



# IMPACT 2026

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

Family and Consumer Sciences professionals implemented several childhood obesity prevention programs to promote healthy behaviors, physical activity, and family engagement among thousands of participants nationwide.

### State-Specific Highlights

Initiatives such as Louisiana's *Healthy You at the Zoo* event, Kentucky's *Power of Produce (POP)* program, Texas' *Balancing Food and Play (BFP)* enrichment program, and Alabama's *Body Quest (BQ)* program were offered 329 times, effectively delivering health education to nearly 11,460 participants.

- **Louisiana's** *Healthy You at the Zoo* event offered a community health fair to families in central Louisiana without adequate health education and resources. In partnership with the Alexandria Zoo, engaging education and essential resources were delivered to more than 4,000 clients in a family-friendly setting.
- **Kentucky's** *Power of Produce (POP)* summer program delivered targeted nutrition education to youth across Kentucky. After this program, 70% of youth intended to eat new foods (including fruits and vegetables), and 60% planned to be more physically active.

*"POP was one of our favorite parts of summer. My son learned so much, and he really enjoyed buying fresh food with market bucks. He is more interested in which foods are healthy and which are sometimes foods."*

*-Mother of POP Participant*

- **Texas'** *Balancing Food and Play (BFP)* school enrichment program promoted healthy behaviors to 1,873 3<sup>rd</sup> – 5<sup>th</sup> grade students across 25 Texas counties. Students who participated in this program reported increased physical activity and fruit intake, and reduced screen time and sugar-sweetened beverage consumption.
- **Alabama's** *Body Quest (BQ)* program provided nutrition education to 5,585 3<sup>rd</sup>-grade students, achieving significant increases in vegetable, fruit, whole grain, dairy, and water consumption, and decreased sugary beverage consumption.

*"[My daughter] has been excited about Body Quest! I'm thankful for all y'all did, and for the recipes we received. She now loves to eat healthy! Thanks for taking the time for our babies!"*

*-Parent of 3rd Grade Participant*



*Alabama's Body Quest Participant*

## Cooking Improves Independence and Community and Family Engagement

North Dakota's *Kids Cooking and Baking* program and Oregon's *Iron Chef in the Nutrition Kitchen* competition encouraged cooking skills and self-sufficiency among 3,859 youth.

- **North Dakota's** *Kids Cooking and Baking* program taught essential cooking skills to youth across the state. After the program, 71% of participants began independently preparing food at home, 59% confidently used kitchen tools, and 70% offered help more often with food preparation.

*"I feel like it is a great life skill to be taught in a classroom setting with peers to encourage each other."*

*-Parent*

- **Oregon** collaborated with 4-H Youth Development to implement the *Iron Chef in the Nutrition Kitchen* cooking competition within three middle schools. This program successfully promoted self-sufficiency and increased knowledge on cooking healthy meals, food safety, and kitchen safety practices among 1,446 participants.

## Professional Development Opportunities Enhance Healthy Practices in Schools, Childcare, and Community Settings

Arizona's *Coordinated Approach to Child Health (CATCH)* and Ohio's *Farm to School and Farm to Early Care and Education* staff trainings delivered professional development opportunities to 1,897 staff members and 15 community partners.

- **Arizona's** *Coordinated Approach to Child Health (CATCH)* staff training increased the capacity for personnel in schools, childcare, and other community settings to enable engaged, safe, and informed physical education classes. As a result, 74% of staff members were trained and are expected to reach 6,576 youth.

*"The CATCH training taught me how to include all people and abilities in activities by modifying [the activities], and how to [modify them]."*

*-Participant*



Arizona's CATCH Program

- **Ohio's** *Farm to School and Farm to Early Care and Education* trainings supported schools and ECE sites in purchasing, serving, and teaching youth about local foods and school gardening. Through this program, 1,731 staff members were trained and are prepared for implementation.

*"I received such positive feedback from attendees about your session. You truly left them with hope and an understanding of what is possible, showing them that healthier choices can be both affordable and achievable."*

*- Participant*



Ohio's Farm to Early Care Training

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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.