



IMPACT 2023

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, for youth ages 2-19, continues to be a national epidemic at 19.7% with disparities by race, ethnicity, educational level, and household income. In the U.S., it is estimated annually over \$14 billion in direct health expenses are related to childhood obesity. Extension programs are targeting obesity reduction through improved diet, hands-on culinary programs, physical activity, EFNEP, SNAP, and school programs. Extension Family and Consumer Science programs reached 66,884 adults and youth on ways to improve health and reach a healthy weight for youth ages 2-19.

Physical Activity Improves Health Programs

Since 2007, 32,690 children and their families have participated in *On the Move to Better Health Programs*, **North Dakota Cooperative Extension** classes and 513 children participated in 2021-2022. Participants reported 57% drank less soda and 68% drank more water; 45% chose more healthy snacks; 47% consumed more dairy or other calcium-rich foods; 56% increased daily physical activity; 45% ate more fruits and vegetables.

"I liked 'On the Move' because I want to be healthy and strong. Thank you for your help."— student comment.

Kentucky offered *Girls on the Run* designed to build confidence, character, and competent individuals contributing to their communities. Girls reported more confidence in themselves and increased physical activity.

Alabama's "Body Quest", a SNAP-Ed school-based obesity prevention initiative offered both virtually and in-person reached students in 168 schools. After completion, participants reported increased vegetable, fruit, whole grain, and water consumption, and decreased sugary beverage consumption. *"I enjoyed seeing my son learning. This is an awesome program"* - parent of a 3rd grade participant.

Indiana's "Nutrition and Physical Health" Head Start, early childhood educators and parent groups (95%) noted a plan to implement one new physical activity and nutrition strategy.

North Dakota's "On the Move to Stronger Bodies" was taught 215 times to 1,300 youth with 65 partners. Parents, say 37% of children increased their veggie consumption, 50% drank less soda and 55% talked about the activities done in class. Post intervention, 25% of schools promoted consuming low-fat/fat-free dairy, fruits, veggies, and whole grains to students, 27% of school districts have time requirements for participation in physical activity.

Cooking Improves Nutrition Intake

I feel like I talk a lot more about food. At lunch we have a lot more conversations about what we are eating. I'm a lot more conscious of what I'm modeling and kids follow adult examples." A Georgia SNAP-Ed Parent

Oregon's Food Hero at the Farmer's Market reached 2,454 participants at over 11 events in 2022. Program goals increase exposures to new foods and empowering youth to make purchasing decisions with a \$3 voucher. **Alabama's "Body Quest"** engaged 3rd grade parents with at-home recipe testing activities and text message-based education to model healthy behaviors for children. Offered to 7,269 3rd graders and 3,498 parents at 168 schools. After the sessions, parents reported significant 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 includes hands-on lessons delivered face-to-face or virtually. Evaluations revealed 74% of students 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"*.

Kentucky offered *Super Star Chef* a three-day camp teaching kitchen safety, food safety, nutrition, and physical activity with 93% learning to identify healthy foods and redeeming 70% of farmer market bucks for fresh produce.

Florida offered a variety of programs targeting youth teaching the importance of reducing the consumption of sugary drinks, how to prepare food and food safety.

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". **Arizona's** Nutrition education post-training surveys showed an increase in knowledge from 14% to 78% and 100% of participants committed to making policy, physical environment, and systems of food delivery. This program developed a new food supply chain between farmers and low-income schools and had 19,000 participants.

Parents stated: "Teaching where food comes from is key for our youth to understand nutrition better."; "Wonderful, practical, useful program open to all. Thank you!"



Raising kids, Eating right, Spending smart



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

Colorado children (14%) are classified as obese. Complications include heart disease, certain cancers, sleep apnea and arthritis. Prevention that is family-inclusive with lifestyle change is an effective strategy to reduce risk for obesity into adulthood. **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. **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. In **Maine**, 14.6% of youth ages 10 to 17 are obese EFNEP delivers education to improve knowledge, behaviors, and attitudes related to improving diet quality, and physical activity. Upon completion of the program, 83% improved nutrition knowledge, 56% improved daily physical activity, 38% improved abilities to prepare simple, nutritious, affordable food.

"My daughter has learned so much and has gained confidence and has the skills to help in the kitchen now. She is 9 years old. Maine EFNEP parent.

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** "Healthy for Life" curriculum from the American Heart Association, taught 4,882 youth ways to live healthier as a result, 82% showed improvement in diet quality and 61% in physical activity. **Utah's EFNEP Program** with 2,314 youth from pre/post surveys showed improved diet quality by 83%. Children and youth improved physical activity by 52%. During 2021-2022, **Healthy Child Care Georgia (a SNAP-Ed project)** provided 17 Head Start teachers, 103 children, and 103 parents in Fulton and Walton counties six weeks of classroom interventions- such as vegetable tasting, teaching key nutrition and physical activity messages.

This report was compiled by Karen Ensle, Ed.D., RDN, Rutgers Cooperative Extension, Public Affairs Education Committee members and Jennifer Bridge, University of Kentucky Cooperative Extension and NEAFCS Vice President Public Affairs. For more information, email Jennifer.Bridge@uky.edu.