



National Extension Association
of Family and Consumer Sciences

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.

Food and Nutrition

Extension Food and Nutrition programming enables Americans of all ages to make healthier food choices that also are more economical. Extension educators use research-based information to create, teach and evaluate hands-on learning situations during which consumers gain not only content but confidence!

Expanded Food & Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program – Education (SNAP-Ed)

EFNEP and SNAP-Ed paraprofessional nutrition educators taught food preparation, food safety, nutrition and physical activity programs to 3,054 limited-resources adults in **Oklahoma**. On average, graduates participated in 11 lessons and were enrolled more than four months. After completing the program, 41% reduced the number of sweetened beverages they consume, 32% increased the amount of daily physical activity and 40% ran out of food less often before the end of the month.

The SNAP-Ed program managed by **Oregon** State University reached 54,230 direct programming participants and 503,365 indirect programming participants in all 36 counties. EFNEP coordinated by OSU Extension in three counties reached 1,446 direct programming participants and 3,195 indirect programming participants.

NEAFCS members presented two series of *Dining with Diabetes* programs in **Delaware**. Staff and Master Food Educator volunteers (including an RN who is a Certified Diabetes Educator) conducted three two-hour lessons on nutrition and food preparation with a diabetic in mind.

After participating in **Kentucky's** nutrition education programs, 69% considered healthy food choices when deciding what to

feed their family, 52% prepared food without adding salt, 42% reported their children ate breakfast more often, and 49% improved their ability to prepare simple, nutritious, affordable foods. In addition, 44% ran out of food less often by end of month.

“After completing a program on healthy lifestyles, participants reported drinking fewer large size sodas, eating less junk food, consuming smaller portions, and cooking without adding as much salt. As a result, one participant said, ‘I have lost some weight and my doctor is very proud of me.’” – KY program participant

Culinary Arts for the Everyday Cook was implemented in 34 **Tennessee** counties in 2014 with 4,554 direct contacts reached during 123 group meetings and cooking schools. In addition 391,322 indirect contacts were made through exhibits, newspaper articles, publications, radio and TV programs.

Further, 344 volunteer hours were expended to reach an additional 28,416 contacts. Among the participants, 81% reported choosing fast-food or take-out less often, 98% reported learning culinary skills, and 87% reported using healthy food preparation techniques.

Master Food Volunteer (MFV) programs extend community outreach

In 2014, 86 MFVs across **Virginia** reached more than 11,000 participants in 5,326 volunteer hours. The volunteers conducted physical activity promotion programs. Partnerships with organizations such as farmers' markets, hospitals and universities delivered the message of movement, fitness and wellness.

Raising kids, Eating right, Spending smart



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The MFV program in **Kansas** allowed Extension agents to expand their food and nutrition programs and reach a larger audience as well as give K-State Research and Extension a broader presence in their communities. Statewide, the MFV program is active in eight local units with a total of 14 counties. In 2014, MFVs reported 5,071 hours of volunteer time in their communities. This equals a value of \$105,882 based on the Independent Sector's Value of Volunteer Time for Kansas as \$20.88/hour for 2013.

Chronic Disease Prevention Programs Make a Difference

In **Georgia's** *Cooking for a Life Time Cancer Prevention Cooking School*, 346 women learned the value of regular Pap tests and mammograms and how healthy eating and regular physical activity can reduce cancer risk. The program is a partnership with the American Cancer Society and the Georgia BreasTest and More Program.

After participating in the school, most women reported that they intended to get regular screenings for cancer. The other top behavior changes were: using nutrition labels to choose dairy foods and cereals lower in fat and sugar; consuming more fresh food and fewer processed foods; using soft margarines and seasoning food with herbs or lemon juice instead of salt; and getting nutrients from food instead of supplements

Illinois' Meals for a Healthy Heart was designed for those with heart disease, their family or caregivers and those interested in learning more about prevention and management of heart disease. Each session discussed information about the disease, skills and activities in planning, shopping, cooking, and dining out, and recipe demonstrations and tastings.

The goal of this program is to help individuals improve their self-efficacy in heart care. At one month, an average of 81% of class participants reported using less sodium when seasoning and 96% reported reading more food labels. At three months, an average of 71% of individuals reported decreasing their sodium intake, 40% decreased intake of high fat foods and 78% reported reading more food labels.

Extension Programs Promote Family Meals

The *Kids Koupon* project in **West Virginia** was a unique program that provided McDowell County elementary students with coupons to purchase produce from local farmers. Participants engaged in taste testing opportunities along with receiving recipes. All parents of participants reported that their child ate the produce that they purchased during the project.

The *Dinner Tonight!* program in **Texas** encourages family mealtime by providing quick, nutritious and cost-effective recipes through weekly video webcasts and other web-based methods. Fifty-one video demonstrations were released with 18,049 visitors to the Dinner Tonight! website from 50 different countries and territories. Twenty-five *Dinner Tonight!* Healthy Cooking Schools were conducted reaching over 1,900 people.



This report was compiled by Julie Garden-Robinson, North Dakota State University Extension Service, Public Affairs Advocacy Subcommittee member; Rebecca West, NDSU Graduate Research Assistant; and Theresa Mayhew, Cornell Cooperative Extension, Vice President – Public Affairs. For more information, email tcm5@cornell.edu.

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.