

FOOD and NUTRITION EDUCATION in COMMUNITIES

programs that turn research into action

October 1, 2009 through
September 30, 2010

Impact 2010

Cornell University Cooperative Extension

In New York State 15% of residents are living in poverty, currently \$22,050 for a family of four (US Census Bureau, 2005). 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?

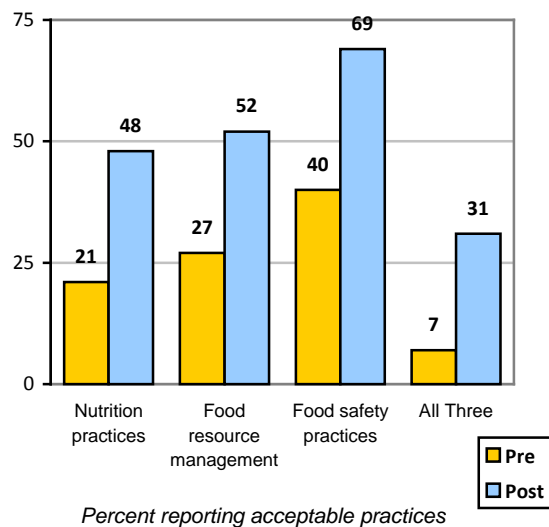
We offered lessons in a series delivered over time, allowing participants the opportunity to develop skills, increase knowledge and incorporate changes into their daily lives.

- 26,268 adults were reached, including 1511 pregnant women
- 18,690 (71%) completed the education series
- 94,739 family members benefited including 34,192 children and youth
- 10,912 youth received education

Why are our programs effective?

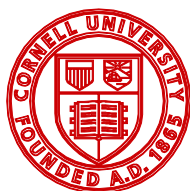
- They motivate people to adopt healthy eating and lifestyle behaviors
- They enhance practices related to thrifty shopping and preparation of nutritious foods
- They ensure skills are gained by participants actively engaging in food preparation and other applied activities

What did participants learn?

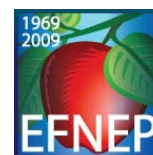


Retention studies document that these desirable practices continue at least one year after graduation.

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