



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.

Federal Programs Impact Obesity Prevention

SNAP-Ed Programs Help Prevent Obesity



West Virginia's Family Nutrition Program-Kids Coupon Farmers Markets was offered 53 times to 5,400 consumers involving 40 farmers. This project gave children

\$4 in farmers market vouchers to purchase fruits and vegetables from a market brought to childcare centers, schools, or community events.

Oregon's SNAP-Ed program reached 872 students in grades 1 to 5 in Marion and Yamhill counties at 6 elementary schools. Youth learned how to make healthy meals and snacks. A 23% decrease in frequency of drinking sugary drinks daily was recorded. **Ohio's SNAP-Ed Youth and Teen Program** taught 390,391 youth with 1,082 partners. In **Ohio**, only 25% of adults and youth eat fruits and vegetables at least 1 time daily. After participating in *SNAP-Ed* programs, 84% of teens and 73% of youth reported eating vegetables daily.

Washington State SNAP-Ed conducted 384 Policy, Systems and Environment (PSE) activities in 2018, with 112 launched in the past year, all reaching over 52,000 individuals. **Washington State SNAP-Ed** through collaboration with stakeholders at local food banks found 100% of food bank partners reported essential skill building through food demos and recipes. Students look forward to *Harvest of the Month* samplings offered at local schools featuring local fruits or vegetables; 90% of food service staff report that students are more likely to eat produce items when offered on the menu.

Students get excited to try new things and then they go home and share with their families." – Oregon SNAP-Ed 1st grade teacher

Massachusetts Youth SNAP-Ed taught 2,541 activities to 15,475 youth with significant behavior changes. Children in grades 3 to 8 ate more fruits and vegetables, children in grades 3 to 5 were more physically active, and children in grades 6 to 8 spent less time watching TV or movies, playing electronic games, or using a computer for something other than school work.



Utah's Food Sense (SNAP-Ed) Youth Education reached 20,756 people in their efforts to promote healthy lifestyles for children and increase awareness of prevention. **Utah EFNEP Youth Education** taught 4 programs with 4,108 youth. *SNAP-Ed and EFNEP in California* taught 851 teens as part of the *Money Talks Hunger Attack!* program in Riverside and San Bernardino Counties. More than 1/3 of participating students made improvements in their vegetable intake and reduced their sweet beverage consumption.

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

"It was so hard to nudge clients to take the fruits and vegetables offered on distribution day and now they're 'flying off the shelf' because of the SNAP-Ed recipe demos."
-- Food bank manager in **Washington** state

Alaska SNAP-Ed taught 93 programs to 1,957 participants, with 12% of adults and 8% of youth in **Alaska** meeting recommended daily servings of fruits and vegetables. Indirect contacts through food demos, online video series, and community gardens reached more than 13,000 people.

"This fruit pizza would be a great switcheroo instead of cake or chips!" – **Oregon SNAP-Ed 3rd Grade Student**



In FY18, **Maine EFNEP** offered 906 programs in 8 counties to 2,500 youth. Youth participated in an average of 6 classes, after which 73% improved their ability to choose foods according to current Dietary Guidelines for Americans, and 64% improved their ability to prepare simple, nutritious, affordable food.

Florida Youth EFNEP taught 21 programs to 1,867 limited-resource malnourished youth lacking skills to improve their health. Post-EFNEP youth improved their ability to choose healthy foods, increased physical activity, and improved food safety practices.

California EFNEP and *UC Master Gardeners* worked together to generate interest in gardening and nutrition for youth, and the partnerships increased enthusiasm for wellness and assisted the school to be among America's healthiest schools.

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



Expanded Food and Nutrition Programs (EFNEP) Improve Diet Quality

West Virginia (WVSUES) EFNEP works with families to solve drug issues; 52.4% of children have had at least 1 adverse childhood experience. *WVSUES EFNEP* educators taught 11 programs in nutrition and physical education to 148 participants enrolled in drug recovery programs.

Massachusetts Youth EFNEP taught 111 programs to 2,459 EFNEP participants. According to survey results, 74% improved their diet quality, and 28% improved physical activity.

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. NEAFCS is an equal opportunity/affirmative action association. NEAFCS values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of race, color, gender, age, religion, national origin, disability, veteran status, or sexual orientation. Membership is not by invitation. (Strategic Plan 1993-97)