



IMPACT 2020

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 CDC indicate childhood obesity is putting children and adolescents at risk for poor health. For children and adolescents aged 2-19 years the prevalence of obesity was 18.5% and affected about 13.7 million children and adolescents in 2019 and is estimated to cost \$14 billion annually in direct health expenses. Extension programs reduce obesity through improved diet, hands-on culinary programs, physical activity, farm market and school programs.

"I like learning with my friends about how to eat and getting to try orange slices. I learned water is healthy to drink and doesn't have sugar in it." Program Participant

Improving Fruit and Vegetable Intake

In **Alabama** 1 in 4 children experience food insecurity *Eat Better, Move More* helped 620 increase fruit & vegetable consumption while 2,637 youth ages 4-8 completed the CATCH program with 91 % improvement in diet and exercise programs. **California's** *Shaping Healthy Choices* program uses inquiry based learning, gardening, cooking and cafeteria promotion. A 7% improvement in learning from 2019.

Guam EFNEP and SNAP-Ed programs reached over 1,199 individuals and social marketing reached another 3,000 participants. Smart Snacks in Schools and an increase in physical activity were part of the program. **Indiana** offered *I am Moving, I am Learning* 28 times to over 462 youth; of which, 97% knew the benefits of outdoor play, children's motor skills development and strategies for healthy living. **Mississippi's** direct EFNEP youth education was offered 39 times to 6,580. Results

showed 26% reported eating more of one type of vegetable more days and 36% were eating more of one type of fruit on more days. **Montana EFNEP** partnered in a state-wide effort to promote fruit & vegetables at farmers markets doubling SBAP benefits. Youth increased healthy food choices by 89%.

New Jersey SNAP-Ed taught *Cooking Matters for Kids* to 109 times to 555 youth. **New Mexico** taught *Ideas for Cooking and Nutrition (ICAN)* Results showed 90% of youth (1,235) improved their food choices and 59% used safe food handling practices. **North Dakota's** *On the Move to Food Adventures* was taught ten times to 370 with 89% of pre-K youth trying new vegetables.

Ohio's youth and teen programs for SNAP-Ed reached 416,556 youth with 85% eating vegetable daily which improves the state statistic of only 25% of youth and adult eating a vegetable daily.

Oklahoma is ranked 46th in America's health rankings with poor dietary habits. Results show 78% of the 14,746 *Show Me Nutrition* graduates improved their healthy food choices. Results show 75% of the *OrganWise Guys* graduates improved their ability to choose healthy foods and 97% of 875 3rd -5th graders in *Farm to You* were able to identify healthy foods while 79% of 185 *Kids in the Kitchen* graduates improved their abilities to choose healthy foods.

In **Oregon**, 68 teachers from 13 elementary schools were trained to guide students to prepare healthy snacks using *Healthy Classroom Celebrations Teacher Toolkit*. *School Break Cooking Classes* were held where 50 tribal students learned how to preserve their culture by substituting traditional foods in healthy recipes. In

Raising kids, Eating right, Spending smart



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the *Sherman County Afterschool Cooking Program* 900 students, over eight years practiced cooking with healthy recipes to improve healthy eating at school and home.

Texas EFNEP reached 83,500 youth. Estimated savings on grocery expenditures was \$ 494,000 monthly. **Utah EFNEP** taught 1,004 session to 3,204 youth of basic nutrition and food safety education. **Wisconsin SNAP-ED** offered the FoodWise program 5,147 times to 35,513. FoodWise promotes healthy eating habits, active lifestyles and healthy community environments.



“Students have brought fruit and vegetables for snacks and lunch instead of high sugar/carb foods.” A teacher

Breastfeeding and Cooking Programs Improve Nutrition Intake

Breastfeeding was welcomed at the Kansas Statehouse for *Living Well Month* and has shown to have a protective effect against childhood obesity and also helps the mother lose weight gained during the pregnancy. Prolonged breastfeeding is related to the health of the child. Kansas SNAP-Ed reached 6,719 using the Show Me Nutrition curriculum taught 151 times to help 1,092 youth grades 3-5 understand MyPlate and the importance of choosing healthy foods. Also offered were Kids in the Kitchen classes four times to 1,092 youth who learned basic cooking skills, while learning to eat and experience new healthy foods. Maine youth, 1,979, learned about increasing daily activity and

“A young girl in one of the classes showed her mother how to read a food label at the grocery store. Her mother was going to buy Sunny Delight but decided on 100% orange juice after reading the label”

decreasing sugared beverage consumption while choosing healthier foods. **Massachusetts** EFNEP and SNAP Ed 4,088 youth were taught to eat more fruit and vegetables, reduce TV and electronic time along with increasing physical activity for improved health. Results showed 73% improved diet quality and 36% improved physical activity behaviors. **Minnesota** programs *Children’s Garden in Residence Summer Program*, *Go Wild with Fruits & Vegetables* and *Start Strong: Cooking, Feeding and More* reached over 54,000 youth. Family childcare providers, along with youth benefitted from these programs.

“I would have never put the two together!...eating right and exercising, exclaimed a sixth grader at a local Alabama middle school”



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