



IMPACT 2022

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

Childhood obesity, 2019-2020 for youth ages 10-17 continues to be a national epidemic at 16.2% with disparities by race and ethnicity. In the U.S., it is estimated annually to cost \$14 billion in direct health expenses. Extension programs reduce obesity through improved diet, hands-on culinary programs, physical activity, and school programs.

Physical Activity and Nutrition Programs Improve Health

From 2017 to 2021, 3,606 children and their families participated in *“On the Move to Stronger Bodies”* in school or online offered by **North Dakota Cooperative Extension**.

Children chose more healthful snacks (75%), ate more vegetables (57%) and increased daily physical activity (79%).

“I love how they made it fun. I am telling my family a lot about improving our health and I have never had more fun learning about health.”—parent comment.

“Walk Across Texas” encouraged teams to walk 832 miles in an 8-week period, with an estimated impact of \$79.8 million from savings in cost of lost wages. Reaching 26,099 it showed an average increase of 3.96 miles per week. The competition helped students stay away from television, cell phones and computers and become more engaged in outdoor activities. Students had fewer behavior issues during the competition, and they got their families to go for walks around the neighborhood or in area parks. **Alabama’s** *“Body Quest”*, a SNAP-Ed school-based obesity prevention initiative offered both virtually and in-person reached 4,191 students in 89 schools. After *“Body Quest”*, students increased vegetable and fruit consumption, water consumption, and physical activity, and decreased sedentary screen time on pre and post surveys. **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. **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. **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 one 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

Cooking Programs Improve Nutrition Intake

Alabama’s *“Body Quest”* engaged parents with at-home recipe testing activities and text message-based education to model healthy behaviors for children. Offered 1,755 times to 6,580 youth and 4,465 parents with 117 partners. Both student treatment group (2,239) and parent group (1,470) reported significantly higher vegetable consumption compared to control groups at post-analysis. Parents also reported increases in water consumption and decreases in sugary beverage consumption. A parent stated, *“Thanks to “Body Quest”, we are cooking more and drinking more water than ever!”* **North Dakota’s** *“On the Move Cooking School and Baking School”* curricula include hands-on lessons delivered face-to-face or virtually. 74% were independently preparing food at home and 84% talked about what they learned in cooking school.

A parent commented--*"The cooking school allowed her to do lots of cooking in which she got to try fun, new recipes. It taught her nutrition facts and safety procedures in the kitchen. She was very proud of her cooking, and it gave her a sense of accomplishment that she was contributing to feeding her family"*. **New Mexico's** "Just Be It! Healthy and Fit" surveys indicated a 49% increase in daily fruit intake; 51% increase in daily veggies; 72% increase in daily water; 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.

Improving Fruit and Vegetable Intake

Obesity during childhood can have lasting effects including adult chronic conditions. Choices for children are often made by adults. In **Indiana**, ninety-seven percent of early childhood staff participants noted a plan to implement at least one new physical activity and nutrition strategy.

Indiana's "I Am Moving I Am Learning" offered to 114 students with one saying, *"I loved learning about taste-testing foods for each color and becoming more conscious talking about healthy eating"*. **North Carolina's** "Steps to Color Me Healthy" taught to 471 low-income pre-school-aged overweight children, uses color, music, and sensory to enhance learning. After, 40% became more willing to eat fruits/vegetables and 52% became more physically active.

Minnesota's online "Go Wild" classes were excellent-- a comment from 3rd grade teacher partnering with extension. "Go Wild" reached 285 students in six schools during the pandemic. Students in 3rd-5th grades attended SNAP-ED nutrition education and physical activity classes online. 43% increased fruit consumption from 1.68 to 2.04 servings and 27% increased vegetable consumption from 1.52 to 1.64 servings. **Maryland's** "Growing Healthy Habits" evaluations from 6 sessions indicate a range of 50%-90% intention to change to practice healthier behaviors.

"The students really enjoyed the zoom classes but look forward to in person classes."



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)

Changing Environments Promotes Health

Arkansas's 23,137 students participated in 5,275 sessions of "Extension Grows a Healthier You" classes. 20.6% of Arkansas youth are obese and benefitted from the classes. 84% intend to follow MyPlate, 54% ate healthy breakfast, 77% were more willing to try new foods, 63% ate more veggies, 61% are now more active. **Ohio's** SNAP-Ed program taught 19,377 Youth in 1,285 sessions. Outcomes included 81% of teens were eating plant-based protein foods like beans, soy, or nuts and 94% of teens ate at least one fruit daily, 87% ate different kinds of vegetables and 95% drink water instead of soda, sports drinks, or juice.

Oklahoma is ranked 46th in America's Health Rankings with high obesity and poor dietary habits. Results show 81% of the 3,333 "Show Me" nutrition graduates improved choosing healthy foods. One teacher reported, the students really enjoyed participating in each of the activities and answering questions. They have been reading food labels and watching their sugar intake. **Mississippi's** "Fun with Food" taught to 203 youth allows exposure to new foods while increasing food safety knowledge. Students increased fruit/vegetable consumption and willingness to try new foods.

"My kid really enjoyed this program. He is offering to cook me dinner tonight!"

Oregon's "Be a Food Hero with a Healthier 4-H Camp Menu" helped Sherman County 4-H Camp to 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. **Arizona's** "Color Me Healthy" for children ages four-five with fun, physical activity and healthy eating activities. Utilized for 30-minute virtual parent/preschooler classes and summer school. 3,546 face-to-face contacts with 1,854 family receiving education through materials shared at home. 87% showed dietary improvement: 79% eating more dark green vegetables weekly and 83% understanding the importance of cooking at home.

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Raising kids, Eating right, Spending smart

