



IMPACT 2017

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 now affects 1 in 6 children and adolescents in the United States. Extension programs reduce childhood obesity through improved diet and exercise programs and include interactive, hands-on education for a healthier lifestyle.

Eating Healthy & Physical Activity Begin Early

Preschoolers learned how to make good choices at mealtimes. In **Kentucky** and **North Carolina**, a series of lessons were offered, respectively, in 27 and 51 classrooms to 3,189 and 2,269 children. **Indiana Head Start Parent Night** offered monthly nutrition workshops with one family reporting the elimination of sugar-sweetened beverages from their household.

"During lunch my students get excited seeing fruit and vegetables they discussed and tasted during the program!" ~ North Carolina preschool teacher

Food Sense classes were taught 2,859 times to 34,314 youth. "You're a miracle worker! Exclaimed a participant's mother to a **Utah** Extension educator. "Since taking your class, she begs me to buy spinach so she can make a Popeye smoothie." A rural store had a run on jicama after it was the subject of a lesson. In **Illinois**, the *21st Century Afterschool Program* was taught 7 times to 594 participants with children learning various skills. A non-food rewards policy was implemented by 24 teachers and staff in one **Oregon** elementary school.

"Changing the reward system to non-food rewards has resulted in meaningful time with positive role models in the school." ~ Oregon School Nurse

Physical fitness and healthy lifestyles programs were offered in 30 **Kentucky** counties to 8,386 teens. Individual action plans for healthy eating and physical activity were created by 61%. Outside of the program, 62% increased their level of physical activity.

Extension educators were busy teaching 320 classes to 5,581 **Alabama** youth. Survey data from 3rd graders show students drink fewer sugar-sweetened beverages after program completion.

"My students constantly talk about [good nutrition]. In their journals, the children always write about how they are changing what they and their family drink at home during meals." ~ Alabama 3rd Grade Teacher

The same lessons were taught 14 times to 400 youth in **Louisiana**, with 66% of children asking parents to buy broccoli and spinach. **Oklahoma** nutrition lessons were offered to 4,648 youth. Evaluation data for Kindergarten through 5th grade showed increases in healthy food choices and physical activity.



Federal Programs Assist Obesity Prevention Efforts

Ohio SNAP-Ed reached 21,370 youth in 5 to 10 lessons. In surveys, 58% of teens and 49% of youth reported eating vegetables, daily. **Ohio EFNEP** reached 9,262 youth in a 6-lesson series. **New Mexico EFNEP** offered an 8-lesson series to 1,227 participants, engaging youths to eat healthier and move more. As a result, 73% choose healthier foods and increase their physical activity.

Raising kids, Eating right, Spending smart



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Healthy Child Care **Georgia**, a SNAP-Ed project, taught to 252 staff, improves nutrition and physical activity in child care by expanding wellness policies and by teaching preschoolers nutrition-related activities during a 6-week intervention. In **California** youth EFNEP, 36,012 youth participated where 78% reported they ate healthier diets.

"When they had the tasting trays, children were actually using the names of fruits and vegetables they didn't know at the beginning of the class series." "The nutrition coordinator makes sure we order baked chicken instead of fried, and have fruit or salad available."

~ **Georgia** Preschool Teacher

Smarter Lunchrooms

Oregon Potato Partnership program was offered to 2,200 youth. Agricultural Science and SNAP-Ed staff from Oregon State University partnered with the Oregon Potato Commission and local schools to increase the appeal of fruits and vegetables to youth through Food Hero cafeteria tastings and improved fruit and vegetable presentation. "Several students told us that the roasted potatoes tasted better than French fries."



Minnesota Extension educators trained and certified 57 Smarter Lunchroom Technical Assistance Providers to implement "nudging strategies" in the school cafeteria. As a result, children make healthier food choices.

Fruit and Vegetable Intakes Increase

The Family Matters: Improving Health Together newsletter was offered monthly by direct mail to 23,028 **Colorado** clients. In a survey of English and Spanish clients, results indicated that 91% of families read the newsletter; 76% said they discussed some of the health topics with their children; and 56% tried the physical activities suggested. The multi-component program, *Shaping Healthy Choices*, addressed needs for healthier dietary and physical activity patterns in 30 classes, reaching 1,104 **California** youth.

"This is a quality program. It's really making a difference. I feel fortunate to be able to have you come into my classroom. The things you are teaching my students are things that they're going to remember forever."

~ **California** Teacher

In *4-H Food Smart Families*, a 5-lesson series was taught to 524 youth in **Delaware**. Childhood obesity rates have leveled off but are still high. As a result of this program, 95% learned what makes up a balanced diet, and why it is important for them to eat a healthy diet.

On the Move to Better Health, a 5-class series was offered to 2,910 children in upper elementary classes throughout **North Dakota**. Surveys showed 50% consumed more dairy, 55% drank less sugar-sweetened beverages, 52% chose healthy snacks and 57% increased physical activity. *Eat Well* nutrition education was presented 220 times in **Maine** reaching 3,027 participants with 30 partners.

Food Commodity Programs/School Gardens

A **California** Food Commodity Program to Reduce Obesity called *Cal Fresh* reached 103,595 youth and 12,910 adults with nutrition education in 31 counties and implemented Policy/Systems/Environment supports in 87% of counties. Adults increased fruit/vegetable intake, 86% improved resource management and 96% of teachers reported more students able to identify healthy choices. One **Illinois** school garden was established with 22 participants leading to the student population of 753 caring for the school garden, growing fresh vegetables and herbs for school use. Over 22 families maintained and harvested the garden during the summer.

In **Texas**, 10,682 youth participated in an interdisciplinary program combining academic achievement, gardening, nutrient-rich food tasting experiences, physical activity and school and family engagement.

At a **Montana** garden project at a Title I school, SNAP-Ed partnered with the school wellness team, the local YMCA, the Office of Public Instruction, and a group of Extension Master Gardeners.



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