

FOOD and NUTRITION EDUCATION in COMMUNITIES

programs that turn research into action

October 1, 2010 through
September 30, 2011

Impact 2011

Cornell University Cooperative Extension

In New York State 14% of residents are living at or below the poverty level, including 878114 children. Poverty is associated with numerous health problems, including heart disease, diabetes, cancer, poor pregnancy outcomes and obesity. 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 a series of exceptionally designed nutrition lessons that have been proven to increase skills and knowledge. Program graduates improve their knowledge of:

- 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.

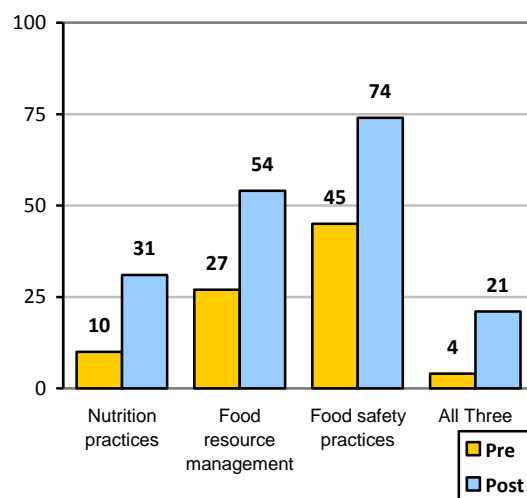
- 22,672 adults were reached, including 1,191 pregnant women
- 16,264 (72%) completed the education series
- 74,379 family members benefited including 29,655 children and youth
- 9,803 youth received education

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

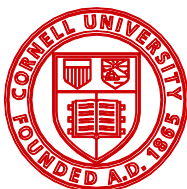
What did participants learn?

Percent reporting acceptable practices



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.