



IMPACT 2021

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

CDC indicates for children and adolescents aged 2-19 years the prevalence of obesity was 18.5%. About 13.7 million children and adolescents are obese. Among 2-5 year old's it was 13.9% and 18.4% among 6 to11 year-olds, and 20.6% among 12 to19 year-olds. It is more common among Hispanic (25.8%) and non-Hispanic Black children (22.0%) and was higher than White children (14.1%). Asian children (11.0%) had the lowest prevalence. Extension programs reduce obesity through improved diet, hands-on culinary programs, physical activity, farm market and school programs.

Indiana *I am Moving, I am Learning* participant
"I learned a lot of research-based information about health trends and different tools to get children engaged and excited about health topics".

Direct education and Policy, Systems or Environmental change efforts at 17 schools, impacted 39,881 youth. Pre-surveys with 431 4th graders indicated 65% are physically active in P.E. for about half of class time or less. Thirty P.E. Specialists and 30 high school students were trained in *CATCH* focusing on increasing physical activity, reaching youth at 19 schools. (No post surveys collected due to COVID-19) Alvord Unified teachers discovered ways to make physical activity breaks fun in the virtual classroom. A 3-month follow-up survey showed that teachers had implemented virtual physical activity breaks with over 3,100 students. **Utah's** *Create Better Health and TRY (Teens Reaching Youth)* explored mountain bike trails, hiked, learned to play pickleball, participated in water sports, and practiced cooking omelets and making smoothies.

Physical Activity Added to Healthy Nutrition

Louisiana added indoor playground changes for rainy-day recess with 164 kids and 6 partners getting kids to move more improving grades and fitness. **North Dakota** offered *On the Move to Stronger Bodies* from 2017 to 2020 with 3,252 children and their families participating .Post-surveys with 328 children indicated: 69% drank less sugared soda pop, 69% ate more vegetables and 80% increased their physical activity.

Alabama offered *Body Quest and Body Quest Parent* to over 3,700 parents and 10,000 youth. *Body Quest* is a school-based initiative that empowers students to eat healthy. Families ate more and a greater variety of fruits and vegetables, drank fewer sugary beverages and drank more water. **California**, *CalFresh Healthy Living*, offered a comprehensive nutrition and physical activity program at 9 sites to 3,830 youth for 2,796 hours of education in low-income schools.



"My son used his play foods in the kitchen to fix me a ~Colorful Plate™. He was very proud."

Raising kids. Eating right. Spending smart



NEAFCS 325 John Knox Rd., Suite L103 Tallahassee, FL 32303

P: 850-205-5638 | F: 850-222-3019 | www.neafcs.org

They increased nutrition knowledge and became more physically active. Partnership with teachers and parents to teach the *Go, Glow, Grow* curriculum resulted in preschool children developing healthier habits. 84% of teachers strongly agree that more students can now identify healthy food choices. **Idaho** offered *Cooking Under Pressure* with participants learning the functions of an electric pressure cooker, youth gained confidence cooking with the appliance, 72% of the students were either comfortable or very comfortable preparing a meal for their families at home.

"Great nutrition/health curriculum" "The children respond and are engaged with the games, recipes and activities. " "Thank you for your support in creating a healthier generation." Mrs. Alvarez, Desert Sands Unified Child Development Center."

EFNEP/SNAP-ED Obesity Prevention Classes

Arizona EFNEP participants (83%) learned the importance of cooking at home to save money and 73% learned to check cupboards before shopping to decrease food waste. A total of 65% of graduates learned key principles to improve nutritional practices and 53% recognized & improved sound food safety practices. **Maine EFNEP** focused on program delivery that provides more classes over a shorter time frame. The result was 76% of youth improved their ability to choose healthy foods.



Oklahoma offered Show Me Nutrition to 661 EFNEP/SNAP audiences, Organ-Wise Guys to 60 and Farm to You to 532 and KIK It Up! to 33. **Oklahoma** is ranked 46th in America's Health Rankings with high obesity and poor dietary habits. Results show 82% of the 6,901 Show Me Nutrition graduates improved their abilities to choose healthy foods. **California SNAP-Ed** in Tulare-Kings counties reported 469 food tastings with 79% (n=7614) and 82% (n=1920) of youth indicating increased willingness to try new healthy foods by asking for the target foods at home. EFNEP program delivery has pivoted to providing more classes over a shorter time frame. The result was 76% of youth improved their ability to choose healthy foods. **New Jersey SNAP-Ed** taught Cooking Matters for Kids 109 times to 555 youth.

"My son never ate vegetables. Because of Body Quest he eats carrots and spinach! He enjoyed the weekly visits from his Body Quest teacher!"
California participant



This report was compiled by Karen Ensle, Ed.D., RDN, Rutgers Extension, Public Affairs Education Subcommittee member, and Mary Liz Wright, MS University of Illinois Extension Service, Vice President for Public Affairs. For more information, email maryliz@illinois.edu.

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)