



Impact 2020



Childhood Obesity Prevention

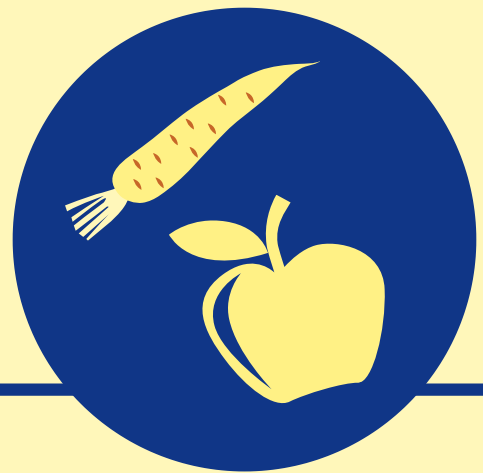
Data from the CDC indicate childhood obesity is putting children and adolescents at risk for poor health. For children and adolescents at risk for poor health. For children and adolescents aged 2-19 years the prevalence of obesity was 18.5% and affected about 13.7 million children and adolescents in 2019 and is estimated to cost \$14 billion annually in direct health expenses. Extension programs reduce obesity through improved diet, hands-on culinary programs, physical activity, farm market and school programs.



IMPROVING FRUIT

Inquiry based learning, gardening, cooking and cafeteria promotions improved vegetable and fruit consumption. Education programs and social media showed impact and increased physical activity through outdoor play, children's motorskills development and strategies for healthy living.

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VEGETABLE INTAKE

Cooking, the ability to identify healthy foods and practice safe food handling improved nutrition.

Cooking classes for tribal students preserve culture, yet substitute traditional foods in healthy recipes.



IMPROVING FRUIT & VEGETABLE INTAKE

Reaching youth to teach money saving methods for buying groceries showed immediate savings at the cash register. Basic nutrition and food safety education promoted healthy eating habits, active lifestyles and healthy community environments .



BREASTFEEDING AND COOKING PROGRAMS IMPROVE NUTRITION INTAKE

During Living Well Month breastfeeding benefits emphasized a protection against childhood obesity and benefits for the mother to lose baby weight. Programs to teach nutrition and basic cooking skills helped youth experience new healthy foods.