Protecting our Resources – Family Life.