



# IMPACT 2019

## FEDERAL PROGRAMS IMPACT OBESITY PREVENTION

Limited resources of time, money and energy for families create struggles. Training and support through Extension Family and Consumer Science educators produce and deliver programs to address healthy homes and lifestyles.

### SNAP-Ed Programs Prevent Obesity

Fruits and vegetables from farm to school programs encourage healthy meals and snacks in childcare centers, schools and community events. Reducing sugary drink choices is a plus.

Skill building sessions include food demos and samplings at local food banks. Encouraging children to leave the TV and get physically active significantly changes behavior.

Programs promote healthy lifestyles and becoming aware of preventive actions promote good health.

Community gardens, food demonstrations and online training impact adults and youth to eat the recommended quantities of fruits and vegetables.

### Expanded Food and Nutrition Education Program (EFNEP) Improve Diet Quality

Educators work with families, including those in drug recovery programs, to focus on healthy lifestyles, including a varied diet and daily physical activity.

Improving dietary quality can reduce the risk for obesity and chronic disease.

Participants improve their ability to prepare simple, nutritious and affordable food following Dietary Guidelines. They also improve knowledge of food safety practices.

Partnerships with Master Gardeners generate interest in gardening and nutrition among youth. Educators work within schools to promote being among America's healthiest schools.



Raising kids  
Eating right  
Spending smart

