



IMPACT 2019

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

Childhood Obesity Prevention

Data from the *National Health and Nutrition Examination Survey* show the national obesity rate among youth is 18.5%. In the U.S., childhood obesity is estimated to cost \$14 billion annually in direct health expenses. Extension programs reduce obesity through improved diet, hands-on culinary programs, physical activity, farmers markets and school programs.

Physical Activity and Nutrition Programs Improve Health

Walk Across Texas encourages teams to walk 832 miles in an 8-week period, with an estimated impact of \$186 million from savings in cost of lost wages. The program reached 47,751 and showed an average increase of 3.96 miles per week. *Michigan's Fuel Up to Play 60* was taught 36 times to 10,800 youth with 36 partners. After the intervention, 25% of schools promoted the benefits of consuming low-fat/fat-free dairy, fruits, vegetables, and whole grains to students, and 27% of school districts have a policy on time requirements for students to participate in physical activity. *West Virginia's Healthy Children Project* was offered 53 times to 1,178 children through 79 childcare providers. *North Carolina's Steps to Health School-Based Nutrition* was offered 243 times to 19,910 limited resource audiences to promote positive behavior/environmental changes concerning nutrition/physical activity. At least 1 Policy, Systems and Environmental change was implemented at 156 sites.

"I have been counting my minutes of physical activity and encouraging my mother to walk 20 minutes with me each evening. My family feels better and hopes to make changes in their meals as well." – **Oklahoma** participant in *CNEP Food and Fun for Everyone*

Improving Fruit and Vegetable Intake

With 74 partners, **Oklahoma's CNEP Food and Fun for Everyone** reached 9,646 youth participants, who improved their abilities to choose healthy foods by 73%. *CNEP OrganWise Guys* was offered 17 times to 4,148 **Oklahoma** participants with 75% of youth improving their abilities to choose healthy foods. In 2018, an interactive travelling exhibit taught 13,129 students in grades K to 5 about the importance of a healthy lifestyle. **Illinois** offered *OrganWise Guys* programs at 361 sites for 62,328 participants. Surveys (1,501) showed students were able to identify 4 out of 5 MyPlate food groups. The *Color Me Healthy* class series was offered 248 times to 17,696, improving fruit and vegetable intake and increasing physical activity among 4- and 5-year-olds. Surveys showed that 91% were willing to taste fruits and 85% were willing to taste vegetables. Nine lessons in **Nevada's Pick a Better Snack** were offered to 4,642 youth, which helped 22 elementary schools meet wellness goals. Students increased intake of fruits and vegetables, and 12 schools showed an average 7-point improvement in Smarter Lunchroom Assessments.



Raising kids, Eating right, Spending smart



NEAFCS National Office

325 John Knox Road, Suite L103

Tallahassee, FL 32303

850-205-5638

850-222-3019

www.neafcs.org

"Parents say they are amazed that their child can make the dishes that they learned in the class." – *Let's Get Cooking* participant's parents, **Utah**

Cooking Programs Improve Nutrition Intake

Illinois' Jr. Chefs program targets low-income youth through hands-on culinary/nutrition education. Participants (4,789) improved their fruit and vegetable preferences by 74%, cooking attitudes by 82%, and their cooking skills by 94%. **Florida's Kids in the Kitchen** was offered 6 times to 182 youth with 4 community partners, focusing on improving eating patterns and increasing physical activity so children could adopt best practices and build skills. Youth improved nutrition knowledge by 75%, 52% improved food safety practices, and 25% of youth improved daily physical activity. **Utah** provided *Youth Cooking Education* 3 times to 85 students.

Utah programs promote healthy lifestyles for children and increased awareness of prevention. *Let's Get Cooking*, a day camp targeting children in grades 4 to 8, demonstrated how to correctly measure wet and dry ingredients, identify and use knives, and how to safely cook using a microwave and stovetop. **Kentucky's Recipe for Life** was taught 7 times to 1,200 youth with 200 partners. After participating, 95% of youth understood MyPlate, 92% plan to help cook at home, and 91% plan to eat more fruits.

"The parent shared that her son now has a favorite saying at meal time: Be adventurous!" – *Illinois Color Me Healthy* participant

Changing Environments Promotes Health

North Dakota's On the Move to Stronger Bodies was taught 215 times to 1,300 youth with 65 partners. According to parents, 37% of children increased their vegetable consumption, 50% drank less soda and 55% talked about the activities done in class. **New Mexico's Just Be It! Healthy and Fit** surveys indicated a 49% increase in daily fruit intake; 51% increase in daily veggie intake; 72% increase in daily water intake; 72% increase in daily non-sugary-drink intake. In addition, 41% read food labels, 69% ate breakfast most days, and only 15% ate fast-food most days.

Oregon's Be a Food Hero with a Healthier 4-H Camp Menu helped Sherman County 4-H Camp in rural north central Oregon revamp its traditional camp menu by incorporating Oregon State University Food Hero recipes featuring more fruits and vegetables, more "from scratch" menu items, and outdoor cooking. **Alabama's Body Quest** program was offered 1,755 times to 6,580 youth and 4,465 parents with 117 partners. Student treatment group (2,239) reported significantly higher vegetable consumption compared to control group (1,667) at post-analysis with increased vegetable consumption. The parent treatment group (1,470) had significantly higher vegetable consumption compared to control group (1,278) at post-analysis. As a result of *Body Quest*, parents also increased their vegetable consumption.

"This class is very fun and you do amazing activities." – **North Dakota On the Move to Stronger Bodies** participant

North Carolina's Speedway to Healthy was displayed 12 times to 7,000 people, with 215 partners. The 1,200-square-foot walk-through exhibit teaches youth in grades K to 5 how different foods affect their bodies. *Food for Thought* was taught to 371 youth and improved their knowledge of the health benefits of new fruits or vegetables; 91% (338) students reported that they tried at least 1 new food during the program and 64% (237) reported that they have eaten at least 1 of the new food at home.

Healthy Child Care Georgia was taught twice, with 26 teachers and 286 children in 13 Pre-K classrooms participating. Teachers' confidence in teaching nutrition improved significantly between baseline and a 10-week follow-up. **California's UC CalFresh Nutrition Education Program** was taught 376 times to 28,217. Results of PSE initiatives such as school gardens, Smarter Lunchrooms Movement, CATCH, and Youth Farm Markets indicated that this program can successfully deliver and sustain PSE efforts by leveraging community partnerships in California's Tulare/Kings Counties.

This report was compiled by Karen Ensle, Ed.D., RDN, Rutgers Extension, Public Affairs Education Subcommittee member, and Julie Garden-Robinson, Ph.D., RD, North Dakota State University Extension Service, Vice President for Public Affairs. For more information, email Julie.Garden-Robinson@ndsu.edu

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