



# IMPACT 2012

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

**Delaware's** "Healthy Habits Healthy Start" training was presented on line and in person for child care providers. The training integrated hands-on activities with the emphasis on increasing healthy eating and physical activity for pre-schoolers. Another programming effort, "Just in Time Parenting" reached over 3000 parents with child development information including research based obesity prevention messages.

**California's** SNAP-Ed reached 124,105 youth through series-based nutrition education in the classroom. Teachers surveyed reported an increase in student nutrition knowledge, ability to identify healthy foods and willingness to consume healthy foods. The Expanded Food and Nutrition Education Program (EFNEP) provided nutrition education to 40,512 youth through series-based nutrition education resulting in a 55% increase in knowledge of nutrition.

**Nevada's** "All 4 Kids" reached a youth audience with a series of lessons on eating right, being physically active and food safety. "Small Steps 4 Big Change" reached child care providers with a lesson series to reduce childhood obesity. Extension agents are involved in a cooperative research project, "Integrated Approach to Prevention of Obesity in High Risk Families", which explores the parent-child relationships and obesity.

**Alaska** Extension agents reached 89 parents, child care providers and foster parents in childhood obesity prevention. Topics addressed were nutrition, traditional foods, family meals and physical activity.

**Georgia** promoted a walking program, "Walk Georgia", an eight week series as a way to increase physical activity, enrolled 3,688 participants, logging the equivalent of 394,584 miles. Another program, "Walk-a-Weigh" reached teens and adults with a program to increase physical activity and dietary change to control weight. It is estimated approximately \$170,000 will be saved in hospital bills.

**Alabama's** "Body Quest: Food of the Warrior" is an innovative childhood obesity initiative that empowers third-grade students to increase consumption of fruit and vegetables, increase physical activity, enhance sleep hygiene and encourage family involvement. The program is interactive and taught by six iPad apps. The impact evaluation is unique, collecting data weekly via clickers and transferred to a SharePoint site for analysis. This project, partially funded by SNAP-Ed, reached 2,000 students. Another program, "Health and Nutrition from the Garden", encouraged children to eat more fruits and vegetables.

**Texas** conducted "Balancing Food and Play", a program improving behaviors related to healthy snacking on fruits and vegetables, drinking milk and water while encouraging 60 minutes of activity a day and reducing screen time. Lessons reached 5,800 students. "Walk Across Texas" enrolled 210,000 Texans in a walking program to increase physical activity.

Raising kids, Eating right, Spending smart



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## Childhood Obesity

**Iowa** trained 1634 child care providers on the issue of childhood obesity prevention. A training series was approved by the Department of Human Services for child care licensure renewal and Adult Care Food Program.

**North Carolina's** "Steps to Health" provided nutrition and physical activity education to students kindergarten through high school. Evaluations indicate 58% to 69% of the 5500 participants improved nutritional and physical activity behaviors. The EFNEP program reached 18,892 youth with making simple changes in eating behaviors and daily physical activity.

**Tennessee's** "Health Steps Program", seeks to identify best practices for teaching nutrition and physical activity to pre-school children. This program was implemented in 23 Tennessee counties with these program outputs: 7,613 direct contacts were made in Voluntary Pre-K, Head Start and center-based classrooms; 8,117 indirect contacts were made through exhibits, newspaper articles, publications and television. In addition 972 contacts were made in classrooms by volunteers; 465 of 535 (87%) teachers surveyed reported using physical activities from Healthy Steps at least three times per week.

**NEAFCS** is the 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:

- Food preparation, food safety, and nutrition
- Financial management
- Healthy lifestyles
- Home and work environment and safety
- Relationships and parenting skills

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