

FOOD and NUTRITION EDUCATION in COMMUNITIES

programs that turn research into action

October 1, 2008 through
September 30, 2009

Impact 2009

Cornell University Cooperative Extension

The United States Census Bureau estimates 15% (2005 Census Bureau) of the residents in New York State are living in poverty, currently \$22,050 for a family of four. Low income is associated with numerous health problems, including obesity, chronic disease, and poor pregnancy outcomes. Positive changes in food, nutrition and physical activity practices are integral to avoiding the negative consequences of these health conditions. Our nutrition education programs provide knowledge and skill development in:

- Nutrition Practices/Food Selection
- Food Safety
- Food Resource Management
- Physical Activity

Whom did we reach?

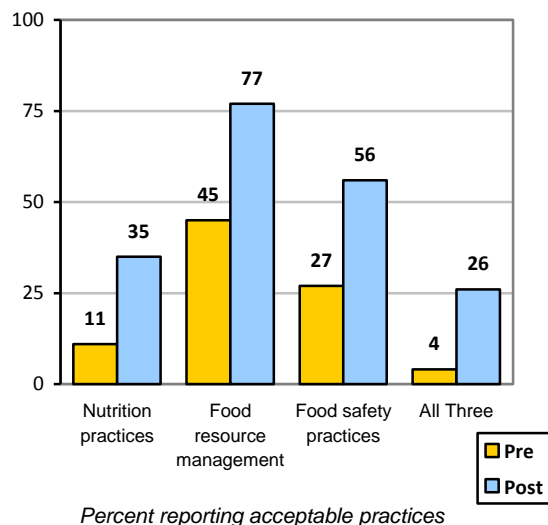
We offered lessons in a series delivered over time, allowing participants the opportunity to develop skills, increase knowledge and incorporate changes into their daily lives.

- 22,417 adults were reached
- 15,892 (71%) completed the education series
- 76,085 family members benefited
- 11,962 youth received education

Why are our programs effective?

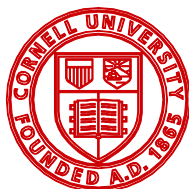
- They motivate people to adopt healthy eating and lifestyle behaviors
- They enhance practices related to thrifty shopping and preparation of nutritious foods
- They ensure skills are gained by participants actively engaging in the food preparation and other applied activities.

What did participants learn?

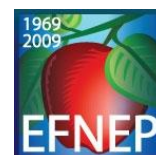


Retention studies document that these desirable practices continue at least one year after graduation.

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Cooperative Extension in New York State offers equal program and employment opportunities.