



IMPACT 2016

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

Childhood obesity now affects 1 in 6 children and adolescents in the United States. Extension programs reduce childhood obesity through improved diet and exercise programs and include interactive, hands-on education for a healthier lifestyle.

Eating Healthy Begins Early

North Dakota's *On the Move to Better Health Junior* reached 1,260 2nd graders in 22 classrooms. According to 1,260 North Dakota students surveyed, 87% tried a new food, 89% ate more fruit and 77% ate more vegetables.

In **Ohio's** *Youth Wellness* program, 6403 participants in 337 classrooms enjoyed tastings of delicious fruit and vegetables dishes. Youth prepared recipes at the afterschool cooking program for 6th & 8th graders.

"This tastes good and I can make it at home"

~ **Ohio** Youth Wellness participant

Iowa's *Growing Up Wild: Exploring Nature with Young Children* was offered in 20 classrooms to 359 youth. Use of electronic media impacts children's health, relationships and school performance.

"I read nutrition labels and eat fruits and vegetables in all meals. I used to drink more than three energy drinks daily. Now I drink only water. After learning about food safety, I pack my lunch in an insulated bag."

~ **California** EFNEP youth participant



Alabama The *Body Quest: Food of the Warrior* series was taught in 325 classes that reached 6,233 3rd graders. Surveys from 3rd graders indicated students ate more fruits and vegetables during school lunch.

"My child came home almost every week and asked to purchase new veggies at the grocery store and he has continued to request broccoli, carrots and cauliflower for snacks."

~ **Alabama** Body Quest participant's parent

After a classroom series of lessons with *Organ Wise Guys* youth program, **Oklahoma** Extension collected 582 surveys that showed an increased consumption of servings of fruit, vegetables, and water and being more physically active.

In 2000 classrooms in **Michigan**, Extension educators provided classes to 54,329 students. 99% of teachers reported that children have an improved awareness about good nutrition with 85% reporting improvement in trying new foods, 73% increase in fruit and 67% increase in choosing vegetables. Overall, children are making healthier food choices.

Illinois's *School Nutrition Programs* included 6 programs reaching 1,160 youth. 75% indicated that after the program they were using the website ChooseMyPlate.gov., 83% agreed that eating fruits and vegetables each day is important and learned to read a food label accurately. 96% developed skills to identify the signs of dehydration.

Raising kids, Eating right, Spending smart



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New Jersey's Kids Cooking program reached 250 youth in 5 counties.

"Before the class I thought I didn't like vegetables. Now I changed my mind about them because we made them in so many good ways."

~ **New Jersey** Kids Cooking participant

West Virginia taught *Rethink Your Drink* in 96 programs and reached 30,000 youth as a one-time activity at public events (e.g. hydration station and matching game at state fair), classes (e.g. 4-H camps, workshops), within informal publications, and as a marketing campaign throughout West Virginia.

Nutrition and Physical Activity Education

In **North Carolina**, *Color Me Healthy* lessons stimulate all the senses of young children including touch, smell, sight, sound, and taste. Programs were offered to 13,774 pre-schoolers in 63 settings.



In DuPage County, **Illinois** an FCS educator trained pre-school teachers for the *I am Moving, I am Learning* curriculum from the Childcare and

Youth Training and Technical Assistance Program (CYTAPP) grant in partnership with Penn State Cooperative Extension and University of Nebraska. In 6 workshops, 73 pre-school teachers were trained. Teachers said they learned simple strategies to create tools for movement, how to apply strategies for daily, planned physical activity, what activities/movement help children develop their minds and bodies, about healthy foods, not to force feed or bribe children to eat, and children who help prepare a meal are more likely to eat it.

North Carolina offered *Steps to Health* that reached 3,387 youth in 58 classrooms.

"My daughter has become more involved in planning meals for the family to ensure everyone is getting a healthy meal."

~ **North Carolina** Steps to Health participant's parent

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; Diabetes Prevention and Management; Financial Management; Food and Nutrition; Food Safety; Healthy Homes and the Environment; Improving Children's Lives; and Protecting our Resources – Family Life.

Texas taught *Balancing Food and Play* to 16,640 youth in 832 programs focusing on improving eating patterns and increasing physical activity so children adopt best practices and build skills.

Maine had 3,595 low-income youth participated in 200 EFNEP programs with 70% of youth improving nutrition knowledge, 46% improved food safety practices. An additional 25% of youth improved daily physical activity practices.

In **Alabama** CATCH classes were offered in 1,548 programs that reached 5,982 youth. 87% of youth improved abilities to choose foods according to USDA Dietary Guidelines while 52% increased physical activity.



"I learned we should eat healthy foods and exercise at least 60 minutes daily". "My jump rope is helping me to exercise daily." "Thank you for teaching me that potato chips are a whoa food. I will only eat them once in a while."

~ **Alabama** CATCH participants

Pennsylvania offered *Nutrition Links* to 128,115 at 500 classrooms enhancing their nutrition knowledge, increasing physical activity and developing life skills needed for self-sufficiency and better health. 96% made a positive dietary improvement.

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