

# — COOPERATIVE — EXTENSION

Through Extension programs across the nation, Family and Consumer Science Extension Educators provide a multitude of educational opportunities to meet the needs of diverse audiences

## Food, Nutrition and Health

Extension Food, Nutrition, and Health programming focuses on helping individuals change personal habits to improve their health. This reduces public health care costs and helps people feel better, too! Both youth and adults are taught to be more active and to make healthier food choices. Last year 959,309 contacts in Extension Food, Nutrition and Health were made in over 35,000 programs.

### Diabetes and Health

Florida's program entitled "*Take Charge of your Diabetes*" was found to improve program participants' hemoglobin A1C values, which was the primary goal of the program.

The 159 Georgians that attended *Right Bite Diabetes Cooking Schools* learned to find unhealthy fat, and cut fat in recipes by 25%. They also learned to use the DASH diet. DASH is Dietary Approaches to Stopping Hypertension, so diabetics enrolled in **Georgia's** program also learned to use diet to control blood pressure.

Illinois had 124 participants in their "*1 on Diabetes*" program. Of those people, 84% indicated they had improved confidence in managing their diabetes.

"*Dining with Diabetes*" participants in **Indiana** reported significant improvements in behavior related to exercise, healthy foods intake and healthful cooking practices.

Those in the "*Eat Well Be Well*" diabetes program in **Missouri** showed a 95% increase in understanding carbohydrates. Due to that knowledge 82% were confident that they could control their blood sugar. At the conclusion of the program 72% were making healthier food choices.

### Food, Nutrition and Physical Activity

The "*I Know My Numbers*" program in **Michigan** helped adults work toward a healthy BMI. To reduce their BMI participants ate more vegetables, fruits and whole grain foods and they ate breakfast more regularly. In **North Carolina**, over 3,000 people lowered their BMI scores through the "*Eat Smart Move More*" program offered across the state.

The "*Simply Good Eating*" program in **Minnesota** integrated nutrition concepts with physical activity and showed a 62% increase in physical activity. Walk **Georgia** program participants lost an average of seven pounds and increased the percentage of those exercising three days per week from 67% to 91.55%.

**Mississippi's** "*Body Walk Exhibit/Program*" reached over 15,000 students in the public schools and taught healthy food choices and physical activity. **Ohio's** "*Live Healthy Live Well*" team conducted online health challenges. The "end of challenge" reports showed 84% had adopted a new health practice. The "*Farm to You*" program in **Oklahoma** produced improvements in healthy eating, physical activity and reading labels.

**Nebraska** helped over 17,000 adults have healthier eating patterns and increase their physical activity with 50% reporting 30 minutes or more of physical activity daily. Youth in Nebraska became aware of foods that matched *My Plate* recommendations. Those 24,000 plus youth improved eating habits and "got" the message of the *My Plate*.

## Food, Nutrition and Health

### Bone Health

Wyoming offered *Strong People /Strong Bones*, a Tuft's University program, to its citizens. Participants reported improved posture, less pain, and less medication needed as a result of this osteoporosis prevention program.

### Food Preservation and Food Safety Education

Wyoming FCS agents worked with High Tunnel and Vegetable gardening programs to grow produce that was later used in teaching food preservation techniques to adults and 4-Her's." Pennsylvania offered a " *Certified Food and Wellness*" course to train Extension volunteers to assist with community outreach through their food and nutrition programs. This group met many of the goals set for them by 38-56%. Nebraska youth learned about the importance of hand washing for health and food preparation. 98% correctly identified that they should wash their hands before they touch or eat food and understood the importance of hand washing.

Extension family and consumer sciences educators teach youth, individuals, and families about nutritious food choices for healthy futures



eXtension.org continues to be a well utilized resource for all Extension educators on Nutrition, Health, and Fitness. Extension educators have contributed fact sheets, programs, and resources to this site covering child care; drinking water and human health; families, food and fitness; family care giving; food safety; parenting, and personal finance. New research-based resources are added continually for consumers and professionals.

NEAFCS is the 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:

- Food preparation, food safety, and nutrition
- Financial management
- Healthy lifestyles
- Home and work environment and safety
- Relationships and parenting skills

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