



# 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.

## Food, Nutrition, and Health

### Disease Prevention

In **Arizona** 454,359 households received SNAP-Ed benefits. The SNAP-Ed program trains school personnel to incorporate nutrition education into their curriculum. Important information about osteoporosis prevention is included in the program.

In **Alaska** 300 women who participated in the StrongWomen program reported leading more active lives, increase in their bone density and having better balance.

Through the Personal Action Toward Health (PATH) workshops in **Michigan**, 50% of 144 participants reported higher self-efficacy in keeping fatigue, pain, and emotional distress from interfering with their lives. 60% reported the ability to manage health symptoms in ways other than taking medication.

In **Michigan**, 2,316 adults and 15,339 youth, participated in nutrition programs. 42% reported making healthier choices at the point-of purchase, 55% learned, and utilize, label-reading; 52% planned meals, 40% reduced the amount of sodium in food preparation, and 36% reported improve food security.

The Cent\$ible Nutrition program in **Wyoming**, taught 1,206 adults how to feed their families better for less money. 53% of the participants reported planning meals ahead of time more often, 50% reported thinking about healthy food choices more often when deciding what to feed their families, 61% reported using the "Nutrition Facts" labels to make food choices more often. From the 2,088 youth participating in the program, 53% increased their intake of milk, cheese or yogurt.

Through the Arthritis Pain Management program in **Alabama**, 15 of the 30 participants in the program reported increase in movement, like stretching in the morning to start their day. Ten reported less salt consumption, and six of them increased their water consumption. Thirteen participants reported improvements in eating habits.

In **Texas** 5,800 third grade students received the Balancing Food & Play curriculum, a total of 1,589 complete surveys were received showing that 62% identified the correct number of teaspoons of sugar in a regular soda, 83% identified 60 minutes as the recommended amount of daily physical activity, and 62% identified how much of a dinner plate should be covered with vegetables or fruits.

**Oklahoma** used the Farm to You exhibit and classroom lessons to teach 56,944 youth in 56 counties about improvements in food, nutrition and physical activity behaviors: 32% increase the consumption of whole grain, breads, and cereals; 39% increase the use of nutrition facts labels to make food and beverage choices, and 23% increase the time spent in physical activity.

In **Georgia**, 241 women participated in the Cancer Prevention Cooking School. 9.6% of the participants had never had a mammogram, and 7.3% had had a mammogram, but more than 3 years ago. 71.1% reported having a PAP test within past three years. After the program, 42.4% will get a mammogram as recommended, and 54.1% will get a PAP test as recommended. 68.6% will increase their intake of fruits and vegetables, 52.7% will exercise daily, and 54.5% will control their portion size.

Raising kids, Eating right, Spending smart



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## Nutrition, Health, and Fitness

### Fitness

In **Iowa**, the EFNEP and SNAP-Ed paraprofessional nutrition educators taught a program of eight lessons to 150 low income families. Each lesson has a physical activity component. At the end of the program, 46.2% of the participants increased the amount of physical activity in which they regularly participate.

19,785 people participated in the Walk **Kansas** program, 90% of them met the minimum physical activity goals for physical activity during the 8 weeks program, and 74% were confident they can continue this amount of activity during the next 6 months.

**Tennessee Shapes Up**, UT Extension Family and Consumer Sciences faculty implemented an integrated research and Extension program called Tennessee Shapes Up in 60 Tennessee counties in an effort to reverse the obesity trend in Tennessee. Impact data was collected using a behavior checklist survey. A select number of participants was surveyed to determine program impact. The behaviors measured are the healthy lifestyle practices essential in achieving and maintaining healthy weight and preventing chronic disease. The number surveyed is indicated by (parentheses). These numbers represent individual participants rather than educational contacts.

- 72% (n=3304) reported they increased consumption of whole grains
- 64% (n=3886) reported they decreased intake of sugar-sweetened foods
- 73% (n=4741) engaged in physical activity for at least 30 minutes five or more days during most weeks
- 42% (n=1386) reported they lost an average of 2.5 pounds. This was a total of 4171 total pounds lost.

**eXtension.org** continues to be a well utilized resource for all Extension educators on Nutrition, Health, and Fitness. Extension educators have contributed fact sheets, programs, and resources to this site covering child care; drinking water and human health; families, food and fitness; family care giving; food safety; parenting, and personal finance. New research-based resources are added continually for consumers and professionals.

**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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