



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.

Food and Nutrition

Extension educators use research-based information to create, teach and evaluate hands-on learning situations during which consumers gain not only content but also confidence.

Federal Programs Assist Obesity Prevention Efforts



Extension EFNEP and SNAP-Ed nutrition educators teach food preparation, food safety, nutrition and physical activity programs for lifelong health and fitness in lessons with hands-on

activities and taste-tastings. Youth education provides lessons in kid-friendly terms that also include practicing skills that lead to good health.

Massachusetts EFNEP educators reached 1,588 families: 84% of adults improved food resource management practices, 47% ate more fruit, 48% ate more vegetables, and 65% improved food safety practices.

"I learned how to portion control and fix healthy snacks for my kids. I now plan meals, I cook more, I am more active and I am less stressed about my food budget."

~ **Louisiana** EFNEP participant

The EFNEP program in **Arizona** reached more than 14,431 participants. Surveys showed that 71% planned to follow good nutrition practices and 82% of youth in the program increased their knowledge of diet quality.

California's adult EFNEP helped 7,887 families improve skills, attitudes, and behaviors addressing hunger, poverty, malnutrition, and obesity. Pre and post tests found 90% ate healthier diets, 75% improved food safety practices, 87% did food budgeting, and 43% were more physically active.

In **Kansas**, 632 people graduated from a 3- to 6-month series of EFNEP lessons. Participants learned to save money on food purchases, with an average savings of \$50 over the course of participation.

In **Georgia** EFNEP, 2,676 participants completed all seven sessions to become graduates, and 82% reported at least one change with food resource management practices.

"A non-custodial father reported cooking meals for his kids. He used recipes from Food Sense classes. The kids were excited that dad cooked for them. The dad liked it because the kids liked the food and the meal brought them closer together."

~ **Utah** Food Sense community partner

In **Maine**, the *Eat Well* nutrition education program for adults educates limited income families in eight counties. Nearly 2,000 people learned to budget and plan meals to include healthier options and preparation methods, leading to improvements in diet quality and decreased food insecurity.

Tennessee's SNAP-Ed program had 93,212 participants. In a survey, 60% of adult participants decreased their intake of sugar-sweetened beverages, 32% increased their fruits and vegetables, and 65% learned to stretch their food-purchasing dollars.

After attending **Ohio** SNAP-Ed programming, 82% of 4,351 participants reported being confident they can use the basic cooking skills they learned.

Florida's Family Nutrition Program reached more than 30,800 adults with nutrition education, and 47% reported eating vegetables more often, 54% ate fruit more often, 66% compared prices more often when food shopping and 64% read nutrition labels more often.

Raising kids, Eating right, Spending smart



NEAFCS National Office

850-205-5638

325 John Knox Road, Suite L103

850-222-3019

Tallahassee, FL 32303

www.neafcs.org

Local Foods and Community Strategies

Eight food pantries across **Minnesota** use behavioral economic techniques to nudge clients to make healthier food choices. Strategies taught by Extension include product placement on shelving, produce display containers, client choice, signage, recipes and encouragement.

"In moving to client choice, our total monthly expenses are equal, if not less than, what we were spending."
~**Minnesota** Food Pantry manager

In Warren County, **New Jersey**, eight restaurants created 24 locally approved healthy menu options that met strict nutrition guidelines. One restaurant manager reported "lots of positive input from customers."

In **Kentucky**, the *FARMacy* project issues a prescription for local produce from the Letcher County Farmer's Market to eligible households. Improved health was felt by 89% of the participants and 26% reported improved blood pressure. Other health gains included weight loss and reduced blood sugar levels.

Virginia trains volunteers to assist with nutrition education skills lessons. A total of 290 adult and 614 youth educational programs were taught to 8,068 adults and 5,698 youth, respectively.

"I am extremely excited to be learning so much and able to give back to my community is an added bonus."
~ **Virginia** Master Food Volunteer

Improving Food Preparation Skills

After participating in **Pennsylvania's Mediterranean Cuisine Comes to You**, 56% of participants reported planning Mediterranean meals, 70% included more plant proteins, 70% included more fruits and veggies, 71% increased use of olive oil, 64% increased whole grains, and 52% increased seafood in their menus.



In **Arkansas**, the *Cook Smart-Eat Smart, Mediterranean Cooking* and *Freezer Meals* cooking schools provide hands on food preparation experiences for beginning cooks. Teaching basic cooking skills to 575 adults resulted in more home-cooked, healthy meals.

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)

Things are cooking in **Illinois**, where more than 800 people have learned food safety, nutrition, label reading, grilling and how to live a healthy lifestyle in the *Food!* program. Hands-on workshops have increased nutrition and food safety skills among participants.

"I'm going to check the sodium content of the foods I buy from now on." ~ **Missouri** Cooking Matters participant

Georgia's *Cooking for a Lifetime Cancer Prevention* cooking school reached 272 women to encourage screening and physical activity and nutrition behavior changes to reduce risk for cancer.

The **Texas** *Dinner Tonight!* program reached 2,692 households to promote family mealtimes through cooking schools, video web casts and other online approaches such as blogs and Facebook to reach busy families.



Reaching People of All Ages

Nebraska second grade teachers reported an increase in breakfast consumption following the *Breakfast Bonanza* program. One teacher reported that participation in the free and reduced-fee breakfast doubled.

Extension educators from the **Idaho** developed *Get Going with Grains*, a nutrition program taught to 3,231 5th graders. After the session, 90% planned to eat three servings of whole grains per day. After the *Fabulous Fruits and Vegetables* program was taught to 2692 Idaho youth, 80% intend to increase consumption of fruits and veggies.

The *Food & Fiber* program in **New York** reached 400 children with 30-minute enrichment activities about how they affect agriculture and how agriculture affects them.

North Carolina's *Better Choices* program focused on the health benefits of choosing, preparing and storing whole grain foods for 876 older adult participants.

This report was compiled by Julie Garden-Robinson, Ph.D., R.D., L.R.D. North Dakota State University Extension Service, Julie Buck, Ed.D. University of Idaho Extension, Public Affairs Advocacy Subcommittee member and Glenda Hyde, Med, Oregon State University Extension, Vice President for Public Affairs. For more information, email Glenda.hyde@oregonstate.edu.